

May 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

June 4 June 18
(or sooner)

July 2 July 16
(or sooner)

****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



Mother's Day Draw Winner! We asked you to send us your recipes and recollections about a favourite dish that your Mom prepared for you, to be entered in a draw to win a Good Food Box. Congratulations to the winner: **S. Connelly of Clearview**. Watch our website and Facebook page as we share your tributes to Mom. Thanks to all who participated!



EMERGENCY PREPAREDNESS WEEK

Emergency Preparedness Week (May 4-10, 2025) is a national awareness initiative and an opportunity for you to take action to ensure you're prepared to protect yourself, your family and your community during an emergency. This year, the theme is **Be Prepared. Know Your Risks.**

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. It is recommended to be prepared to be self-sufficient for at least 72 hours. The recent ice storm was an extreme event and a learning opportunity for many. Let's take the time to review the recommendations from **Get Prepared.**

BASIC EMERGENCY KIT LIST

- Water – two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys for your car and house
- Cash, travellers' cheques and change
- Important family documents such as identification, insurance and bank records
- [Emergency plan](#) as well as contact information

ADDITIONAL KIT SUPPLIES CHECKLIST

- Two additional litres of water per person per day for cooking and cleaning
- Candles, matches or lighter (do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape



Make An Emergency Plan: The Government of Canada provides a template to help you design your own emergency plan. Go to <https://www.getprepared.gc.ca>



QUICK PANTRY CORN AND BEAN SALAD

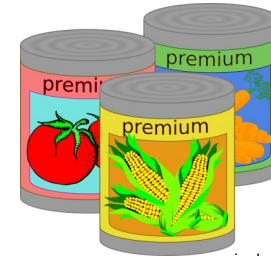
Ingredients

- ◆ 1 can of bean of choice
- ◆ 1 can of seasoned diced tomatoes
- ◆ 1 can of corn
- ◆ Lime/lemon juice or vinegar

Instructions

Mix all wet ingredients together and serve with tortilla chips or crackers. This recipe can easily be adapted to include fresh ingredients such as peppers, cilantro, red onion, and avocado

Sources: – <https://www.getprepared.gc.ca/cnt/rsrscs/ep-wk/index-en.aspx>



- ◆ Optional: canned artichoke hearts or olives
- ◆ Tortilla chips or crackers for serving

STOCK YOUR PANTRY FOR EMERGENCIES

When preparing a food supply, think about Canada’s Food Guide to stock items for each food category. Here are some examples of foods to consider:

STARCHES/GRAINS	PROTEINS	FRUIT/VEGETABLES	OTHER
<ul style="list-style-type: none"> ✓ Canned/packaged rice ✓ Granola bars ✓ Oatmeal ✓ Cereal ✓ Pasta/instant noodles ✓ Crackers ✓ Canned potatoes ✓ Canned corn 	<ul style="list-style-type: none"> ✓ Canned beans ✓ Canned fish ✓ Canned meat ✓ Canned stews ✓ Peanut butter ✓ Nuts/seeds ✓ Lentils ✓ Skim milk powder 	<ul style="list-style-type: none"> ✓ Canned fruit ✓ Canned vegetables ✓ Canned tomatoes ✓ Pasta sauce ✓ Dried fruit 	<ul style="list-style-type: none"> ✓ Individual serve condiments (mayo, ketchup, mustard, relish, soy sauce) ✓ Jam ✓ Favourite spice blend ✓ Instant coffee, cocoa, ✓ Juices ✓ Oil and Vinegar

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