

September 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



CAN YOU HELP CHAT, CHOP AND CREATE?



Order & Pay By **Pick Up On**

Oct 5 (or sooner) Oct 19

Nov 2 (or sooner) Nov 16

Food Box \$18.00

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. For more information or to volunteer, contact us at: gfoodbox@gmail.com

Joan: 705-445-9660
Ted: 705-428-5537

A BIG THANK YOU... to our community partners. We couldn't do it without them: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at Recplex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Jody, Rebecca, & Sydney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



The **Chat, Chop and Create** program needs a volunteer assistant for 3 hours per month in Collingwood and/or Wasaga Beach. This fun, practical program teaches basic skills in food preparation, nutrition, and using recipes. If you want to learn more, contact Lauren Jeffrey, Community Program Coordinator at 705-422-0900 ext. 112 or lauren.jeffrey@sgbchc.ca



BACK TO SCHOOL BASICS

The new school year has started, and healthy eating should not have to be a stressful item on your back-to-school to-do list this fall. Use these easy tips to keep healthy eating simple and fun this school year!

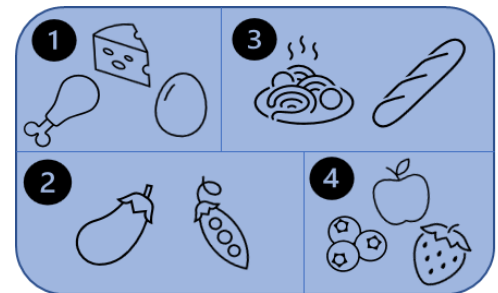
What does healthy eating mean?

Healthy eating might look slightly different to each person because we all have different likes, budgets, allergies, religious beliefs and traditions around food. There isn't one single way of eating, however, we should aim to include a large variety of whole foods so that adults and specifically children get the essential nutrients they need for healthy growth and development. These nutrients include protein, carbohydrates, fat, vitamins and minerals.

What to serve:

Think about your child's lunchbox as four sections: protein, vegetables, whole grains and fruit:

- Protein-rich food** (e.g. meat, fish, poultry, eggs, milk, yogurt, cheese, beans, tofu, lentils, seeds, or nut butter)
- Vegetables** (e.g. cooked, raw, vegetable soup, or salad)
- Whole grains** (e.g. whole grain bread/tortillas, oatmeal, pasta, quinoa, barley, or corn tortillas)
- Fruit** (e.g. fresh, cooked, or a fruit salad)



How can I help my children eat healthier?

- ◆ Let your child decide how much to eat from the foods that are offered. This helps children to trust their internal hunger cues. Remember that is normal for a child's appetite to change day to day!
- ◆ Eat together as a family as often as possible and make this time positive and enjoyable. Pressure to eat can prevent children from wanting to try new foods.
- ◆ Make healthy choices for yourself because children see you as a role model and follow by your example.
- ◆ Involve children in planning their lunches. This helps to develop meal planning skills and encourages them to eat more of their lunch while at school.



CHICKEN TZATZIKI TORTILLA ROLL UPS

Ingredients

- ◆ 2 cups (500mL) cooked chicken, chopped
- ◆ 2 green onions, chopped
- ◆ 1 small, sweet pepper (any colour), chopped
- ◆ ½ cup (125mL) light cheddar cheese, shredded

- ◆ ¼ cup (60mL) tzatziki
- ◆ ¼ tsp (1mL) hot pepper sauce (optional)
- ◆ 4 large whole wheat flour tortillas

Directions

1. In a bowl, combine chicken, onions, pepper, cheese, tzatziki and hot pepper sauce, if using.
2. Spread over tortillas.
3. Roll each up and cut into 2-inch (5cm) pieces.

LUNCH IDEAS THAT KIDS WILL LOVE

- ☺ Exciting roll-ups: use leftover meat or spread nut butter with a banana and roll into a tortilla
- ☺ Pack a thermos with last night's pasta or homemade pizza
- ☺ Finger foods: select one food from each food group and serve in a bento-style lunch box
- ☺ Have fun with skewers: alternate cherry tomatoes, cheese cubes, cucumbers, and turkey
- ☺ Breakfast for lunch, such as homemade pancakes or waffles using whole wheat flour; French toast with fruit and yogurt; or scrambled eggs in a thermos with a whole grain English muffin or bagel



www.pexels.com Antoni Shkraba

References: —<https://www.unlockfood.ca/en/Articles/School-Health/Articles/Healthy-Lunch-Ideas-for-the-New-School-Year.aspx>
 —<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/infants-children-and-youth/healthy-eating-children>
 —Remmer, S & Rosenbloom, C (2021). *Food to Grow On: The Ultimate Guide to Childhood Nutrition from Pregnancy to Packed Lunches.*
 —Recipe and photo from: <https://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Chicken-Tzatziki-Tortilla-Roll-Ups.aspx>



Collingwood and Wasaga pack sites are looking for volunteers the third Wednesday of each month.
 Call Joan 705-445-9660 if you can help!



Order and Pay
 by the First
 Wednesday of
 the month or
sooner!

On-line at
www.ggfb.ca or in
 person at one of
 the sites listed:

! This information is subject to change in response to Covid-19 restrictions and policies.

IMPORTANT ORDER INFORMATION

We encourage all our customers to use Paypal for orders on our website, www.ggfb.ca. If you are unable to use Paypal, exact cash orders will ONLY be accepted at:

- ◆ Collingwood Library or call Joan 705-445-9660
- ◆ Wasaga Beach Library or Ramblewood Medical Clinic, Unit 101
- ◆ Stayner, Creemore and New Lowell Branches of the Clearview Public Library or call Ted 705-970-7737.

If **paying by cash**, bring exact change in your own envelope with the following information written on it:

- ◆ Full name, phone number and email address
- ◆ Number of boxes ordered, amount enclosed (\$18/box)
- ◆ Where you will be picking up (see below)

Wear a mask and deposit your completed envelope into our order box.

Please note—it's very important that you bring your own envelope already completed with exact change as staff cannot provide an envelope, pen or change. Thank you in advance for following these guidelines and ensuring we are able to resume safe service.

IMPORTANT PICK UP INFORMATION

Pick up will occur only at these locations:

- ◆ Wasaga Beach Recplex Hall, Lion's Den 10:30am-12:30pm (curb side pick up)
- ◆ Collingwood As per delivery arrangements with Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ Stayner St. Patrick's Church Hall, William St. 10:30 am –12:30 pm
- ◆ Clearview Public Libraries:

Stayner Branch 1 pm–9 pm
 Creemore Branch 2-5pm or 7-9pm
 New Lowell Branch 2–8 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737

Pick Up on the Third Wednesday of the month at the locations listed: