

August 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Sept 3 (or sooner)	Sept 17
Oct 1 (or sooner)	Oct 15

****Food Box \$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.



"Serving Georgian Bay Communities Since 1953"

South Georgian Bay
Community Health Centre

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DISTRICT HEALTH UNIT
Your Health Connection



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 web-site, 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.

EASY SUMMER DINNERS

Take advantage of all the local produce and robust flavours to create easy summer dinners. Here are **fifteen ideas** to carry you through the month without a lot of fuss!

1. **Steak Salad** – Top any salad with your favourite seasonal veggies, a grilled steak and a delicious dressing
2. **Loaded Baked Potato** – Bake a sweet potato or Yukon Gold potato on the BBQ or in the microwave. Top with salmon/tuna salad, steamed broccoli and grated cheese
3. **Chicken Caesar Wraps** – Grilled chicken rolled up with Caesar salad in a whole wheat wrap
4. **Shrimp Taco Bowls** – Top rice or quinoa with taco toppings, including black beans and taco-seasoned shrimp
5. **Grilled Pizza/Flatbread** – Heat premade pizza crust/flatbread on the BBQ and top with your favourite grilled veggies and toppings
6. **Grilled Peanut Chicken Bowls** – Grill chicken and place on rice noodles with roasted veggies drizzled with peanut sauce
7. **Grilled Fish and Veggies** – Grill your favourite fish and veggies seasoned with olive oil, salt and pepper
8. **Lentil Tacos** – Simmer canned lentils with taco seasoning and diced tomatoes. Stuff your taco shells with fresh veggies, lentils and your favourite toppings
9. **Mac and Cheese Stuffed Zucchini** – Slice zucchini length wise and hollow out. Place on the grill, when ready, stuff with your favourite boxed mac and cheese (or homemade), sprinkle with extra cheese and quickly broil to melt the cheese
10. **Pulled Chicken/Pork Sandwiches** – Top a toasted bun with the sauced pulled meat and coleslaw salad
11. **Tofu Stir Fry** – Marinade extra firm tofu in your favourite stir-fry sauce and sauté with fresh veggies. Serve over rice, noodles or quinoa.
12. **Roasted Veggie and Falafel Pita** – Cook ready-made falafels and stuff in a pita with tzatziki/hummus, roasted veggies and salad
13. **Roasted Veggie Sandwich** – Toast a fresh baguette and top with grilled veggies, goat cheese and pickled red onions
14. **Chicken Pesto Pasta** – Cook chicken and toss into a pasta salad with fresh veggies, pesto sauce and feta cheese
15. **Greek Salad Cottage Cheese Bowl** – Top cottage cheese with Greek salad, soft boiled eggs, balsamic glaze drizzle and use pita chips for scooping



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TOMATO BOCCONCINI SALAD WITH STEAK

This main meal salad is the perfect combination of fresh flavours and colour.

Makes 4 servings

Ingredients

- ◆ 4 Ontario Tomatoes, sliced
- ◆ 8 Ontario Boccconcini Cheese, about 200g
- ◆ 1/4 cup (50 mL) vegetable or olive oil
- ◆ 1 tbsp (15 mL) balsamic vinegar
- ◆ 1/4 cup (50 mL) fresh Ontario Basil, thinly sliced
- ◆ 3 Ontario Boneless Rib Eye Grilling Steaks, each about 125 g
- ◆ Coarse salt and freshly ground pepper
- ◆ 4 cups (1 L) Ontario Baby Arugula Leaves

Instructions

1. Arrange tomatoes and cheese on large platter. Whisk 3 tbsp (45 mL) oil with vinegar; pour evenly over top. Scatter with half of the basil.
2. Season steaks with salt and pepper to taste. In large skillet, heat remaining oil until sizzling; cook steaks until medium-rare, about 5 minutes per side. Remove to a cutting board; tent with foil and



let stand for 5 minutes before thinly slicing.

3. Divide arugula among 4 plates; arrange sliced tomatoes and 2 cheese balls beside arugula. Top arugula with beef slices. Sprinkle with remaining basil.

Source: — <https://www.ontario.ca/foodland/recipes/tomato-bocconcini-salad-steak>

HERE'S YOUR CHANCE TO GET INVOLVED!

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



- ◆ **Wasaga Beach Pack Coordinator**
- ◆ **Stayner Drivers** — drive bags of produce from St. Pat's Church to Stayner Library (less than 1 hour commitment per month)

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

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 (\$25/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: