

THE MOM & CAREGIVER™

JANUARY 2017
VOLUME 19 ISSUE 1

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A Labour of Love

A special note from our Chief Editor

Start the Year with Veggies

New year, new you

To D or Not to D

Learn about the sunshine vitamin

Meal Kits Make Dinner Easy

Make ahead meals for busy families

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A Free Magazine for Parents and Caregivers





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On The Cover



Two-year-old Alessandra got a little teary during our shoot but our photographer, Cynthia, saved the day with a sucker! Alessandra is so polite! She remembered to say thank you even when she was feeling sad. We love those manners, Alessandra!

Photographer
Photostylist
One-12 Photography
Sabina Manji
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - www.themomandcaregiver.com

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A LABOUR OF LOVE



Dear Readers, I wish you all peace, health and a wonderful New Year. With January's arrival, resolutions will surely be made and life will be better for ourselves and those we know and love. With this in mind, we at *The Mom and Caregiver* are so happy and proud to announce the arrival of a new baby, the second generation of the magazine. Nine months ago, ideas were stirring in my mind. The spirit of creativity was teasing at my soul and change was calling.

I closed my eyes and thought back 19 years in time to when our magazine came into the world. With a smile of gratitude and humility, I remembered holding the magazine for the very first time. It was so small – only two pages – but it was mine! Like all parents, I could feel and envision a great future as long as I provided nurturing and guidance along life's way. We all want our children to grow into wonderful

adults and this is what I wanted for the magazine.

The early years were demanding. I stayed awake many nights to the wee hours writing, editing and making changes. Nine years later I was making changes in the early hours... but then I was changing diapers of my sweet son. Each month, I searched for interesting articles to share with you, my small but growing family of readers. Even though I worked alone, I never really was, for you were always on my mind.

The magazine grew in size and readership. Over time, I added staff. We developed relationships with so many people and advertisers. Our advertisers and contributors truly care. It's true when they say "It takes a village" to see growth and improvement. Our village is comprised of good folks like you.

I am thankful and grateful to our assistant editor, copy editor, designers and photographer. Over the years, we've featured over 228 children on our cover (all are the son or daughter of a reader)!

Right now, you're holding the new baby in your hands. We're now in colour and have embraced digital! The mom online, London Caregivers and *The Mom and Caregiver* are now under one umbrella.

Thanks to Chapin Studios, a London company. You folks really helped to "deliver the baby."

Our resolution is to continue to improve and help to make your world a little better. Thank you!

P.S. Did you notice our new logo? Let me know if you saw the parent holding the child!

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JANUARY EVENTS

01/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day Bird Walk Greenway Park	2 Skating Storybook Gardens	3 Early Years Play Dates London Children's Museum	4 Play Time LPL, Central	5 Storytime LPL, Byron	6 Winter Wonderland Craft LPL, Westmount	7 StoryPlay Series Grand Theatre
8 Jan. 7-8 London Bridal Expo Metroland Media Agriplex	9 Books for Babies LPL, Central	10 Jan. 10-28 The Lion in Winter Grand Theatre	11 Jan. 11-15 Footloose Original Kids Theatre	12 Jan. 12-22 Jenny's House of Joy Palace Theatre	13 Local Folk 2 Aeolian Hall	14 London Lightning Budweiser Gardens
15 Imagination Station Museum London	16 Storytime LPL, Central	17 Nature in the City (bird watching) Wolf Performance Hall	18 Poetry London LPL, Landon	19 Jan. 19-21 The London Wine and Food Show Western Fair	20 Duchess Aeolian Hall	21 8th Annual Robbie Burns Gala Western Fair Carousel Room
22 Jan. 21-22 31st London Winter Bridal Show London Convention Centre	23 Early Years Play Dates London Children's Museum	24 Nature in the City (habitat snatchers) Wolf Performance Hall	25 Storytime LPL, Landon	26 Jan. 26 - Feb. 4 Old Love Palace Theatre	27 Jan. 27-29 Byron Optimist Competitive Tournament Various arenas	28 Behind the Ropes Tour Eldon House
29 Jan. 27-29 Lifestyle Home Show Western Fair	30 Books for Babies LPL, Central	31 Nature in the City (Learning from the past) Wolf Performance Hall	For More Details and Events Visit			



Jan. 7-8
 London Bridal Expo
 Metroland Media Agriplex

Jan. 11-15
 Footloose
 Original Kids Theatre

Jan. 19-21
 The London Wine and Food Show
 Western Fair

January 21
 8th Annual Robbie Burns Gala
 Western Fair Carousel Room

Jan. 21-22
 31st London Winter Bridal Show
 London Convention Centre

Jan. 27-29
 Lifestyle Home Show
 Western Fair

KIDS CRAVE ATTENTION
 Why not give them a stage?



TO D OR NOT TO D



In many areas of health, the messages we receive from the media can be conflicting and confusing. In particular, topics involving nutrition and supplements involve mixed messages. This reflects the difficulty in conducting good valid studies of nutrients and long-term consequences of deficiencies.

"...our bodies require sunshine..."

The sunshine vitamin
Vitamin D has become the "fashionable" vitamin of our times. It's known as the "sunshine vitamin" as our bodies require sunshine to convert it into a usable form. As Canadians, we get little sunshine from Thanksgiving to Easter and it's thought that many diseases might be linked to vitamin D deficiency. Unfortunately, the jury is still out regarding the value of vitamin D in

helping prevent or treat depression, cancer and MS. It is essential to bone health in adults and in children.

Essential to growth
Breastfed infants require vitamin D for development and growth. Formula contains vitamin D but infants require at least 24 ounces of formula in a day to get adequate vitamin D. Babies who are receiving supplements of formula

in small amounts while being mainly breastfed still require supplementation. The recommended amount of vitamin D is 400 IU a day.

Babies with darker skin are at greater risk of vitamin D deficiency. For babies living in northern communities (at the latitude of Edmonton or further north), the Canadian Pediatric Society suggests 800 IU a day.

For infants, the answer to the question of whether or not to use vitamin D or not is yes and this answer is backed by good evidence. For the rest of us, the jury is still out.

Dr. Bhooma Bhayana is a family physician in London and the mother of two young men. She continues to find wonder and enjoyment in family practice despite more than 25 years on the job!



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HANDLE FOOD SAFELY

When food isn't stored or handled properly, it can be dangerous. Food may smell and taste fine yet could be spoiled with germs causing fever, stomach pain, vomiting and diarrhea. Serious complications can cause kidney failure and blood infections. Babies and children do not have fully developed immune systems and are especially vulnerable to germs.

That's why it's so important that all food is cleaned, stored and handled safely (including organic food as it does not have fewer germs than conventional food).

Choose safe foods

Pasteurization kills bacteria in food without removing nutritional content. Children must not consume unpasteurized products like milk, cheese, fruit and vegetable juices.

Raw or undercooked alfalfa and sprouts are risky as they may come from seeds with germs. All vegetables and fruits must be thoroughly rinsed in clean tap water. If you're concerned about water quality, use boiled or bottled water.

Raw or under-cooked eggs and meats may harbour salmonella and E. coli so children must not eat them. Children ought to stay away shellfish and raw fish – they may contain viruses that cause diarrhea and liver inflammation. Babies under one year of age must not eat honey due to the risk of botulism, which is a type of paralysis.

Tips for safe handling and storage

- Wash hands with soap and water before food preparation and after handling raw meat, poultry or seafood.
- Keep raw meats and seafood away from fruits, vegetables and cooked foods.
- Thoroughly clean chopping boards or surfaces that were used for meats before preparing vegetables or other foods. Consider dedicated chopping boards – one for fruits and vegetables and one for meat, poultry and seafood.
- Cook meat all the way through so the centre is not pink or red. Meat juices ought to be clear or brown.
- Eat foods soon after preparation, especially cream-filled desserts or salads with creamy dressings.
- Don't cool leftovers to room temperature before refrigeration. Refrigerate immediately. Set your refrigerator at 4° C (40°F) or lower.
- Finally, keep foods away from insects and animals, including pets.

Protecting the health of your children and your family means safe food practices!

Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.

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WELCOME OUR DIFFERENCES

Inclusion is a way of thinking and acting that demonstrates universal acceptance and promotes a sense of belonging for all people. Inclusion celebrates differences and promotes treating all people equitably. Inclusion encourages all children to play together, problem solve together, develop respect for differences and develop compassion toward others.



Inclusion happens when a community is willing to learn, plan and support programs for children and families who all have unique abilities and needs. Answering children's questions about disabilities in an honest and straightforward way can relay the message that people with disabilities do, indeed, have differences, but they also have much more in common with other people.

Children sometimes comment when they see a person who looks or acts differently and this is okay. If parents and

caregivers encourage children to ask their questions respectfully, and then respond honestly and with accurate information, they let children know that it is acceptable to talk openly about differences. Everyone benefits when people with disabilities are included within the community.

Inclusion is part of our community in child-care centres, schools and community programs. Inclusion in our community has evolved past integration, which simply brought people together and tolerated differences, to a place

where differences are respected, and all people are welcome, have the opportunity to participate and are valuable members of their community.

"We are a box of crayons, each one of us unique, but when we get together, the picture is complete."

The Crayon Box that Talked

By Dianne Loft, RECE, and Dina Collard, RECE/DSW, Resource Consultants, All Kids Belong

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Sugar Blues



Like heroin, cocaine and caffeine, sugar is an addictive, destructive drug, yet we consume it daily in everything from cigarettes to bread.

William Dufty, Sugar Blues

The average person consumes over 100 pounds of sugar and sweeteners per year. In contrast, we consume an average of eight pounds of broccoli. The USDA recommends we get no more than 10 teaspoons of sugar per day, yet most people eat about 30 teaspoons – that’s three times the already liberal recommended daily value.

Refined table sugar lacks vitamins, minerals and fibre. The body must deplete its minerals and enzymes to absorb it properly. It enters swiftly into the bloodstream and wreaks havoc on the blood sugar level, first pushing it sky-high – causing excitability and hyperactivity – and then dropping it extremely low, causing exhaustion.

Sugar qualifies as an addictive substance for two reasons:

1. Eating even a small amount creates a desire for more.
2. Suddenly quitting causes withdrawal symptoms such as headaches, mood swings, cravings and fatigue.

Sugar is found in many of the usual suspects, like cakes, cookies and candy. But, you’ll also find it in canned vegetables, baby food, cereals, peanut butter, bread and tomato sauce. A lemon poppy seed Clif Bar has five teaspoons of sugar. Compare that to a chocolate-glazed donut from Dunkin’ Donuts, which has three teaspoons. You may think your afternoon cup of coffee only has a little sugar, but a 16-ounce Starbucks Frappuccino has 10 teaspoons – that’s like eating three donuts! Overconsumption of refined sweets and added sugars found in everyday foods has led to an explosion of hypoglycemia and type 2 diabetes.

Rene Beaulieu is a Certified Health Coach and business professional who is passionate about working with people to improve their health, family and work life. Learn more at healthseekersinc.com.



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Does gum disease affect men and women differently?

Although gum disease can affect everyone, there are studies that show that the condition doesn’t necessarily affect men and women in the same ways. Let’s take a look at the ways gum disease can affect each gender differently.

As women age, their hormones fluctuate. Menstruation, pregnancy, and the associated fluctuations in hormones can cause gum disease in women. Although it is important to have good oral hygiene all the time, it’s particularly important for women to pay close attention to their oral health during pregnancy. The mother’s periodontal

health can impact her overall health and that of her baby, resulting in complications such as premature birth, low birth weight, and pre-eclampsia.

In men, gum disease may be associated with a host of conditions, many of them serious and potentially life threatening. Among these are heart disease, certain types of cancer, impotence and compromised prostate health. Researchers believe that the connection between gum disease and these conditions is the common thread of inflammation. Gum disease results from chronic inflammation in the mouth, and inflammation is believed to

be behind these other systemic conditions as well.

Here’s the great news in all this ... gum disease is preventable and treatable. To minimize risk, both men and women should be sure to floss and brush teeth regularly and get regular dental check-ups.

Dr. Sanjay Agrawal and his team strive to provide compassionate, comprehensive and comfortable dental care to all of their patients, especially the kids.

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How I went from HR professional to professional sleep consultant

From the start, my husband and I struggled to conceive. So, after we learned we were expecting, my true Type A personality came out in full swing. I read every book I could find on sleep, feeding and even how best to bathe a newborn!

Then, all went sideways. My son, Adam, made his appearance eight weeks early. All of my meticulously laid plans went out the door.

Suddenly, I was faced with looking after a 3.5-pound baby, with a milk supply that quickly depleted. I felt like a failure.

As if worrying about his weight wasn't enough, we worried about Adam's lack of sleep. Convinced his hourly night wakes were due to hunger, we went through bottle after bottle of formula. It didn't help. Naps were a disaster as well. This went on until Adam was six months old.

It was then that I started looking into sleep coaching. It was Janey Reilly of WeeSleep who made me feel at ease with her gentle, loving and caring approach. (Plus, she guaranteed to get my son sleeping through the night in 10 days!)

Within days of starting our customized sleep plan, Adam was sleeping through the night and getting proper rest during the day. I started feeling like a normal person again!

Adam was thriving on amazing sleep; he started developing faster and caught up to his age very quickly. Even our pediatrician was amazed!

It was then that I realized my days of sitting behind a desk were over; I needed to help other families enjoy healthy sleep and share the amazing gift of sleep with others. I reached out to Janey, who was expanding her WeeSleep team. I trained thoroughly with her, joined the team, and have never looked back.

I am so grateful to give families the gift of sleep, and see the faces of happy, rested babies and toddlers with whom I work. I truly love what I do. Sleep is my passion!

Khudeja Williams,
Certified Infant and Toddler Sleep Consultant
with WeeSleep



WEESLEEP

Wild horses and waterpark fun

Are We There Yet

Must-See Travel Destinations

Tiny beads of different sizes and colours were rolling around in a jar lid. I wanted the largest pink ones and some small white ones to string on my necklace wire.

I was at a jewelry-making class, one of several hands-on activities at the Sheraton Grand at Wild Horse Pass in Chandler, Arizona, 20 minutes from Phoenix. It's a destination resort to beat all desert resorts – two golf courses, a shuttle service to the nearby Premium Outlets, four pools with waterfalls, a waterslide and spa.

Many kid-friendly activities are offered each day, like beading and gourd painting classes, along with campfire nights and movies by the pool.

You can participate in activities individually (about \$5 each) or register kids for full or half days (\$45-80) of supervised activities and Native American craft making.

Culture is an important theme here. In fact, the resort is owned by the Gila River Indian Community and the heritage of the Maricopa and Pima tribes is honoured at the hotel through painted murals, furniture

in each of the 500 guest rooms and a replica Gila River outside the back door.

Get in touch with your inner cowboy and head to Rawhide nearby – an 1880s western-themed park featuring cowboy shows and live entertainment. Of course, my favourite horse activity is trail riding and you can do that at the equestrian centre. That's the best way to see the real desert landscape – and wild Mustangs – surrounding this oasis.

Sherri Telenko is a freelance writer and blogger living in Southern Ontario. Sign up for travel and trail riding ideas at www.horsetrotting.net or follow her on twitter @SherriTelenko.



SHERATON GRAND AT WILD HORSE PASS

Fostering Dreams

Adopting Hope with the Children's Aid Society

Letting go is not loving less

Foster care has been a part of my entire life and, like many aspects of life, as one door closes, another door opens. My parents recently closed their home to fostering after providing 30 years of care to children. My husband and I, however, hope to carry on their legacy as we opened our home to fostering children two-and-a-half years ago.

Providing foster care is always an adventure. Having known no different way of life and having had a predominately positive experience sharing my home, my bedroom, my toys, and my parents, I had always hoped to be able to offer the safety, security and love that my mother so generously gave to me and those who shared our home. By becoming a foster care provider myself, I can do just that.

As with all things in life, there is another side to foster care as well. It can be difficult. By opening my home to children facing challenges, I open my own life and the lives of my family members to those challenges. A recent comment that I shared on social media sums up one of those challenges like this.

"Today we said goodbye to our sweet little foster child of 19 months. From the hospital, to our hearts, to her home. This is one

of those stories of joy and grief all mixed up together. We are a family who fosters and foster care is about bringing families to a place of togetherness. We sent our little 'Pei-peï' home with a smile on her face, a sparkle in her eyes and 19 months of unconditional love in her soul.

"Today our hearts are hurting, but we will do it again, because it is good and it is right. We have so many undeserved gifts in our life and believe that the best expression of gratitude for all this goodness is to open our home to children in foster care and share these gifts with them. We will hold them close for a little while, we will love them always, for letting go is not loving less."

**"...stories of joy and grief
all mixed up together."**

Betsy is the mother of two school aged children and one fur baby. Alongside fostering, Betsy runs a home daycare and has great enthusiasm for all things homemade. She believes that life is a story and all stories are enhanced by the presence of others. She strives to live fully, be generous and love deeply.

A safe place

Life Balance

Happiness and Fulfillment

With 2017's arrival it's normal to review last year's life lessons and set out a wish list for this year. The trick is making New Year's resolutions that are realistic and attainable.

Now is a great time to seek out objective support to make the best of 2017. Psychotherapy can help you find simple ways to meet your goals.

What is psychotherapy?

It's a form of counselling that offers objective feedback and guidance about your life challenges or changes. I combine a range of therapy techniques to suit your needs. The goal is to help you uncover your strengths and empower you to manage your emotions or any situation that causes you distress. Our conversations are private.

What happens in a session?

At your first session, we explore your history and who you are. I want to know what makes you tick! We'll discuss what caused you to seek out support and come up with a plan to deal with issues you're confronting. Often, people don't want to burden co-workers, family or friends with their emotions or personal struggles, so they seek me out for a safe place to vent and find peace.

What does it cost?

Most people's medical benefits cover "services of a social worker," which will reimburse my sessions. However, if you don't have benefits, my services are a medical tax deduction. I try to gear hourly fees to your benefit coverage to ensure you get all the help you need.

January's tip

Decorate a big jar. Fill it with notes about good things that happen throughout the year. Then on New Year's 2018, empty it out and rejoice in your successes!

Please email me any questions or topic ideas at beeckmans@execulink.com.

Take care of yourself and trust you are never alone. I am always here to help.

Happy New Year – Ms. Em

Emily Beeckmans is educated as a social worker and is a trauma specialist. As a private practitioner, she strives to educate clients and the public about the importance of emotional health and well-being. Emily offers you a safe place to dig into your thoughts, feelings and life choices.



**Foster Dreams,
Adopt Hope**

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Mom can you pleeeeee brush my teeth!



We rarely hear that from our kids but if our pets could talk ... you just might. Like people, they experience the accumulation of plaque on their teeth, get bad breath and can have dental issues. The first thing many of us see is when plaque solidifies into tartar.

Why do pets get dental problems? Most pets eat a diet that doesn't require aggressive ripping and chewing any more. They walk up to the bowl and eat a balanced diet with very little effort. They also live a lot longer than in the wild, which gives more time for problems to develop.

Tooth brushing is the best thing you can do to keep your pet's teeth clean. Chewing on something is the next best thing, but be careful. If the object is too hard it can break a tooth or wear their teeth down. If you can knock a nail into a piece of wood with the chew toy, it is too hard for their teeth. Did you know tennis balls are one of the worst things to chew on because nylon is very abrasive? To be safe ask your veterinarian for suggestions.

Humans get cavities and cats get something similar. You might see a small red spot on your cat's tooth at the gum line. Despite being small, it can be painful. Cats are also prone to gingivitis. This appears as a bright red line affecting the gums where they make contact with the teeth. A dental cleaning can help clear this up.

Dogs tend to get periodontal disease – bone loss around the tooth root that isn't always visible until an x-ray is taken. It's caused by bacteria migrating down the tooth root and causes pain whenever they chew.

While veterinarians can fill cavities, apply crowns and perform root canals, it's more common to extract (remove) the teeth. Your pet can spare them (they have lots). Plus, these repairs are usually expensive as they're typically performed by a specialist.

When it comes to your furry little one, an ounce of prevention is worth a pound of cure. Pick up a toothbrush and help keep their teeth clean and breath fresh!

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at brent@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.

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The low down on kegels

There is a lot of talk about kegels out there and, if you're confused, I don't blame you! Perhaps your doctor told you to do 100 kegels a day to stop those pesky leaks. Maybe you heard about the latest gadget you can insert "down there" for a super strong pelvic floor. Or perhaps you've read you ought to ditch kegels and squat like crazy instead.

Before starting a pelvic floor training program, it's vital to get assessed. A pelvic floor physiotherapist should carefully assess the pelvic floor musculature; a really good physio will evaluate the pelvic floor within the context of the whole person. Not everyone should do kegels and getting checked will let you know which camp you fall into.

