

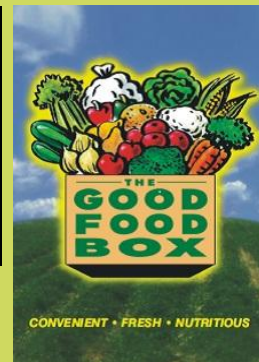
Georgian Good Food Box Newsletter

JANUARY

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Order & Pay By	Pick Up On
Feb 4 (or sooner)	Feb 18
Mar 4 (or sooner)	Mar 18

Food Box \$25.00



This Month's Recipe

Warm Roasted Sweet Potato Salad

Setting Healthy Living Goals

With the New Year among us, we often feel the need to set resolutions. Many of us may be thinking about our health and wellness for 2026. Do you want to eat healthier, get active or just feel your best? The secret to success is to break down your healthy living goals into mini goals that are easy to manage. Start with one small, clear goal that is right for you. That is the idea behind setting "SMART" goals.

How To Set A "SMART" Goal

Use this helpful checklist when setting a goal. Make sure your goal is:

- ✓ **Specific:** When will you start? What will you focus on? How will you do it?
- ✓ **Measurable:** How often will you do this? How much will you do? What will you track and how?
- ✓ **Action-oriented:** What eating or activity behaviour will you change? Focus on a behaviour that you can change rather than a feeling or a thought.
- ✓ **Realistic:** Can you see yourself completing this goal? Be honest! Setting small goals that are achievable is a strong motivator and a positive way for you to track your progress.
- ✓ **Time-framed:** How long will it take you to reach your goal?



Here is an example of how to turn a goal into a SMART goal:

- **Goal:** I'm going to start eating more vegetables. This is a good start but this goal will be hard to measure and it is not time-framed.
- ✓ **"SMART" Goal:** Eat 1 cup of vegetables with dinner 4 times this week. This goal is specific, measurable and has a specific timeframe. This will help you determine if you have reached your goal!

Tips to Help You Reach Your Goal

- **Set a goal** that you feel you can achieve and that makes you feel good.
- **Plan ahead.** What could make it hard to reach your goal? What can you do about that? If the focus of your goal is to eat more vegetables, you might write a grocery list, keep frozen vegetables handy or find new recipes.
- **Keep motivated.** Celebrate even small successes like going to your first exercise class. Reward yourself. Try a long bath, a new cookbook, a walk with a friend or anything else that makes you feel terrific.
- Not reaching your goal? **Stay positive.** It's a chance to learn what works for you or how to handle challenges. It's OK to change your goal too.

Source: <https://www.unlockfood.ca/en/Articles/Menu-Planning/Your-Guide-to-Setting-Healthy-Living-Goals.aspx>

New Year. New Look.

After about 8 years, we decided it was time to freshen up the newsletter. It still has all the familiar content, nutritional tips, recipes, and Good Food Box information. Welcome to our new look!

Make 2026 the Year You Volunteer!

Whatever your talents, we are sure we can put them to good use! Specifically, we are looking for volunteers who could help with our **social media** program, on the **pack coordination team** at Wasaga, and **Stayner drivers**. You can make a huge difference with a small contribution of your time. All enquiries are welcome. E-mail us at gfoodbox@gmail.com

With Gratitude to our Partners >>>

We couldn't do this without our community partners! 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.

The Georgian Good Food Box is strictly non-profit and is operated 100% by community volunteers. For more information or to volunteer, contact us at: gfoodbox@gmail.com Joan: 705-445-9660 or Ted: 705-970-7737



Warm Roasted Sweet Potato Salad

Wow value is what this salad is all about. The vibrant potatoes against the bright greens are gloriously impressive and perfect as a warm starter for a winter dinner party. Roast the potatoes ahead if you want, then just warm in the oven before tossing with the cool greens. Serves 6-8



Ingredients

- 6 cups (1.5 L) peeled cubed (3/4-inch/2 cm) Ontario Sweet Potato
- 1 Ontario Onion, thickly sliced
- 1/4 cup (50 mL) vegetable oil
- 2 tsp (10 mL) fresh Ontario Thyme Leaves
- 1 tsp (5 mL) salt
- 2 tbsp (25 mL) balsamic vinegar
- 2 tbsp (25 mL) Ontario Maple Syrup
- 2 tsp (10 mL) chopped fresh Ontario Tarragon leaves
- 8 cups (2 L) Ontario Mixed Salad Greens
- 1/4 cup (50 mL) dried cranberries (optional)
- 3/4 cup (175 mL) crumbled Ontario Goat Cheese (Chèvre)

Tip: The sweet potatoes and onions can be roasted ahead. Just warm them in the oven or microwave before tossing with the greens.

Instructions

1. In large bowl, combine potato and onion; add 2 tbsp (25 mL) of the oil, thyme and 1/2 tsp (2 mL) of the salt. Toss to coat. Spread over 2 large, oiled baking sheets. Roast in 375 °F (190 °C) oven until potatoes are golden and fork-tender, about 30 minutes, switching pans on racks and stirring halfway through.
2. Meanwhile, in small bowl, whisk together remaining 2 tbsp (25 mL) of the oil, vinegar, maple syrup, tarragon and remaining 1/2 tsp (2 mL) salt.
3. In large salad bowl, place greens; add hot roasted vegetables.
4. Pour dressing over vegetables. Add cranberries, if using, and toss. Sprinkle with goat cheese. Serve.

Source: <https://www.ontario.ca/foodland/recipes/warm-roasted-sweet-potato-salad>

How Do I Order & Pay?

By the first Wednesday of every month or sooner!

Two ways to order:

1. **On-line at ggfb.ca** with PayPal. Please order through ggfb.ca so that you can tell us where to direct your bag for pick up.
2. **In person** to one of these locations:
 - 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.

Take exact cash in an 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 pick up locations)

Orders received after the first Wednesday of the month will be credited to the following month. This deadline is firm so produce gets delivered on time.

How Do I Pick Up?

Pick up occurs 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

Our pick-up locations are volunteering their space and do not provide cold storage. Forgotten Food Boxes will be donated to charity.

Join our mailing list for order and pick up reminders at ggfb.ca

