

THE MOM & CAREGIVER™

JUNE 2017
VOLUME 19 ISSUE 6

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Celebrating Father's Day!

School's (almost) Out for Summer!
3 Tips to Make the Most of It

To Gluten or Not to Gluten?

Man Up
And Visit Your Doctor!

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On The Cover



Mia's photo shoot took place six months ago, so she was a bathing beauty on a chilly winter's day! Mia channelled summer by trying on water wings and sunglasses and she happily twirled her sun umbrella. A huge thanks to Little Labels Boutique for our cover kid's cute outfit.

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

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NEVER TOO OLD TO LOOK UP TO DAD



He didn't tell me how to live; he lived, and let me watch him do it.

Clarence Budington Kelland

Can it be June already? Those little ones that seemed too tiny to begin school back in September already have a year under their belt! They've made friends, made art projects, made decisions on their own. And now it's time to be thinking about summer vacation. As a parent, I still feel the excitement of those last days of school, even though it's a challenge to keep everyone happy, amused and cared for during the summer months.

We're here to help your family love those lazy, hazy days of summer! Read "3 Tips to Make the Most of Summer" on page 10. My favourite tip is leaving time for unstructured play. I adore sitting back and watching what a little one can do with mud, a stick or a cardboard box. If you're looking for some family

time, check out Are We There Yet (p. 15) for information on Fort George in Niagara-on-the-Lake. The kids will especially love the loud bang at the musket-firing demonstration.

We're also, of course, celebrating dads this month! And this favourite quote from Pam Brown says it all. "Dads are the most ordinary men turned by love into heroes, adventurers, story-tellers and singers of song." Hooray to those committed, modern-day, actively involved dads we celebrate in Frankly Fatherhood on page 12. However, we would like to see you men taking care of yourselves, and Dr. Bhooma Bhayana warns that we're not seeing enough of some of you in doctor's offices. So guys, don't be reluctant to visit your family doctor for check-ups or help, and don't

be reluctant to read Dr. Bhayana's article on page 6.

One of our Mom & Caregiver family members mentioned that childhood memories with her dad were playing basketball, bike riding and baseball. Lots of sports! But her Dad also took the time to mention how pretty she looked when she dressed up for church, and taught her a girl can be anything and everything all at once. We still look up to you, Dads, no matter how old we get, and we thank you.

On a personal note: Hi Daddy, I love you and miss you, and on this Father's Day my soul and spirit reach out to you. Although you are gone, you are never forgotten.

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JUNE EVENTS

06/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For More Details and Events Visit  Your Online Parenting Resource				1 June 1-8 Thunderfoot Grand Theatre	2 London Majors Labatt Park	3 Gathering on the Green Wortley Village
4 June 3-4 Fleetwood Country Cruize-In Plunkett Estate	5 The Water Brothers: The Big Leak LPL, Central	6 Terrific Tales of London & Area LPL, Central	7 Expo Explore: Melody Makers Museum London	8 June 7-24 Joseph and the Amazing Technicolor Dreamcoat Huron Country Playhouse	9 June 8-11 Canadian Aviation Historical Society Convention	10 London Railway Heritage Day CNRA Tracks (Egerton St.)
11 Bark in the Park Festival Plunkett Estate	12 Storytime LPL, Central	13 Books for Babies LPL, Westmount	14 June 14-18 Cirque du Soleil OVO Budweiser Gardens	15 Twins Storytime LPL, Central	16 London Majors Labatt Park	17 June 16-18 Victoria Park Kids Expo
18 FATHER'S DAY June 16-18 London Beer and BBQ Show Western Fair	19 Central Conversations LPL, Central	20 Beginning with Baby LPL, Cherryhill	21 Buddy Guy Budweiser Gardens	22 Playgroup LPL, Beacock	23 Grand House Party Grand Theatre	24 June 23-25 International Food Festival Victoria Park
25 June 23-25 Oxford Renaissance Festival Dorchester Fair Grounds	26 Storytime LPL, Central	27 ArtSpace LPL, Masonville	28 Age Friendly London Conference London Hellenic Centre	29 Curious Connections LPL, Central	30 Chalk-ful of Fun! LPL, Westmount	

June 2 London Majors Labatt Park	June 11 Bark in the Park Festival Plunkett Estate	June 16-18 London Beer and BBQ Show Western Fair
June 7-24 Joseph and the Amazing Technicolor Dreamcoat Huron Country Playhouse	June 16-18 Kids Expo Victoria Park	June 23-25 International Food Festival Victoria Park

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MAN UP – AND VISIT YOUR DOCTOR!



Women are higher users of the health care system. This is, in part, due to the need for care during the child bearing years but it's also due to men being reluctant to visit the doctor.

It's common for men in my practice to come for a periodic health visit and state that they came on the insistence of their partners. Sometimes they're not even sure why they're there and

are simply "following orders." Men are at higher risk for heart disease, high blood pressure and certain cancers. It is important that men visit their primary care practitioners in a timely and appropriate manner. That's why it's also important to understand the reasons for this reluctance.

Denial is one of the reasons men fail to visit their practitioners. The feeling that nothing can happen to them is part of a

learned machismo. Being stoic is valued in our culture. It's sadly the reason many worrisome diagnoses are delayed.

Fear of intervention and invasive examinations is another reason for the male approach to health care. It is important to know that one has the right to decline any examination and visiting the doctor to consider the need for examination allows for, at the very least, informed decision making. Going

and understanding does not always mean doing and probing.

One of the most difficult things for men in our society to do is to visit their practitioner for mental health concerns. Admitting to mental health difficulties has become equivalent to personal weakness in the collective male mind. Men tend to suffer more than women with silent mental health problems. They are more likely to com-

plete suicide attempts.

It is time for a sea change to benefit the health of men. Manning up should mean paying attention to symptoms and visiting your practitioner instead of suffering in silence. 🌊

Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!



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NURTURING PLAY IN INFANCY

Play is an essential part of your baby's emotional, physical, and social development. There are many activities that can nurture her learning and growth. It's also precious time you can spend fostering attachment with your baby.

Play ideas

Babies learn different skills as they grow. Here are some examples of play ideas for different stages of your baby's growth and development.

0-3 months

Practice tummy time with your baby. Not only will this help strengthen the upper body, head and neck muscles, it's also a great way for baby to start exploring his surroundings. Sing and talk to him. Hold your baby close so he can see your face, hear your voice and watch you smile. An unbreakable mirror for baby to look at his reflection is another way to play with your baby.

3-6 months

Additional ways to play can include rattles, shakers and peek-a-boo. Continue reading, singing, rhyming, playing music and talking to your baby. Think of all the words baby will hear and learn. You are their favourite toy and they love spending time with you.

6-12 months

Measuring cups, nesting or stacking toys, balls, large or soft building blocks, noisemakers, or toys of different textures and colours are great additions to

the ideas and toys you use every day. These can help build upon previous activities that develop baby's gross and fine motor skills.

Creating a safe space

Ensure the play area is safe by removing any toys or objects that could be dangerous or a choking hazard and, most importantly, supervise your baby while they are at play. Toys should be large enough, age appropriate, unbreakable and safe.

General tips

Your baby does not need expensive or fancy toys. Talking, singing, and reading to your baby are great ways to engage them. Watch your baby's cues. Let your baby lead playtime and you can follow along. Ensure that activities are age appropriate. You can spend time indoors, around other children, or take your baby outdoors to enjoy nature. The Ontario Early Years Centres, Family Centres and libraries are great places for new play ideas, resources and meeting other families. Remember, the most valuable experiences come from the time and attention you give your baby.

With these simple tips, you can build endless play possibilities. So take play as a wonderful opportunity to have fun, explore and love your baby!

Christine Liu
Public Health Nurse, Middlesex-London Health Unit
For preschooler play ideas, visit
www.healthunit.com/active-play-babies.

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3 TIPS FOR YOUR KIDS TO MAKE THE MOST OF SUMMER

The last end-of-day bell before the summer break is set to ring soon, marking the end of another school year. While the holiday provides children with more freedom and a much-needed break from formal education, experts say this time away from school is a critically important part of overall childhood development that contributes to their health, self-esteem and overall learning. Here are three ways to ensure your child thrives this summer.

1. Leave time for unstructured play. Many parents rush to fill their children's time off with scheduled activities, but don't leave space for unstructured play. A growing body of evidence suggests play is central to the development of the mental, physical and social skills kids need to achieve their full potential as adults.



2. Spend family time. A summer holiday is not only perfect for creating lasting family memories, it can also be incredibly valuable to support your child's self-esteem. When parents make time for one-on-one interaction with their kids, it can help reinforce their sense of self-worth, encourage de-stressing for everyone, and even support some areas of a child's brain development.

3. Introduce your children to volunteering. Much of what young ones learn about community, integrity and gener-

osity is learned from their parents. While busy schedules and homework can be an obstacle during the school year, summer vacation can be a perfect opportunity to engage your children in these issues through volunteering. To provide some structure and inspiration, organizations like Amnesty International offer a wide range of issues and activities for children of all ages to engage in with their parents. Find more information online at amnesty.ca.

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CELEBRATING FATHER'S DAY

We all celebrate being a father in different ways. Some of us like to be surrounded by family; some spend the day hanging out with just the kids; and others prefer a break from it all with some time to themselves. Either way, being a father DOES warrant celebrating, especially if you're the committed, modern-day, actively involved dad who is adored by your kids.

We spend Father's Day weekend at a friend's cottage with our two sons... and their two sisters. You see, before becoming a dad myself, I was a sperm donor and helped a deserving couple become a beautiful family. It was important for them to know their donor so that the girls could meet me some day, if the urge ever came. For me, becoming a donor was important too. It was my way of paying the universe forward since I knew that one day, we would need some high level generosity karma to create our own children. As an added bonus, having navigated the world of assisted reproduction as a donor helped me understand the process better for when we became the parents-to-be.

As both our families began to take form, we all became quite close. The oldest girl, Tobin, is now five years old. She calls me Uncle Frank and understands that "Uncle Frank helped to



make me and my baby sister." As our kids grew, Tobin began calling our boys her brothers and now our son calls the girls his sisters. We spend several weekends a year either celebrating an occasion or just hanging out. I love watching them all play together and often fantasize about all four kids as young adults backpacking across the world together!

It has become tradition that the girls and their moms invite us to their lovely cottage on Father's Day weekend to celebrate being a "donor uncle." That celebration evolved when we became dads ourselves so now the weekend is aptly named Father's / Donor's Day weekend! We are pampered with sleep-ins, fresh air and a feast of food and drinks. The kids love all the outdoor play and the adults exchange war stories about work, life and raising young kids. All the while we relish in the unique relationships we are developing and deepening the bonds that tie us in our one big "modern family."

However you celebrate, Happy Father's Day to all of you! 🍷

Frank Emanuele is a proud father of two sons and special education teacher for the local public school board. When not parenting or educating, Frank enjoys cooking, photography, movies and video games.



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If your teeth aren't as white as you'd like, you may be searching for the best option to make your smile brighter and whiter. Zoom is a bleaching process used worldwide to lighten up discoloration on the enamel and dentin of the teeth. This can happen as result of drinking coffee, tea, cola and red wine, because of smoking or as a by-product of aging. Whatever the cause, Zoom is an effective way to get a whiter smile.

To determine whether you are a good candidate for Zoom, your dentist will examine your teeth and gums to determine your overall health, as well as dis-

cussing your general lifestyle and oral hygiene habits. Your dentist will then make a recommendation as to whether Zoom might be the best option for you.

If you are a good candidate, an appointment will be made for your procedure. Typically, the whitening procedure is preceded by a thorough teeth cleaning, after which the lips and gums will be covered and protected while the teeth are left exposed. The whitening process takes only about an hour. Afterwards, the dentist or hygienist will apply a gel to the teeth to reduce sensitivity and you'll be sent home with an at-home

touch-up kit to keep your teeth sparkling white!

After getting your teeth whitened, it's a good idea to moderate your intake of the things that may have stained your teeth to avoid the need for multiple treatment sessions. 🍷

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At Dance Extreme, dance is so much more than just dance. We believe in helping to grow and shape children as dancers and as individuals by fostering skills they'll have for the rest of their lives.

Since 1997, Dance Extreme has been trusted by families to educate and inspire children. In our studio, dancers learn about dedication, hard work, being a team player, time management, self-esteem, problem-solving, respect, confidence and so much more.

Founder and Studio Director, Rebecca Brettingham-Filice says, "At Dance Extreme, dance isn't just about dance. It helps build confidence and self-esteem. We pride ourselves on teaching all our students lessons they will carry with them always."

We offer dance classes for children as young as 18 months old. Our eight-week Move Together sessions run throughout the year and are designed for parents/caregivers and toddlers to develop a joy of movement and dance together.

Children between two-and-a-half and three-and-a-half years old start in our Creative Movement classes designed to spark the love of dance, creativity, physical fitness and movement in young children.

Our four- to five-year-old dancers can take our Movers and Shakers and Tumblers classes. These classes are perfect for first-time dancers looking to begin more specific dance training in jazz and acro.

Young dancers often have an easier time transitioning into school because what they learn at dance complements what is taught at school.

Ms. Rebecca explains, "Children who come to dance class and then start school have an easier time with that transition. They are used to being away from their parents and have been working their brains by memorizing and following instructions."

As dancers grow, we help them develop the skills and traits they need to succeed in dance, at school and throughout their lives.

Dance Extreme also understands families are busy and parents need choices that fit their family's schedule and their children's needs. With six studios, all in one location, we can offer a wide selection of classes seven days a week.

We look forward to welcoming you at Dance Extreme!

DANCE EXTREME

Relive the Turn of The Last Century at Fort George

There's a lot of historical stuff to learn at Fort George in Niagara-on-the-Lake, but most kids love the musket firing demonstration. Twice a day, a red-coated interpreter steps into the centre of the rebuilt fort, packs down his gun, and fires – creating a loud bang and a cloud of smoke.

Kids love it.

But, there's more to experience here at this site (free this sesquicentennial year with a free Parks Canada pass) including a new historic exhibit titled 'Who won the War of 1812?' exploring that question from three different sides. Fort George was burnt to the ground by American forces in 1813,

taken back later that year then rebuilt as an historic site in 1950.

Inside the artifact-filled soldiers' barracks, you get a good idea of what it was like to sleep 50 people in bunkbeds lined against the wall. Sheets hang on ropes designating 'family' areas. Some soldiers were permitted to bring wives and – fun fact – these women earned more than soldiers did by doing laundry.

Like any living history site, the interpreters bring the experience alive. Inside the more lavish officers' quarters, a costumed staff member plays flutes to the amusement of kids beside a silver laden dining table.

Are We There Yet

Must-See Travel Destinations

Also on site is the jail and powder magazine building – one of the oldest military buildings still standing in Canada and the only one to survive the 1813 fires.

Paved trails between buildings make pushing strollers possible, and special events such as the July 8 and 9 Battle of Fort George War of 1812 Re-enactment and Aug. 3 Persuasion Tea Party make history even more real. www.pc.gc.ca/fortgeorge

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.

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Earning the Title of Dad

Father's Day is always filled with much emotion for me. It's full of the realizations of the awesomeness of what we get to do in the foster and adoption journey. It also leads me to realize the hurt in the world that causes so much pain.

As Father's Day approaches, I anticipate the handmade cards that will consist of hand drawn depictions of me mixed with various villains, dinosaurs and superheroes. Each will be unique. Each will be their own. And, each will be their own idea of who I am to them. Even though not all of the kids are biologically mine, all of the cards will be addressed to me as Dad.

There is one card that always stands out to me. It belongs to one girl. We're in the final stages of adopting her and her two siblings. So, she still has her birth surname. In fact, it goes beyond the surname to the relationship she maintains with her birth parents. That's something we encourage and facilitate.

Due to these circumstances and the circumstances of her life in general, she refers to me not as Dad but as uncle. And that's ok. I'll never decide for her, who I am to her. Whatever she's comfortable with is fine by me. So, here is where her card always has special significance to me.

Her Father's Day card always refers to me as Dad, not as uncle, but Dad. Perhaps there is safety in the written word that makes it easier to write it than a spoken word is to utter. Perhaps she's using the card as a testing ground to prepare herself for the finalization of adoption. I don't know. Either way these cards remind me of how awesome the privilege is of being a parent to someone who, through no fault or actions of their own, find themselves in need of a home and in need of a caregiver who they may or may not refer to as their Dad.

Whether I'm a foster parent or adoptive parent, I have the privilege to be a parent to a child who was not brought into my life through biological means, but through a broken world. And, due to the messiness, I may need to earn the title of Dad with this amazing young lady. And with all that "Dad" should mean, that seems reasonable. Though, with each card I receive maybe it's her way of saying that, even with my faults and failures, I've already earned the title Dad. And here is where she is most comfortable telling me. 🧡

Greg is a foster and adoptive parent with the Children's Aid Society of London and Middlesex. He's been married to Isabel for 24 wonderful years and has 10 children, four through biology, three through adoptions and three fostering, soon to be adopted.

Overcoming Anxiety Takes Practice

Coping with anxiety is a lifelong process. Don't be discouraged if your child lapses during stressful times.

Face fears

By facing fears in baby steps, anxiety reduces naturally over time.

Imperfection is OK

Encourage your child to work hard but accept and embrace your child's mistakes and imperfections.

Focus on positives

Anxious and stressed children can get lost in self-criticism. Focus on your child's positive attributes to remind her to focus on the positives.

Schedule time out

Children need time to be kids by playing purely for fun.

Model self-care and positive thinking

Your child will do what you do. If you face your fears, so will your child. If you take care of yourself and schedule time for your own needs, your child will learn self-care is an important part of life.

Reward brave behaviours

If your child faces his fears, reward him with praise and a hug.

Life Balance

Happiness and Fulfillment

Talk about it

If your child says he's worried, don't say "No, you're not!" or "You're fine." Validate your child's experience by saying, "Yes, you seem scared. What are you worried about?" Then discuss.

Problem solve

Help your child to identify possible solutions and ask your child to pick the one she thinks would work best.

Calm it

Children look to their parents for a signal of how to react to the situation. If you are anxious, your child will pick up on that. Slow down your speech, take deep breaths to relax, and ensure your facial expression conveys that you're calm.

Keep going

Anxiety and stress can be a chronic struggle. Through management techniques, your child will learn how to lower anxiety and cope with anxiety-provoking situations. 🧡

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.



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Making Your House A Home

Ah, Spring, the Season of Puppies and Kittens



As spring transitions into summer, animal shelters and breeders expect a frequent visitor: “the stork.” This time, often referred to as “puppy season” or “kitten season,” is when nature tells cats and dogs it’s time to procreate. Ultimately, this means that summer is a popular time for humans to welcome young furry family members into their homes.

This is a very exciting experience! The first year of life is filled with adventure and, during this time, puppies and kitties have a lot of energy. You and your new little one will have to learn how to communicate to teach boundaries, tricks, and proper behaviour. The leading training technique is positive reinforcement. It works by telling your pet what you expect them to do by redirecting him or her to appropriate behaviour and then issuing a reward.

Training based on fear and punishment often leads to your trainee becoming confused about your expectations, and often yields unwanted results. The sooner training begins the better! Safe toys, activities and mental stimulation can also help kittens and pups channel their youthful energy into constructive behaviour. This helps them establish the independence to be trusted home alone and will help increase the longevity of your furniture!

When raising a cat or dog, it’s normal to have many questions about training, housebreaking, feeding, grooming and more. A young pet will likely make frequent visits to the veterinarian so take advantage of this time to ask for advice on these topics. In addition to vaccines and examinations, they will also help you plan for your pet’s spay or neuter. This procedure can reduce or eliminate unwanted hormone-driven behaviours and

reproductive diseases but, most importantly, it helps to control overpopulation. Whether your concerns are related to pet healthcare or parenting, your veterinary team will do everything they can to help you get your new addition off to the best start in life.

Adding a young pet to your household is more than buying a puppy or kitten; it is adopting a living being into your family. Remember that accidents happen, chewing is instinctual, and that eventually (with hard work and dedication) you will be rewarded with a loyal companion.

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.

Health Matters

Living your Best Life

To Gluten or Not to Gluten?

Gluten is this generation's tobacco.
David Perlmutter

Gluten-free diets are a popular trend these days. Many gluten-free products line the shelves at grocery stores, but most people are still in the dark when it comes to the health risks and benefits of gluten in their diets.

Gluten is a protein found in some cereals, certain grains and wheat. One of the main purposes of gluten is to keep the elasticity intact in foods during the fermentation phase of food production. Gluten makes bread “chewy” and prevents other foods from having a sticky, doughy texture. A gluten-free diet has been researched by

physicians from all sides of the nutritional spectrum, including weight loss specialists, bariatric physicians and dietitians. It can have a variety of health benefits, like improving cholesterol levels, promoting digestive health, increasing energy levels, and reducing overall pesticide and herbicide toxic load on the body.

It used to be that, by choosing a gluten-free diet, you were actually eliminating unhealthy, heavily processed and packaged foods, and fried foods from your diet. On a gluten-free diet, you’d likely eat more fruits and vegetables too.

However, big food has caught on to this “gluten-free” trend and you can find just

as many gluten-free, heavily processed foods that are just as bad for you because they contain chemicals and artificial flavours.

So, what to do?

Be cautious when it comes to reading labels. Many packages are now stating their product is gluten-free; the reality is it may not be.

Pay attention to the label and beware of products that replace gluten with other unhealthy ingredients.

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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FOOD FOR THOUGHT

Get Happy and Healthy!

I'm super excited for this opportunity to share my passion for living a healthy lifestyle with tips, tricks, recipes and workouts that will make your body feel alive again! With my background in both nutrition and fitness, I look forward to sharing what I've learned in my own pursuit of a healthy and fit-friendly lifestyle.

As busy moms and caregivers, we all have our daily challenges and struggles. Finding the time to eat healthy AND exercise can seem like an impossible task. I get it! My goal is to give you the information, practical skills and ideas to help you become a happier, healthier you!

My goal is to inspire others, but not to perfection! Who wants to be perfect!? I don't always get in all my workouts and I do indulge in the finer things in life (did someone say chocolate?!?). But, I do try my best to be active and eat well on a consistent basis!

Why not have a little help and inspiration along your journey and check in with me for a little extra motivation to help you become the best YOU there is!

Yours in all things healthy and happy,

Jenn

Jenn Giurgevich has a BSc in Medical Sciences and a BSc and MSc in Foods and Nutrition from the University of Western Ontario. She has a wealth of nutrition knowledge, with experience working in both clinical and public health nutrition, consulting, and teaching part-time at the university. Over the last 10 years, Jenn has paired her love for nutrition and health with her love for fitness, working as both a personal trainer and a fitness instructor.



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WHOLE HEALTH

Homemade Ketchup Boosts Flavour – and Your Health

Tomato ketchup, or the ‘condiment of the Gods,’ as I often call it, is something many of us enjoy daily. Canadians are big fans of ketchup and eat upwards of 66 million kilograms (!) of it every year. Hot dogs, burgers and fries are some of the most popular hosts, as well as grilled cheese, eggs, chicken, meatloaf, pasta, rice and more. I must admit, as the saying goes, I like ketchup on my ketchup. And so does my daughter.

Endless enthusiasm for ketchup means you can often find different kinds, including spiced-up versions like sriracha, chili and jalapeno, or options such as organic, low sodium and reduced sugar. But, if the notion of food dyes, preservatives, sugar and sodium has put you off in the past, you can easily make tasty ketchup yourself and even customize the flavour.

In fact, homemade ketchup may do more than boost flavour, it may also enhance health. Made with fresh ingredients, ketchup can be full of antioxidants, vitamins and minerals with a powerful list of health benefits. Tomatoes are beneficial for heart protection and can reduce bad cholesterol and high blood pressure, increase circulation, benefit vision, digestion, diabetes, skin and urinary tract infections, reduce inflammation and prevent gallstones.



Tomato Ketchup

Dairy free, gluten free, vegetarian
Makes 1 cup

1 can (28 oz/796 mL)	puréed tomatoes
1/3 cup	brown sugar or organic cane sugar
1/3 cup	apple cider vinegar
1/4 cup	minced yellow onion
2 tsp	tomato paste
1 clove	garlic, minced
3/4 tsp	salt
Pinch	each of celery salt, mustard powder, ground black pepper and paprika

Place the tomatoes, sugar, vinegar, onion, tomato paste, garlic, salt, celery salt, mustard powder, pepper and paprika into a slow cooker (or simmer stovetop). Cook on high for 8 to 10 hours, stirring occasionally.

Place a couple of layers of cheesecloth in a mesh strainer over a medium-sized bowl. Pour the ketchup into the cheesecloth and strain off the solids, such as garlic bits and tomato seeds, which can be discarded. Press through the strainer with the back of a spoon, if required.

Place the ketchup in a small saucepan and bring to a simmer until thickened to the desired consistency. Add a touch of water if necessary. Season again with salt, if desired.

Store in a mason jar in the refrigerator for up to 6 weeks. The ketchup can be used immediately after making, but the flavours will improve even more if left overnight.

Recipe from: *Vegetarian Any Day* (Penguin Random House)
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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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