

July 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Aug 6
(or sooner) Aug 20

Sept 3
(or sooner) Sept 17

****Food Box \$21.00**
(\$25.00 as of Sept 2025)**

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.



September Price Increase The GGFB Board of Directors has made the difficult decision to increase the price of the Good Food Box. Effective **Sept. 1, 2025**, the price per bag will increase to **\$25**. If you typically purchase through the GFB website, the price increase will be from \$22 per bag to \$26 per bag. This decision was not made lightly. Inflation has been impacting prices everywhere and the Good Food Box is not immune to those pressures. We have avoided price increases for as long as possible, but it is now necessary to raise our price if we are to continue providing the high-quality produce and service we have all benefited from for so long.

PICNIC FOOD SAFETY

Eating outdoors is one of the simple pleasures of summer, however the warmer temperatures and the challenges of preparing food outside can increase the risk of food poisoning. Here are 4 tips for outdoor summer food safety:

- 1. KEEP IT CLEAN:** Bring soap and use a clean, safe source of water for washing. Wash your hands for at least 20 seconds before and after handling food. Pre-wash vegetables and fruit and store in clean containers before leaving home. Wash and sanitize the inside of your cooler before and after each use. Use a kitchen sanitizer or mild bleach water solution (5ml bleach per 750ml)
- 2. SEPARATE FOODS:** Pack foods in leak-proof plastic bags or airtight containers to avoid cross-contamination in cooler. Take extra containers for storing leftovers. Package raw meats securely and place at the bottom of cooler to prevent juices from dripping onto other foods. If you plan to cut foods on site, pack separate cutting boards and knives for raw meats, poultry, and vegetables/fruit, or prepare ahead of time at home. Take enough plates and utensils to use a clean set for serving cooked foods.

Safe Temperature for Cooked Foods	
Ground beef	71°C (160°F)
Leftover food	74°C (165°F)
Whole poultry	85°C (185°F)

- 3. COOK PROPERLY:** Poultry and ground meats should always be cooked to well done. Use a food thermometer, don't depend on colour to tell if a food is properly cooked. Place the food thermometer in the thickest part of the food for a correct reading. Clean the thermometer before using it

again. Eat cooked food while it is still hot – don't let foods sit in the **"danger zone"** (between 4°C /40°F) and 60°C /140°F) where bacteria can grow quickly.

- 4. CHILL IT WELL:** Keep cold food cold at or below 4°C (40°F). Use an insulated cooler with freezer packs or ice to store perishable foods (that are normally kept in the refrigerator). Refrigerate or freeze food the day before you pack it in your cooler. Keep your cooler in the coolest part of the car and place it in a shady spot out of direct sunlight. Cover and store any leftover food in the cooler or fridge as soon as you have finished eating. Throw out food that has sat in "danger zone" over 2 hours.

SAFE WATER

Use safe water to drink, cook and wash with. Water from lakes and rivers may not be safe even if it looks clean. Use bottled water, tap water from a clean safe source, or purify water. To purify water, remove any particles you see by letting them settle to the bottom or strain through a coffee filter, then boil for at least 1 minute at a rolling boil. You may also use water purification tablets or water filters if you like.

From <https://www.unlockfood.ca/en/Articles/Food-safety/How-to-Keep-Foods-Safe-When-Eating-Outdoors.aspx>

VERMICELLI WITH BROCCOLI AND GRILLED BEEF

This recipe can be enjoyed hot or cold at your next picnic. You can easily prepare the dish ahead of time and grill the beef at your destination too! A simple cilantro dressing doubles as a baste for the grilled beef for this fresh entrée. Broccoli cooks easily with pasta.



Makes 4 servings

Ingredients

- ◆ 3 Tbsp. (45 mL) Red wine vinegar
- ◆ 2 Tbsp. (30 mL) Soy sauce
- ◆ 1½ cups (375 mL) Coarsely chopped Ontario onions
- ◆ 1 Tbsp. (15 mL) Vegetable oil
- ◆ 2 tsp (10 mL) Packed brown sugar
- ◆ ¼ tsp (1 mL) Red pepper flakes
- ◆ 1 Tbsp. (15 mL) Chili sauce
- ◆ 1 lb. (500 g) Flank or sirloin steak
- ◆ 2 Tbsp. (30 mL) Chopped fresh cilantro or parsley
- ◆ 8 oz. (250 g) Vermicelli pasta
- ◆ 4 cups (1L) Ontario broccoli florets
- ◆ 1 Medium Ontario tomato, chopped
- ◆ 2 Ontario green onions, sliced

Sources: – <https://www.unlockfood.ca/en/Recipes/Main-courses/Vermicelli-with-Broccoli-and-Grilled-Beef.aspx>

Instructions

1. In small bowl, combine vinegar, soy sauce, oil, brown sugar and red pepper flakes. Remove 1 Tbsp (15 mL) to small bowl; stir in chili sauce. Spread over both sides of beef. Stir in cilantro into remaining dressing.
2. Grill beef over medium-hot coals for about 10 minutes each side or until desired doneness. (Or broil under broiler.)
3. Meanwhile, cook vermicelli in boiling salted water for 8 minutes. Add broccoli and simmer 4 minutes longer. Drain. Heat dressing to boil in microwave or small saucepan. Pour over vermicelli mixture; stir in tomato. Thinly slice beef and toss with vermicelli mixture. Serve sprinkled with green onions.

HERE'S YOUR CHANCE TO GET INVOLVED!

We're recruiting community-minded volunteers to sustain the Good Food Box Program:

- ◆ **Social Media Administrator**
- ◆ **Wasaga Beach Pack Coordinator**
- ◆ **Board Members**



For more information about these volunteer positions, please visit our website at www.ggfb.ca or email us at: gfoodbox@gmail.com. We welcome all inquiries!

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:

- ◆ **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: