

January 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



BUILDING HEALTHY HABITS: MEAL PLANNING

Order & Pay By **Pick Up On**

Feb 5
(or sooner) Feb 19

Mar 5
(or sooner) Mar 19

****Food Box \$21.00****

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 Twp., our public libraries, Natasha and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



"Serving Georgian Bay Communities Since 1953"

South Georgian Bay
Community Health Centre

simcoe
muskoka
DISTRICT HEALTH UNIT
Your Health Connection



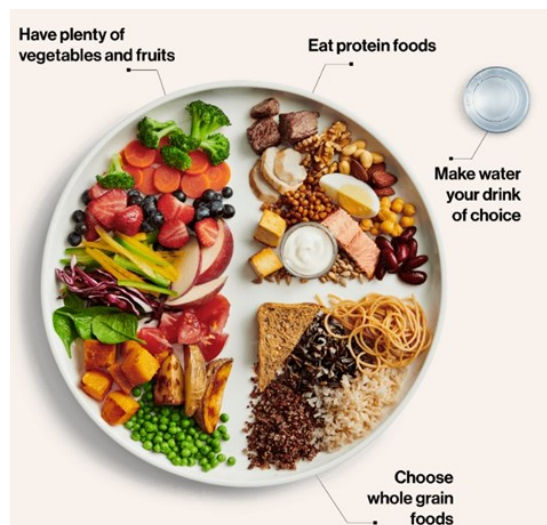
Make meal planning a healthy habit for 2025!

BENEFITS OF MEAL PLANNING

- ◆ Saves money on your grocery bill.
- ◆ Saves time in the kitchen.
- ◆ Reduces stress at mealtime.
- ◆ More likely to build healthful meals according to Canada's Food Guide.
- ◆ Often leads to less food waste.

HOW TO GET STARTED

- Schedule a household meeting for 20-30 minutes to brainstorm meal ideas.
 - Involve all members of the household rather than the burden falling on one person. This will also help to make sure everyone's preferences are considered.
- Start small, focus on one meal. Try choosing the most challenging meal for your household first!
 - Create a list of 7-30 ideas. You can add to this list as time goes on and it will become your go-to idea bank!
- Decide how you want to record your meal plan.
 - Digital – e.g. family google doc/calendar.
 - Written – e.g. planning binder/white board fridge magnet/calendar or agenda.
- Choose your meal ideas for the week.
 - Use the plate method when planning your meals: ½ plate vegetables/fruit + ¼ protein + ¾ starch (<https://food-guide.canada.ca/en/>)
 - Check to see what ingredients are in the house and plan around these, this will help to reduce food waste.
 - Make sure to consider your weekly commitments e.g. social gatherings, sports/recreational practice, medical/personal appointments. Make sure to have quick easy meals planned for these days.
 - Consider your goals around eating out/ordering in. If you typically eat out 3 times per week, try reducing this to 1-2 occurrences and schedule it in your meal plan. Be realistic and start small!
 - Try meals that allow you to cook once and eat twice.
- Create a shopping list.
 - Stick to the list! This will save you time and money at the grocery store.
- Prep the meal
 - Choose a few tasks to complete in advance for the week. E.g. washing and cutting fruit/vegetables, marinade/cook meats, pre-cook grains like quinoa/barley/bulgur.
- Repeat. Keep the household involved in weekly meal planning, save a copy of each week's plan to create a 4-week rotating schedule. When the seasons change, revamp your rotation with seasonal favourites.





EGGPLANT & BARLEY MEDITERRANEAN CASSEROLE

This hearty casserole boasts many healthy and delicious ingredients that make a wonderful addition to a potluck or family meal. Make ahead to help save time during busy weeknights.

Ingredients

- ◆ 1 cup pot or pearl barley
- ◆ 2 bay leaves
- ◆ 8 oz ground turkey
- ◆ 1 tbsp canola oil
- ◆ 1 eggplant chopped
- ◆ ¼ cup sundried tomatoes in oil, drained, finely chopped
- ◆ 3 cloves garlic minced
- ◆ 2 tsp oregano leaves
- ◆ ¼ tsp each salt and fresh ground pepper
- ◆ 3 cups kale Leaves chopped
- ◆ 1 cup vegetable broth
- ◆ 1 cup feta cheese light, crumbled
- ◆ ¼ cup fresh parsley chopped

Instructions

1. In a pot of boiling water, cook barley and bay leaves for about 35 minutes or until tender but firm. Drain and remove bay leaves; set aside.
2. In a large nonstick skillet, brown turkey; remove to bowl and keep warm. Return skillet and oil to medium heat and cook eggplant, sundried tomatoes, garlic, oregano, salt and pepper for about 5 minutes or until starting to brown. Stir in kale and broth; let cook for about 5 minutes or until kale is wilted.
3. Stir barley and turkey into eggplant mixture with feta and parsley. Scrape into a 13 x 9 inch (3 L) casserole dish. Bake in preheated 400 F (200 C) oven for 10 minutes or until cheese starts to melt.

Source: <https://www.halfyourplate.ca/recipe/eggplant-and-barley-mediterranean-casserole/>



pixabay.com

Get The App

It's easy to be overwhelmed with all the product choices available today and difficult to decipher the labels in order to make healthy choices. You might like to try **YUKA — a free mobile app** that allows you to scan the barcodes of food and personal care products and instantly see their impact on your health. YUKA rates and gives detailed information to help you understand and compare products.

IMPORTANT ORDER INFORMATION

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:

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 Centre, Suite 101, and CHC Suite 201
- ◆ 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 (Collingwood orders please provide address)
- ◆ Number of boxes ordered, amount enclosed (\$21/box)
- ◆ Where you will be picking up (see below)

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.

IMPORTANT PICK UP INFORMATION

Pick up will occur only at these locations:

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

- ◆ 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 after 12 Noon:**
Stayner Branch until 8 pm
Creemore Branch until 7 pm
New Lowell Branch until 7 pm

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