

February 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



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Order & Pay By **Pick Up On**

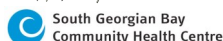
Mar 5 (or sooner) Mar 19

Apr 2 (or sooner) Apr 16

****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.



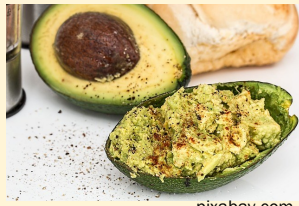

BUILDING HEALTHY HABITS: PREPPING NOURISHING SNACKS

Make healthy snacking a good habit for 2025!

BENEFITS OF PREPPING SNACKS

1. It can help increase your fruit and vegetable intake and overall quality of your diet.
2. Convenience – it makes the nutritious choice the easy choice. When snacks are ready to go, you're less likely to snack on higher salt/fat/carb foods.
3. Helps with managing hunger. If you get hungry between meals a balanced snack can help to manage your hunger and prevent eating in abundance at your next meal.

What makes a nourishing and satisfying snack?
PROTEIN + FAT + FIBRE = SATISFYING SNACK!

Foods with Proteins	Foods with Fats	Foods with Fibre
<ul style="list-style-type: none"> ◆ Nut/seed butter ◆ Nuts/seeds ◆ Cheese ◆ Greek/Skyr yogurt ◆ Cottage cheese ◆ Eggs ◆ Hemp seeds ◆ Chickpeas ◆ Black beans ◆ Edamame ◆ Lentils ◆ Canned fish 	<ul style="list-style-type: none"> ◆ Salad dressing ◆ Avocado ◆ Nuts/seeds ◆ Nutbutters ◆ Hummus  <p style="text-align: right; font-size: small;">pixabay.com</p>	<ul style="list-style-type: none"> ◆ Fruits and vegetables ◆ Whole grains ◆ Nuts/seeds ◆ Beans/legumes  <p style="text-align: right; font-size: small;">pixabay.com</p>

HOW TO GET STARTED

- Wash and cut fruits and vegetables
- Portion nuts/seeds
- Portion yogurt/cottage cheese
- Bake homemade muffins

Plan a few snack ideas for the week and prep up to 3 days' worth of snack-packs for a great grab-and-go option! Here are some ideas to get you started:

1. Peanut butter banana roll-up – spread peanut butter on a small whole grain tortilla and roll-up a banana inside
2. Snack plate – unsalted nuts/seeds with cheese, crackers and veggies
3. Yogurt parfait – layer fresh or frozen fruit on yogurt and top with granola or a whole grain cereal
4. Cottage cheese with fresh, frozen, or canned fruit
5. Hummus + veggies + pita or whole grain cracker
6. Homemade whole grain muffin + cheese + fruit
7. Black bean salsa + tortilla chips
8. Hard-boiled egg + crackers + veggies
9. Toast topped with cottage cheese and fruit
10. Almond/peanut butter stuffed dates

LEMON AND OIL MARINATED VEGETABLES

These are marinated not pickled so the versatility of these vegetables is endless! Enjoy them alongside a snack plate of whole grain crackers and cheese.



Ingredients

- ◆ 1 small Cauliflower leaves removed
- ◆ 1 pkg (8oz) Button Mushrooms halved
- ◆ 1 each Carrot and Celery Stalk
- ◆ 2 sprigs Fresh Thyme divided
- ◆ 1 sprig Rosemary
- ◆ 3 cups Water
- ◆ 1 tsp Lemon Zest
- ◆ 1/3 cup Lemon Juice
- ◆ 1/4 cup Extra Virgin Olive Oil
- ◆ 1 Bay Leaf
- ◆ Salt to taste optional



Instructions

1. Bring a large saucepan of salted water to boil.
2. Meanwhile, cut cauliflower into florets similar size as the mushrooms. Cut carrot and celery into 1/2 inch (1 cm) thick slices.
3. Place vegetables into water separately. Cook cauliflower for about 2 minutes or until tender crisp. Using a slotted spoon or small strainer remove and place into a large bowl. Cook mushrooms for 2 minutes. Remove and add to cauliflower. Repeat with carrot and celery for 2 minutes and add to bowl. Toss gently and then start placing the vegetables into 3 to 4 jars. Add half of the thyme sprigs and rosemary to the jars; set aside.
4. In a saucepan, combine water, lemon rind and juice, oil, remaining thyme and bay leaf. Bring to a boil and reduce heat to low. Simmer for 15 minutes. Pour into jars to cover vegetables. Let cool and seal. Refrigerate for up to 10 days. Remove from liquid and sprinkle with salt when serving if desired.

Source: <https://www.halfyourplate.ca/recipe/lemon-and-oil-marinated-vegetables/>

Get on the School Food Map! Do you represent a community partner or school that is growing, cooking with, sourcing, serving and/or teaching students about food? Register on the **School Food Map**, with others across Canada to transform how food is experienced, learned and celebrated in schools across the country. More information at: <https://www.farmtocafeteriacanada.ca/>

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 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.

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:

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 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

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