Half of us perform kegels incorrectly, which can make pelvic floor problems worse. If you've tried kegels and nothing happened, you either did them incorrectly or you shouldn't have been doing them at all.

If kegels are an appropriate option for you, you must do them correctly. Here's how:

- Focus on a LIFT of the muscles, not just a squeeze, on exhalation.
- Co-ordinate the action of the pelvic floor muscles with the rest of the inner core – timing and synergy of the entire system are key.
- Get vertical when practicing your pelvic floor work.
- Focus and positioning/alignment are key when trying to engage the pelvic floor.

Don't do kegels while driving or watching TV.

- The pelvic floor should be retrained to work automatically and to the right degree.

We have a great team of physios who would love to come alongside you in that journey (www.themamasphysio.com).

Ibukun Afolabi is a mother of two and has one on the way. She is an experienced pelvic and peri-natal health physiotherapist at The Mama's Physio in London, Ontario who doesn't believe in a cookie cutter approach to health.

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FOOD FOR THOUGHT

New year, new you?

This time of year gives pause for reflection. We wonder, "What can we improve, change, stop or add?"

The usual New Year's resolution list can be repeated annually - eat better, exercise more, lose weight. This year, however, I challenge you to make more positive, specific, realistic and practical resolutions instead. Here's hoping this delicious yet nutritious recipe starts you off on the right foot.

Veggies with Honey-Mustard Dip

- | | |
|----------|---|
| ½ cup | light mayonnaise |
| ¼ cup | honey |
| ¼ cup | spicy brown mustard |
| | Coarse salt and ground pepper |
| 1 | English cucumber, thinly sliced on the diagonal |
| 2 | red bell peppers, cut into strips |
| 4 medium | carrots, cut into sticks |

Directions

1. Stir together mayonnaise, honey, and mustard; season with salt and pepper. Serve dip alongside cucumber, bell peppers, and carrots. (To store, refrigerate dip and veggies separately, up to 1 day.)

Heather Thomas, PhD is a Registered Dietitian from London who strives to find balance in her professional and family life while enjoying the occasional chocolate chip cookie along the way!



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WHOLE HEALTH

Meal kits for wholesome winter comfort

On short, winter days when you arrive home and it's already dark, making dinner can be a dreaded task. But, what if you had a "kit" of prepped ingredients, with everything you needed to easily make a hot and delicious meal?

A little weekend prep of five weeknight meals is a way to get ahead before the week starts, save money and teach children cooking skills.

Roasted Chicken, Kale and Buckwheat Soup Serves 4

- 1 Tbsp grapeseed or vegetable oil
- 1 cup chopped onion
- ¾ cup chopped celery
- 1 tsp minced garlic
- 4 cups chicken stock
- 1 cup water
- 2 cups diced sweet potato
- ⅓ cup buckwheat groats
- 2 cups thinly sliced kale, ribs removed
- 1 bay leaf
- 1 Tbsp fresh thyme (or 1 tsp dried)
- 1 cup diced roasted chicken
- Salt and pepper to taste

In a large saucepan on medium-low heat, add oil, onion, celery and garlic. Cook, covered, for 7 minutes or until vegetables soften, adding a bit of water if pan becomes dry. Add stock, water, potato, buckwheat, kale, bay leaf and thyme. Bring to a simmer and cook covered for 17 minutes until sweet potato and buckwheat are tender. Add chicken and simmer until hot. Season with salt and pepper.

Carolyn Hemming (and co-author, Patricia Green) are the authors of seven bestselling cookbooks in three languages with easy recipes and accessible ingredients. Carolyn is an active mother and businesswoman who lives with her family in London.




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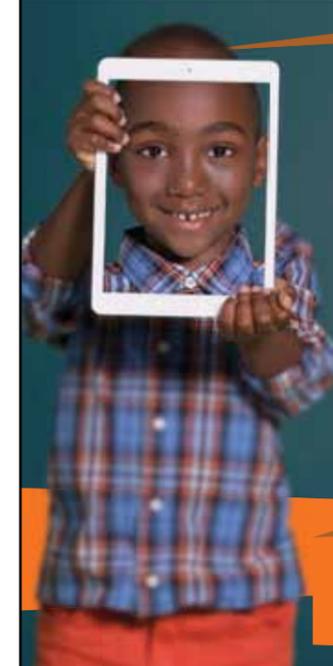
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