

December 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Jan 7
(or sooner) Jan 21

Feb 4
(or sooner) Feb 18

****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.



BUY ONE GIVE ONE

When you order your bag, consider buying an extra to gift to a friend or to donate to someone in need. For your generosity, we will enter your name in a draw to win a free GFB in January.

GET INVOLVED IN 2026! We're looking for a **Social Media Administrator, Wasaga Pack Co-coordinator, & Stayner drivers.** Email gfoodbox@gmail.com All enquiries welcome!

Thank you for purchasing a Good Food Box and supporting volunteer efforts to make fresh produce more affordable in our communities. We hope to see you next year!



FIVE TIPS FOR STAYING HEALTHY OVER THE HOLIDAYS

The holiday season can be a difficult time to make nutritious choices and keep up your healthy habits. Read on for tips on a healthy and happy holiday season.

1. **Don't wait for January 1 to start your New Year's resolution.** Try making a holiday season resolution instead. Commit to just one thing that you can do during this busy time to feel your best. Some ideas to try: go for a walk after dinner; have a healthy breakfast each morning; de-stress with a good night's sleep; have a plant-based meal once a week; or learn to menu plan.
2. **Enjoy your "must-have" treats.** It's easy to indulge in all the goodies that are available this time of year. Be choosy. What foods do you really enjoy? Promise yourself that you will have a few favourites over the holidays and aim to make nutritious choices the rest of the time.
3. **Don't let the cold be an excuse not to go outside and be active.** Explore the winter wonderland, play snoccer (soccer in the snow), go snowshoeing or ice skating, or build snow people. You'll be having so much fun you won't even notice the weather.
4. **If you choose to drink alcohol, follow the safe drinking guidelines.** A glass of red wine or eggnog is nice but stick to the recommended drinking guidelines for best health. Don't forget that sugar and fat can add up, especially from those drinks made with cream and sweet mixers. Alternate alcoholic drinks with non alcoholic beverages (like club soda and lime, water with lemon or tea and coffee).
5. **Fill half your plate with veggies and fruit.** The "plate method" is a simple way to meal plan. By filling half your plate with veggies/fruits, one quarter with protein foods and one quarter with whole grains, you will be sure to get all the nutrients you need to fuel your body and feel great.

Enjoy this time of year! You may be so busy buying presents, entertaining guests, decorating the home and going out to celebrate that you forget to take the time to just relax. Enjoy delicious and nutritious food and quality time with family and friends.

Source: <https://www.unlockfood.ca/en/Articles/Holidays-Celebrations/10-tips-for-a-delicious-and-healthy-holiday->



COUNTRY-STYLE MUSHROOM PIE

This pie is wonderful served after any outdoor winter activity. Better yet, the filling can be prepared ahead to fill either a double-crust pie for dinner or tart shells for appetizers. **Serves 6**

Tips:

- ◆ This recipe calls for half and half cream. You can often replace half and half cream with canned, 2% partly skimmed evaporated milk, and get the same results with one fifth of the fat!
- ◆ Instead of using cognac or brandy, try apple juice, pear juice, white grape juice or water.

Ingredients

Pie Shell: Pastry for double-crust 9 in. (23 cm) pie

Mushroom Filling:

- ◆ 1 Large Ontario parsnip, peeled and diced
- ◆ 1 Large Ontario carrot, diced
- ◆ ½ cup (125 mL) Chicken broth
- ◆ 2 Tbsp. (30 mL) Butter
- ◆ 1 Medium Ontario onion, chopped
- ◆ ½ lb (250 g) Ontario mushrooms, sliced
- ◆ ½ cup (125 mL) All-purpose flour
- ◆ ½ cup (125 mL) Half-and-half cream
- ◆ 1 Tbsp (15 mL) Cognac or brandy

- ◆ ½ tsp (2 mL) Salt
- ◆ ¼ tsp (1 mL) Ground nutmeg
- ◆ ¼ tsp (1 mL) Ground pepper

Instructions

1. Roll out pastry and line 9 inch (23 cm) pie plate.
2. In saucepan, cook parsnip and carrot in chicken broth until tender; do not drain.
3. In nonstick skillet, melt butter on medium-high heat. Add onion and mushrooms; cook 5 minutes until most of the liquid has evaporated. Reduce heat to low. Stir in flour, cream, cognac, salt, nutmeg and pepper; cook, stirring, until thickened. Stir in parsnip mixture. Cool slightly.
4. Turn filling into pastry-lined pie plate; arrange second crust over filling, crimping edges. Slash crust in several places for steam vents.
5. Bake in 425°F (220°C) oven 25 to 30 minutes until pastry is browned. Cut into wedges to serve.



Variation: Fill 2 dozen small unbaked tart shells with Mushroom Filling and bake 15 to 20 minutes in 425°F (220°C) oven

Source: <https://www.unlockfood.ca/en/Recipes/Main-courses/Country-Style-Mushroom-Pie.aspx>

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 (\$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:

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