

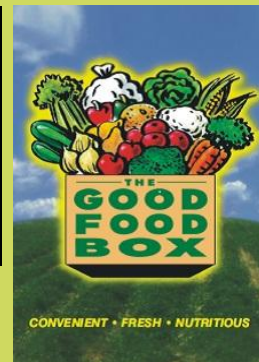
# Georgian Good Food Box Newsletter

## MARCH

Follow on  Join on  Go to [www.ggfb.ca](http://www.ggfb.ca)

Order & Pay By	Pick Up On
Apr 1 (or sooner)	Apr 15
May 6 (or sooner)	May 20

Food Box \$25.00



## This Month's Recipe

Thai-inspired Broccoli Potato Soup

## Nourish to Flourish: Our Relationship With Food

March is Nutrition Month! The theme is continuing from last year, "Nourish to Flourish". This theme goes beyond physiological health to celebrate the integral role of nutrition in mental health, emotional resilience, and fostering social and cultural connections.

Nutrition Month is a meaningful time to reflect on our relationship with food—not only in terms of nutrients, but also in terms of culture, memory, and connection. Food tells a story. It carries the flavours of our childhood, the traditions of our families, and the values of our communities.

### Family Recipes

Perhaps there is a favourite recipe that has been passed down through generations—a grandmother's soup, a festive dessert, or a special holiday dish. These recipes are more than instructions; they are living pieces of history. Preparing them can bring comfort and a sense of belonging, reminding us of where we come from and the people who shaped us.

Image by Nala\_Subrada from Pixabay

### Social Practices

Food also plays an important role in social practices. Maybe your family gathers every Sunday for a shared meal, celebrates milestones with specific dishes, or observes cultural or religious traditions through food. These rituals strengthen bonds, create lasting memories, and offer a sense of stability in a fast-paced world. Even simple habits—like cooking together, sharing lunch with friends, or expressing gratitude before a meal—can deepen connection.



### New Traditions

At the same time, Nutrition Month can inspire us to create new traditions. You might start hosting monthly potlucks, experimenting with recipes from your heritage, or introducing mindful eating practices at home. Building new food traditions can be a way of honoring the past while adapting to present needs and values.

### Nourishment for the Soul

Food is not just fuel for the body; it is nourishment for the soul. By maintaining and creating socio-cultural practices around food, we nurture connection, identity, and well-being—reminding ourselves that eating is both a biological and deeply human experience.

## Meet Some People. Have Some Fun. Volunteer with GGFB!

Whatever your talents, we will put them to good use! You can make a BIG difference in your community by offering a small bit of your time.

- ❖ Want to work **at home**, on your own schedule? We need a volunteer to help with our **social media program**.
- ❖ Volunteer in **Wasaga**? Join a dynamic team and assist with **pack coordination**.
- ❖ Volunteer in **Collingwood**? Use your **computer skills** for order processing OR learn the ropes as a **pack coordinator** and be part of an efficient, fun team.

All enquiries are welcome. Please reach out! [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



# Thai-Inspired Broccoli Potato Soup

This broccoli soup recipe is loaded with fresh veggies like broccoli, potatoes, and kale. It's the perfect healthy soup recipe for anyone looking to sneak more vegetables into their day in the most delicious way possible. It's super easy to prepare, freezer-friendly, and the kind of recipe that makes you feel good after every bowl.



Recipe contributed by #HalfYourPlate Friend MayEightyFive.com

## Ingredients

- 2 tbsp Olive Oil
- 1 Small Onion (or 1/2 large) *Diced*
- 4 Garlic Cloves *Minced*
- 2 tbsp Green Curry Paste
- 2 Small Potatoes *Diced*
- 1 Large Broccoli Head (or 2 small crowns) *Chopped*
- 4 cups Vegetable Broth
- Salt and Pepper *to Taste*
- 1 Head of Kale *Chopped*
- 1 Can (400ml) Coconut Milk
- Juice of 1 Lime

Source: <https://www.halfyourplate.ca/recipe/thai-inspired-broccoli-potato-soup>

## Instructions

1. In a large pot, heat olive oil over medium heat. Add onion and cook for 5–7 minutes until soft. Add garlic and cook 2 more minutes.
2. Stir in green curry paste and cook for 1 minute.
3. Add potatoes and broccoli. Cook for 2 minutes to slightly char.
4. Add broth, season with salt and pepper, cover and simmer 20 minutes.
5. Stir in kale and cook uncovered for 10 more minutes, until wilted.
6. Use an immersion blender to blend until smooth.
7. Stir in coconut milk and lime juice. Simmer 10 min.
8. Ladle into bowls. Top with your favorite garnish!

**Looking for more ways to Nourish and Flourish?** Check out **South Georgian Bay Community Health Centre Program Guide** (<https://www.southgeorgianbaychc.ca/programs> or call 705-422-1888) for programs that support physical, mental and social well-being, available to all members of the community at no cost. Programs focus on a variety of community needs such as physical activity, healthy eating, socialization, support groups, mindfulness, chronic disease management and more. *Spring programs will be advertised soon!*

## 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 – 12:00 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

