

November 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Dec 3 (or sooner)	Dec 17
Jan 7 (or sooner)	Jan 21

****Food Box \$25.00****

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

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DISTRICT HEALTH UNIT
Your Health Connection



Kelly Sikkema on Unsplash

TWO WAYS TO GIVE

Georgian Good Food Box is running two giving campaigns for the holiday season. **Giving Tuesday** (Dec. 2) and **Give**

One Get One. When you order your bag, consider buying an extra to gift to a friend or to donate to someone in need. Good Food Boxes also make excellent employee gifts! For your generosity, we will enter your name in a draw to win a free GFB in January.

HERE'S YOUR CHANCE TO GET INVOLVED IN 2026! We're looking for a **Social Media Administrator, Stayner Drivers, and Wasaga Pack Co-coordinator.** Visit www.ggfb.ca or email gfoodbox@gmail.com. All enquiries welcome!

SPOTLIGHT ON SWEET POTATOES

Sweet potatoes are grown locally in Ontario, they're versatile in recipes, and are packed full of nutrients.



Muhammed [paper on Unsplash

DID YOU KNOW?

- Sweet potatoes have 10 times more vitamin A than regular white potatoes.
- Sweet potatoes contain carotenoids. Carotenoids are phytonutrients that may help reduce the risk of eye disease, some cancers and heart disease. Foods that are brightly coloured, such as dark green, orange, yellow and red vegetables and fruit, contain carotenoids. Note: it is best to get carotenoids from foods. Supplementing with carotenoids has not been found to help.
- Unlike regular potatoes, sweet potatoes are a low glycemic food. Substituting high glycemic foods for low glycemic foods can help people living with diabetes, or who are at risk for diabetes, control blood sugars.
- A medium sweet potato with the skin on has 4 grams of fibre and no fat.

FIVE THINGS TO DO WITH SWEET POTATOES

- 1. Basic Sweet Potato Side Dish.** Scrub, rinse then prick sweet potatoes with a fork. Microwave on high for 10-12 minutes, until tender. Let it cool. Slice in half. Scoop the insides out with a spoon. For extra flavour, add 1-2 tbsp (15-30 mL) frozen concentrated orange juice, mash, and return to the potato skins.
- 2. Baked Sweet Potato Fries** – Scrub, rinse and cut sweet potato into fries. The thinner the fries, the crispier they will be. Leave skin on for added fibre. Toss fries with a little olive oil. Sprinkle with garlic powder (not garlic salt). Spread fries in single layer on parchment-lined baking sheet. Bake at 425F for 10 min. on each side or until nicely browned. For flavour, add chilli powder, cumin, paprika or pepper.
- 3. Grilled Sweet Potato.** Add to wraps, lower-sodium vegetable soups, or mix in with couscous, frozen peas and canned chickpeas. Scrub, rinse and boil potatoes with skins on. Cook until tender but firm. Let potatoes cool. Slice potatoes in half lengthwise then into three or four wedges. Brush the wedges with olive oil. Add any seasoning you like: paprika, garlic powder, thyme, chilli powder, pepper or low-sodium seasoning mix. Whisk maple syrup with a little Dijon mustard together and brush on wedges during the last couple minutes of cooking. Wrap in foil. Grill (or broil in the oven) for about 6 minutes. Top with chopped parsley.
- 4. Shepherd's Pie** – Try mashed sweet potatoes or half regular and half sweet potatoes to top your next Shepherd's pie. Source: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/Nutritional-Benefits-of-Sweet-Potatoes.aspx>

5. More ideas! Soups, Salads, Stir fry, Stuffed Potatoes

- Use extra mashed sweet potato to thicken homemade vegetable soups.
- Use mashed sweet potato to make dumplings using wonton wrappers.
- Replace regular potato with sweet potato in potato salad.
- Stir fry – cook just until tender, not mushy.
- Need a quick meal? Bake and slice potatoes in half. Top with leftover chilli and grated cheese; black beans and salsa; baked beans; or scrambled eggs.



pixabay.com



BREAKFAST DUMPLINGS

This is a great recipe for kids to help in the kitchen.

Makes 24 dumplings

Ingredients

- ½ cup (125mL) mixed vegetables (e.g. peppers, zucchini or mushrooms) and/or mashed sweet potato
- 1 tsp (5mL) Canola oil
- 4 Eggs, lightly beaten
- A pinch each Salt and pepper
- ¼ cup (60 mL) Cheddar cheese, shredded
- 200 g (1 package) Wonton wrappers (about 24)

Instructions

1. Wash hands with soap and warm water for at least 20 seconds. Clean all countertops and equipment used for food preparation.

2. Gently rinse vegetables, then dice. Heat oil in a small nonstick skillet over medium heat; add vegetables and cook for about 3 minutes or until softened.
3. Stir in eggs, salt and pepper and cook, stirring gently for about 3 minutes or until soft large curds set. Remove from heat and stir in cheese; set aside.
4. Place a few wonton wrappers on a clean work surface and spoon about 1 heaping tsp (5 mL) into centre of each wrapper. Brush the edges of the wrapper with a bit of water and fold over to form a triangle to seal. Place on parchment paper lined baking sheet and continue with remaining ingredients.
5. Spray dumplings with cooking spray. Bake in 400°F (200°C) oven for 8 minutes until the internal temperature reaches 165°F (74°C) on a digital food thermometer. Let cool slightly before eating.

Source: <https://www.unlockfood.ca/en/Recipes/Breakfast/Breakfast-Dumplings.aspx>

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.

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: