

March 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Apr 2 (or sooner)	Apr 16
May 7 (or sooner)	May 21

****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.



Looking to buy Ontario and Canadian products? Look for the **green-and-white Foodland Ontario logo** on fresh produce, dairy, meat and other Ontario foods; a **red maple leaf** on egg cartons; the **blue cow logo** certifies 100% Canadian dairy; **Canada or Ontario logos** on meat. "Product of Canada" means made in Canada with Canadian ingredients, and "Made in Canada" means final processing took place in Canada. More detail at <https://windsorstar.com/opinion/columnists/guest-column-support-ontario-farmers-businesses-by-buying-local-foods-products>

NUTRITION MONTH 2025: NOURISH TO FLOURISH



March is Nutrition Month! The theme this year is a two-year theme, "Nourish to Flourish". This theme goes beyond physiological health to celebrate the integral role of nutrition in mental health, emotional resilience, and fostering social and cultural connections.

NUTRITION AND MENTAL HEALTH

The relationship between our diet and mental health is complex. Food can have an impact on mental health and our mental health can also influence our food choices and access to nutritious foods. Eating well is one part of managing mental health conditions, along with other treatments your healthcare provider may have suggested. You don't have to make big changes to your diet, start small with some of these tips:

- Eat regularly** – Eating at consistent times through the day will help to stabilize your blood sugar levels which contributes to improved energy and mood. If you find it hard to eat regularly through the day, try setting an alarm as a reminder to take a break for meals and snacks.
- Stay hydrated** – Even mild dehydration can affect mood, energy level and ability to concentrate. Make water your first choice. Refill your glass or water bottle regularly.
- Eat the right balance of fats** – Our brain needs healthy fats that are found in things like olive oil, nuts and seeds, oily fish, avocados, milk and eggs. Include a source of healthy fats with your meals and snacks.
- Include more whole grains, fruits and vegetables** – These foods are a good source of fibre, vitamins and minerals your brain and body need to stay well. Try whole grains like bulgur, quinoa, oatmeal and whole grain bread products. Fruits and vegetables can be fresh, frozen or canned (no salt added).
- Include some protein with every meal** – Protein with meals helps to stabilize our blood sugars and provides essential amino acids beneficial for brain health. Protein foods include meats, nuts and seeds, soy products, legumes, dairy and eggs.
- Look after your gut health** – Often your gut can reflect how you are feeling, it can speed up or slow down if you are stressed. Gut healthy foods include high fibre foods like fruits, vegetables, legumes and whole grains. Probiotics from fermented foods like kimchi and kefir and probiotic yogurts are also beneficial.
- Be mindful of your caffeine intake.** Too much caffeine can impact your mood and can cause sleep problems if taken too close to bedtime. Some people may find that caffeine makes them irritable and anxious. Caffeine is found in coffee, tea, cola, energy drinks, chocolate and some supplements.

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SPOTLIGHT ON BEETS

Beets are high in nutrients, including folate and manganese. They are a source of fibre, iron, magnesium,

potassium and vitamin C. Beets are very versatile. Try roasting them on their own or with other root vegetables. They make a great addition to salads, hummus, sandwiches or soups. Fresh beet leaves can be used in the same ways as spinach: added to salads, pastas, soups, etc.!

BEET HUMMUS

This recipe is a vibrant alternative to regular hummus. Serve with pita/naan/cut vegetables for a satisfying snack. Beet hummus also makes a great spread for sandwiches, wraps or toast.



Ingredients

- ◆ 3 medium beets, washed, leave the skin on
- ◆ 1 tsp (5mL) Olive oil
- ◆ ¼ cup (60mL) Diced onion
- ◆ 2 Cloves garlic, finely chopped
- ◆ 1 tsp (5mL) Ground cumin

- ◆ 1 cup (250mL) Canned chickpeas, drained, rinsed
- ◆ ¼ cup (60mL) Tahini (ground sesame seeds, or peanut butter and an optional dash of sesame oil)
- ◆ ¼ cup (60mL) Water
- ◆ ¼ cup (60mL) Lemon juice

Instructions

1. Cook beets in large pot of boiling water for 40 min. or until tender. When cooled, peel beets and roughly chop. Set aside. Can be done 1 day in advance.
2. In a medium frypan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.
3. Add beets, onion mixture, chickpeas, tahini, water & lemon juice to food processor. Puree until smooth.
4. Serve immediately or store in an airtight container in the fridge for up to 3 days. Sprinkle with salt when serving if desired.

Resources:

- <https://www.unlockfood.ca/en/Recipes/Snacks/Beet-Hummus.aspx>
- <https://www.halfyourplate.ca/produce/veggies/beets/>
- <https://www.dietitians.ca/News/2025/Nourish-to-Flourish-Nutrition-Month-2025>
- <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/diet-and-mental-health>

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 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.

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: