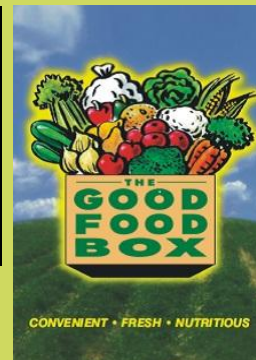


# Georgian Good Food Box Newsletter

**FEBRUARY**

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Order & Pay By	Pick Up On
Mar 4 (or sooner)	Mar 18
Apr 1 (or sooner)	Apr 15

**Food Box \$25.00**


## This Month's Recipe

**Leek, Mushroom & Cheese Frittata**

## Focus on Fibre

Fibre is a carbohydrate that passes through the digestive system without being digested. Fibre is found in vegetables and fruit, whole grains, legumes like beans, peas and lentils and nuts and seeds.

**Fibre can help to:**

- Keep you regular
- Lower your cholesterol
- Control your blood glucose (blood sugar)
- Maintain a healthy body weight and
- Lower your risk of heart disease and some cancers like colon cancer



Image by Bruno from Pixabay

## There are Two Main Types of Fibre

1. **Insoluble fibre** helps to keep you regular. Insoluble fibre is found in some vegetables and fruit, whole grains and wheat bran.
2. **Soluble fibre** helps to lower cholesterol and control blood glucose. It is found in some fruits like apples & oranges, vegetables like leeks, carrots, okra & eggplant, oats, barley, psyllium, and legumes like beans & lentils.

It is important to eat a variety of fibre-rich foods to get the health benefits of both types of fibre.

## How Can I Get More Fibre In My Diet?

### Grains

- ✓ Look for breads, bagels, English muffins, pitas, tortillas and wraps with 2 to 4 g of fibre per serving on the Nutrition Label.
- ✓ Choose high fibre cereal that has at least 4 g of fibre per serving.
- ✓ Use whole wheat pasta or brown rice instead of white pasta or white rice.
- ✓ Substitute whole grain wheat, teff or sorghum flour in place of white flour when baking bread, muffins, chapattis, naan or rotis.

### Vegetables and Fruit

- ✓ Choose whole vegetables and fruits instead of juice.
- ✓ Add a small salad or vegetable soup to your lunch or dinner meal.
- ✓ Bring cut up vegetables and low-fat dip as a snack at work or school.
- ✓ Add fresh berries or dried fruit to your favourite yogurt or cereal.
- ✓ Have a fruit salad with low fat dip as a dessert.

### Legumes

- ✓ Add lentils or beans to soups, casseroles and salads.
- ✓ Spread hummus on whole grain flat bread, naan or roti.
- ✓ Serve dahl, sambhar, rasam and sundal with lentils and beans.
- ✓ Add soybeans to soups, stir-fry dishes and casseroles.

### Nuts and Seeds

- ✓ Add ground flaxseeds to cereal, porridge, roti or tortilla dough or dahl.
- ✓ Mix almonds, sunflower seeds and pine nuts for a snack.
- ✓ Add hazelnuts or dried coconut to baked muffins.

## Congratulations!

Karen, from Wasaga Beach was the lucky winner of our Buy One Give One Holiday season draw. Karen gets her **Free Good Food Box** in February and in an act of kindness, she is donating it to someone in need. Thank you Karen and thanks to all those who participated in the draw. Your generosity helped some local families in need.

## 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 or on the **pack coordination team** at Wasaga. You can make a huge difference with a small contribution of your time. All enquiries are welcome. E-mail us at [gfoodbox@gmail.com](mailto: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](mailto:gfoodbox@gmail.com) Joan: 705-445-9660 or Ted: 705-970-7737

# Leek, Mushroom and Cheese Frittata

This versatile light supper, lunch or brunch frittata is easy to make and ultra-flavourful with its garlic-and-herb cream cheese. Serve with crusty multigrain bread and sliced greenhouse tomatoes and cucumbers. Serves 4



## Ingredients

- 1 tbsp (15 mL) butter
- 2 cups (500 mL) sliced halved well-washed Ontario Leeks (about 2 white part only)
- 2 cups (500 mL) sliced Ontario Mushrooms (about 4 oz/125 g)
- 1/2 cup (125 mL) cream cheese with garlic and herbs
- 6 Ontario Eggs
- 1/4 tsp (1 mL) each salt and pepper

**Tip:** To broiler proof your skillet, wrap handle in foil.

Source: <https://www.ontario.ca/foodland/recipes/leek-mushroom-and-cheese-frittata>

## Instructions

1. In 10-inch (25 cm) ovenproof non-stick skillet, melt butter over medium heat. Add leeks and mushrooms; cook, stirring often, for about 5 minutes or until softened.
2. In medium bowl, beat cream cheese to soften. Beat in eggs, 1 at a time, until smooth. Season with salt and pepper. Pour into skillet and stir gently with wooden spoon to combine with leeks and mushrooms.
3. Cover and reduce heat to low; cook until set and lightly puffed, 8 to 10 minutes.
4. Adjust oven rack 4-inches (10 cm) below broiler element; turn on broiler. Broil until lightly golden, about 2 minutes.

## How Much Fibre Do I Need?

Source: <https://www.unlockfood.ca/en/Articles/Fibre/Focus-on-Fibre.aspx>

Many people only get half the amount of fibre they need. The amount you need depends on how old you are and whether you are male or female. In general, **adults need 25-38 g fibre daily**. For people living with diabetes, the recommended intake of dietary fibre is higher (from **30 g to 50 g per day**) with at least a third coming from soluble fibre. To get the health benefits of fibre, slowly increase the amount you eat. Remember to be physically active and drink plenty of fluids. This will help you avoid gas and bloating as you increase the fibre in your diet.

## 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

