

THE MOM & CAREGIVER™

JULY 2017
VOLUME 19 ISSUE 7

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CANADA 150

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Canadian Quilt**

**Universal Love for
Universal Health Care**

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On The Cover



What a happy camper! Michael brought lots of love to the photo shoot since his mom and aunts came too. We love those chunky-monkey thighs in his kimono! Big 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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O CANADA!



"Our hopes are high. Our faith in the people is great. Our courage is strong. And our dreams for this beautiful country will never die."
Pierre Trudeau

I feel incredibly privileged to be raising my son and publishing a parenting magazine in this great country of Canada. My son is growing up in a place where it is encouraged to be who you are – that no matter your skin colour, gender, sexual orientation or age, you are deserving of the same rights and freedoms. We practice freedom of speech in our magazine, hearing the opinions and statements of writers from many different walks of life.

We reached out to you, our readers, on our Facebook page to ask "Why is Canada such an amazing place to raise a family?" And so many of you shared the same sentiments. We're proud of our diversity and our acceptance of all kinds of people. We are a peaceful nation. We

value the education all children receive in Canada. And, we feel Canadians are a polite and friendly bunch.

We also love the awe-inspiring places our country offers. We'll hear about one such place from Sherri Telenko this month. She takes us to Quebec City to an underground museum hiding beneath a popular riverside boardwalk. This historic site was only discovered in 2005 – read Sherri's article on page 15 to find out why. You can visit this national historic site (and over 200 others) at no cost this summer by ordering a free Parks Canada Discovery Pass. And what better place to visit this Canada Day than our nation's capital, Ottawa! My son, Mikael, is so lucky and so excited to be doing just that. I'm thrilled that he

feels so much pride in his country at only age 11.

But definitely, one of the greatest things about raising a family here is Canada's universal healthcare system. So, many of you agree with Dr. Bhayana (find her special Canada 150 article on page 6) when she celebrates that a CEO and a homeless person can access the same quality health care.

So, this month, Canada, we celebrate you! Every singing of "O Canada," every bit of red and white we wear, every firework we set off, every new citizen we welcome, is in celebration of 150 years of this great nation. We certainly could not think of a better place to raise our sons and daughters. Happy birthday Canada!



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JULY EVENTS

07/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Canada Day at Harris Park Happy 150 th Birthday Canada!
2 The Jitterbugs Springbank Gardens	3 Sesquifest Budweiser Gardens	4 Canada 150 Trivia Game LPL, Jalna	5 Buying the Moose Port Stanley Festival Theatre	6 Bob Dylan Budweiser Gardens	7 July 6-9 TD Sunfest	8 Wanna Bee Day Clovermead
9 Laura Gagnon Springbank Gardens	10 Runa Aeolian Hall	11 Twilight Tuesday hike Longwoods Conservation Area	12 July 12-15 Rock the Park Music Festival	13 July 12-26 Dominion Day! The Musical Fanshawe Pioneer Village	14 July 14-16 Vimy Flight 427 Wing	15 July 14-16 Home County Music and Art Festival Victoria Park
16 The Rhythms of Brasil - Brazilian Pop Springbank Gardens	17 Storytime LPL, Central	18 ArtSpace LPL, Masonville	19 Playgroup LPL, Byron	20 July 20-30 Pride London Festival Various locations	21 Super Stocks, Trucks, Bone Stocks Delaware Speedway	22 Colombian Gas- tronomy Festival Covent Garden Market
23 July 22-23 Monster Truck Throwdown Delaware Speedway	24 Scavenger Hunt LPL, Central	25 Twilight Tuesday hike Longwoods Conservation Area	26 Five Alarm Port Stanley Festival Theatre	27 Pride Men's Chorus London Aeolian Hall	28 London Majors baseball Labatt Park	29 Lemon Party Eldon House
30 Imagination Station Museum London	31 Storytime LPL, Central	For More Details and Events Visit Your Online Parenting Resource				

July 6-9
TD Sunfest

July 12-15
Rock the Park Music Festival

July 12-26
Dominion Day! The Musical
Fanshawe Pioneer Village

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UNIVERSAL LOVE FOR UNIVERSAL HEALTH CARE



It's a joy to celebrate Canada's 150th year. When we take stock of what makes us proud to be Canadian, our universal health care system is always in our top three list. A health care system where a CEO and a homeless person have universal access to the same care reflects that we value equity and diversity.

How healthy are Canadians?
It's difficult to define how healthy Canadians are. Definitions of health might only include whether or not we have certain diseases. Others might include risk factors, like obesity. Some indicators might look at life expectancy and others might look at access to cutting edge interventions for cancer and rare diseases. We do quite well in many respects with one of the highest life expectancies and lowest infant mortality rates compared to other industrialized countries.

Maternal and infant indicators
Many studies look at maternal and child health as markers of how a health care system is doing. The Public Health Agency of Canada (PHAC) has a system called the Canadian Perinatal Surveillance System. It monitors 52 markers of maternal and child health, like mortality, alcohol use in pregnancy, rate of C-sections, illness in early infancy, etc. Overall, we do quite well but Canadian first peoples fare poorly in many of these measures as do mothers who are

teens or of low socioeconomic status.
How universal is our system?
Services are covered for everyone but there are gaps. I'm proud that I can get the same access to tests and specialists for anyone. However, the social determinants of health – low income, poor housing, low education and membership in a marginalized group (homeless, mental health, First Nations) – make it difficult for people to get in the door in the first place.

Reason to celebrate
We celebrate this momentous occasion but we must evaluate what still needs to be done. I'm proudly Canadian and, I could not imagine working anywhere else. Happy birthday, Canada! 🇨🇦

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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Newborn - Baby - Toddler

BEING PRESENT

Parents and caregivers are bombarded with so many expectations in raising their children. We not only have to teach them new skills every day but we're also expected to have children who behave well, listen, comply and control their emotions.

Piglet sidled up to Pooh from behind. "Pooh," he whispered. "Yes Piglet?" "Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

A.A. Milne

Milne, A. A. The House at Pooh Corner. With Decorations by Ernest Shepard. London: Methuen & Co., (1928).

When our children are behaving in ways that adults find difficult to manage, we often get frustrated, upset and want these behaviours to stop. We use positive and negative consequences; things like time out and loss of privileges. We do this in an effort to have successful and happy children.

However, research is showing that it takes more than teaching skills and using consequences to raise successful

kids. Our world is more complicated than this. It's the safety and security within a child's attachment relationships that will help them explore the possibilities of life while managing life's challenges along the way.

"Being with" our children is the key component in creating a healthy attachment. Being with our kids means understanding the uncomfortable emotions that underlie tantrums, talking back, acting out and shutting down. Being with kids in their feelings of anger, sadness, embarrassment, fear and disappointment lets them know that these feelings are important and, in fact, that they are important and loved no matter what they are feeling.

When we stay with our kids, sit with them, soothe them, and comfort them in their distress, they learn how to manage and understand their own emotions. In turn, they will develop empathy not only for others but for themselves. This kind of empathy will allow our children to be gentle with themselves and others in their mistakes and failures. It will help them become resilient and experience richer connections to others. This will become the foundation for their future relationships with friends, partners and perhaps their own children one day. So slow down, get curious about your child's behaviour and be with them, no matter what. 🧡

By Dana Libby, M.S.W., R.S.W.
Early Years Team
Vanier

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TOP TIPS TO FIGHT TICKS AT THE COTTAGE

(NC) Summers are for spending long sunny days up north, going for a swim or relaxing on a Muskoka chair. When you're in cottage country, or any other outdoor area, remember that the most effective way to prevent Lyme disease is to prevent tick bites.



Here are some tips to protect you and your family:

- Wear light-coloured clothing. It makes ticks easier to spot.
- Wear closed footwear and socks, and a long-sleeved shirt tucked into long pants. Tuck your pants into your socks.
- Use a tick repellent that has DEET or Icaridin on clothes and exposed skin; be sure to follow the manufacturer's directions when applying.
- Search your clothes and body for ticks at least once a day, paying special attention to areas such as the groin, navel, armpits, scalp and behind ears and knees.
- Use a mirror to check the back of your body or have someone else check for you. Don't forget to check children in your care for ticks.
- Take a shower as soon as you can after being outdoors to more easily find and wash off any ticks crawling on you.

- Place outdoor clothing through the dryer cycle for 60 minutes on high heat before washing to kill any ticks that may be hard to see. Ticks thrive in wet environments.

Talk to your health-care provider or local public health unit and learn more online at ontario.ca/lyme.

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THINGS PEOPLE SAY

It's just another regular afternoon of errands for my son and me. As we giggle through the grocery store aisles, some people – usually grandma types – will stop by and share a moment with us. I don't blame them... our 18-month-old's baby blue eyes and contagious smile are enchanting! Small talk usually starts off innocently enough but ends with awkward confusion and a lesson on first impressions and common assumptions.

"Oh, it's YOUR turn today."
Despite it being 2017, I guess mom is still the primary errand-runner with kids. I quietly respond with, "It's ALWAYS my turn."

"So, is mommy getting a break today?"
"Ummm, no... Nico doesn't have a mommy." A very upset lady once caressed my shoulder and began apologizing for bringing it up. After letting her sweat it out a bit, I explained that our son has two daddies instead.

"Must be nice to be the one that stays home."
Really? Come witness "nice" at 3 a.m. after a fussy, teething baby on his fifth ear infection this year, who hasn't slept much in the last 24 hours, can't stop screeching his red little face off in my ear! Oh, and I do work, part-time.

"Need some help?"
Once my moody son felt the entire coffee shop needed to know how upset he was. A helpful lady approached me insisting that the baby needed to be changed and volunteered to help since, "I know how fathers can be."

The best part of these unsuspecting social experiments comes after they realize our son has two fathers. Many of them aren't sure how to respond and foot-in-mouth syndrome prevails once more.

"So, which one of you is MOM?"
The implication that one of us plays the more traditional "mom" role is likely a result of curiosity and not intended as offence. I play it up with "Well ME of course! After all, I'm the one who stays home and breastfeeds!"

"So, who's the REAL dad?"
While my mouth says "We both are!" in my head I'm yelling "Do you even hear what you're saying?"

There is no sense in getting wound up about these preconceived notions of parenting. People's intentions are usually in the right place and sometimes they surprise me with a refreshingly simple nod that makes me feel like I'm doing a good job.

At the bookstore the other day, a couple of ladies approached us. I cringed a little half-expecting to correct their upcoming comment when all I heard was:

"It's SO nice to see a dad spending time with his kids!"

Thank 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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Keep Your Kids' Mouths Healthy All Summer

Summer break is here and with that comes trips to the cottage, camp, and lazy days where schedules go by the wayside. Although it's OK to play it fast and loose with bedtimes and other routines, your family's dental health should remain a priority this summer. Here are some easy tips to help your family stick to a healthy oral hygiene routine.

Pack for a healthy mouth
Whether you're going for a night, a week or all summer, pack your oral hygiene survival kit, including toothbrush, toothpaste, mouthwash and floss.

Pack healthy snacks
It's easy to let your healthy eating mantra fall by the wayside when you travel but, with a little preplanning, it's definitely doable to ensure your family doesn't overindulge in those high-sugar foods that can lead to tooth decay. If you're taking a road trip, pack a cooler with fruit, nuts, pretzels, popcorn, string cheese, yogurt, and other low-sugar, nutritious foods.

Take hygiene breaks
When you take the inevitable pit stop breaks along the road, take that time to have everyone brush their teeth, or

at least floss and use mouthwash if the facilities don't permit a full brushing.

The important thing is to make dental hygiene and healthy snacking a priority, even in the summer. Summer is also a good time to schedule your family's next dental appointments, while school is out. 🦷

