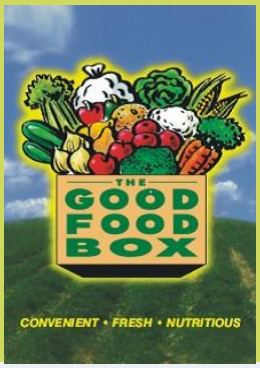
2026

Georgian Good Food Box
Newsletter

Order & Pay By	Pick Up On
Dec 2 (or sooner)	Dec 16
Jan 6 (or sooner)	Jan 20

Food Box $25.00



NOVEMBER

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Diabetes Awareness Month


Photo: Monika Borys on Unsplash.com

November is Diabetes Awareness Month. In Canada:

- 30% live with diabetes or prediabetes;
- 10% live with diagnosed diabetes, a figure that climbs to 15% when cases of undiagnosed type 2 diabetes are included.

The risk factors for type 1 diabetes are not well understood, but interaction between genetic and environmental factors are likely involved. Type 2 diabetes is caused by a combination of individual, social, environmental, and genetic factors. Source: https://www.diabetes.ca/what-is-diabetes/diabetes-in-canada

Healthy Eating Habits

Although there are many risk factors we cannot change, there are many things within our control to help manage diabetes. Start with regular check-ups with your primary care provider to build a diabetes management plan. Here are some healthy eating habits to get started with to help manage your diabetes:

1. Eat a meal or snack every 4-6 hours to ensure you get enough energy and nutrients. Eating at regular times helps manage blood sugar levels.
2. Eat more high-fibre foods such as whole grains, breads and cereals made with whole grains, beans, peas, lentils, vegetables and fruit. Foods high in fibre will keep you full longer, lower the impact of carbohydrates on your blood sugar and support overall health.
3. Eat a balanced breakfast that includes both carbohydrates and protein. This helps to prevent blood sugar highs and lows.
4. Choose lean animal proteins such as skinless chicken, pork, extra lean beef and fish. Select vegetable proteins such as tofu, edamame, beans and lentils more often.
5. Select heart healthy fats such as olive oil, canola oil, vegetable oils, avocado and nuts and seeds instead of animal fats.
6. Prepare more meals at home. Preparing meals gives you more control over how much sugar, salt and added fats you eat.
7. Limit sugars and sweets such as sugar-sweetened drinks, desserts, jam, honey, and candies. Increased intake of sugar increases blood sugar levels.
8. Consider learning about counting carbohydrates, and different types of eating patterns (e.g. Mediterranean, DASH).
9. Choose water more often as your drink of choice. Plain water has no carbohydrates or sugars and will not add to your carbohydrate intake.
10. Limit alcohol consumption. Alcohol can affect blood sugar levels and provides calories but no nutrients.

Source: https://www.diabetes.ca/nutrition-and-recipes/healthy-eating-basics/getting-started-healthy-eating-and-diabetes

Low Glycemic: Barley is a lower glycemic index grain thanks to its high fibre content. Lower GI foods release glucose more gradually into the blood, slowing down the absorption of sugar post meals.

This Month's Recipe

Hearty Beef, Barley & Mushroom Soup

Giving Tuesday

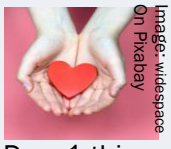
Image: widespace On Pixabay

Giving Tuesday is a global movement that occurs on Dec. 1 this year. Please help us share the gift of fresh, healthy food with someone in our community. Donate a Good Food Box (any time before our December 2 order deadline) for a family in need and help make a difference this holiday season.

- ☑ All donors will be entered into a draw to win a free food box in January 2027!
- ☑ Good Food Boxes also make great Christmas gifts for employees, family members, pet sitters, hairdressers, teachers, and more.

Donate the Gift of Your Time

Please consider joining our team of GGFB volunteers. We're recruiting **Pack Coordinators** in Wasaga and Collingwood, and a **Newsletter Writer.**

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

SANFILIPPO'S WHOLESALE FRUIT & VEGETABLES "Serving Georgian Bay Communities Since 1953" · McNulty PRINTING · simcoe muskoka DISTRICT HEALTH UNIT Your Health Connection · South Georgian Bay Community Health Centre · Legion COLLINGWOOD BRANCH · LIONS INTERNATIONAL · Archdiocese of Toronto St. Patrick's Parish Stayner · CLEARVIEW TOWNSHIP

Hearty Beef, Barley & Mushroom Soup



This hearty beef, barley, mushroom soup is loaded with flavour but its best features are the protein and fibre content. It is a delicious balanced meal in a bowl! **Serves 4**

Ingredients

- 1 Tbsp (15 mL) oil
- ¾ lb./340 g boneless round steak or fast fry steak, cut into ½-inch (1 cm) cubes
- ½ cup (125 mL) each chopped onion, celery, carrot
- 3 cloves garlic, minced
- 2 cups (500 mL) finely chopped mushrooms
- 1 cup (250 mL) chopped green cabbage
- 1 cup (250 mL) peeled, chopped parsnip
- 1 tsp (5 mL) black pepper
- 2 Tbsp (30 mL) fresh thyme or 1 tsp dried thyme
- 2 bay leaves
- ½ cup (125 mL) small green lentils
- ½ cup (125 mL) pearl barley
- 3 cups (750 mL) reduced sodium beef broth
- 5 cups (1.25 L) water

Instructions

1. Heat oil in a large Dutch oven or saucepan over medium-high. Cook steak for 4-5 minutes until browned on all sides. Remove steak to a plate and set aside, returning saucepan to stove.
2. Add onion, garlic, celery, carrots and mushrooms into the same pan. Cook 5-7 minutes until softened. Reduce heat to medium, add cabbage, parsnips, pepper and thyme; cook and stir occasionally for another 5 minutes.
3. Add bay leaves, lentils, barley, broth and water to sauce pan. Bring to a boil and return beef to pan. Reduce heat to medium-low; cook, covered for 40-45 minutes.
4. Remove bay leaf before ladling into bowls. Note: if soup thickens as it sits or upon storing in the refrigerator, simply add a little more water to thin it out.

Source: https://www.diabetes.ca/nutrition-and-recipes/recipes/hearty-beef-barley-mushroom-soup

You are not alone in diabetes management. Register for one of the **free** South Georgian Bay Community Health Centre Diabetes or Wellbeing Programs. **Register at:** https://www.southgeorgianbaychc.ca/programs/

Topic	Location	Date and Time
Diabetes Information Group	Breaking Down Barriers, 234 Ste Marie St, Collingwood	November 23, 2026 1:00-2:00pm
Discussing Diabetes: Diabetes Friendly Baking	E3 Community Services 250 Peel St, Collingwood	December 2, 2026 2:30-3:30pm
Stride & Socialize Wellness Walks	South Georgian Bay CHC Office, Unit 202 14 Ramblewood Dr, Wasaga Beach	Tuesdays & Thursdays 9:30-10:30am

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 **printed neatly** 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

mailchimp