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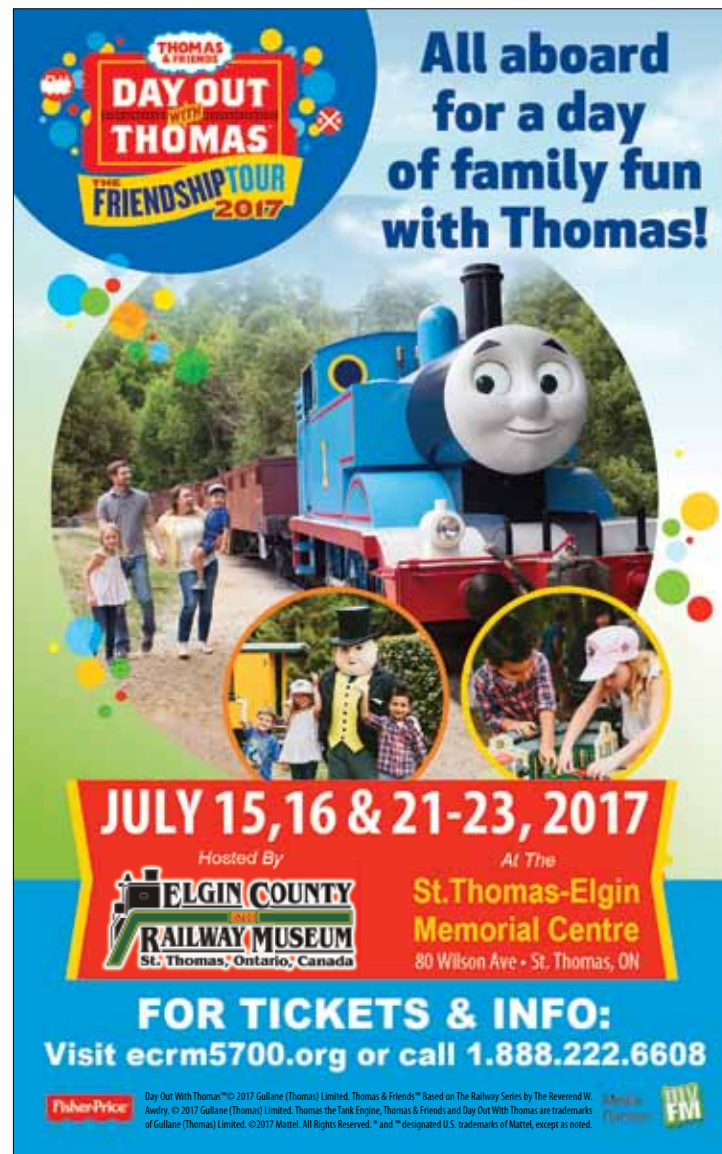
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Biz Showcase

This Month's Featured Business... ECRM

Each month we introduce you to a business that offers families in London and the surrounding area services or products you won't want to miss.



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Elgin County Railway Museum offers lots of family fun!

Where else can you look inside a real caboose, stand beside the giant wheel of a steam engine, or watch history in motion? For more than 25 years, the Elgin County Railway Museum has welcomed rail-fans, young and old, from near and far, to explore their collection of railway artifacts that tell the story of the area's railway heritage.

The Museum, housed in the former Michigan Central Railroad Locomotive Repair Shop in St. Thomas, Ontario, offers lots of family fun! Visitors can take a guided tour of the Railway to Confederation and St. Thomas: The Railway City exhibits featuring vintage railway maps, photographs, objects and memorabilia that tell the story of how and why St. Thomas became known as the "Railway Capital of Canada."

During their tour, they'll discover and learn about the Museum's impressive collection of railway rolling-stock equipment, including a steam engine, passenger cars, locomotives, and cabooses – all in the authentic environment of the former locomotive shop. Visitors will also enjoy taking a step back in time and exploring the History in Motion model railway exhibit, which simulates mid-20th century operations of Southern Ontario railways when steam, diesel, and electric railways were all operating – always a favourite with kids, and definitely worth a visit!

As a non-profit organization, the Museum is also committed to fundraising to continue to restore its century-old heritage property. One of the organization's largest fundraisers is the Day Out With Thomas – a fun-filled event that provides children of all ages the opportunity to climb aboard and take a ride with Thomas as well as participate in Thomas & Friends™ themed activities. For two back-to-back weekends in July, little engineers and their families are invited to take a 25-minute ride led by their favourite blue engine; meet Sir Topham Hatt™, Controller of the Railway; and enjoy a day of kid-friendly activities including crafts, storytelling, live entertainment, inflatable bouncers, bubbles, a cool mist tent, temporary tattoos, train play-tables, a petting zoo and more! The Elgin County Railway Museum also offers free admission to all ticket holders during the event.



ELGIN COUNTY RAILWAY MUSEUM

Under the Boardwalk in Quebec City

Are We There Yet

Must-See Travel Destinations

No one knew what treasures lurked below the popular Quebec City riverside boardwalk until 2005 when renovation crews discovered a secret. Today, that secret is an eerie stone and dirt underground museum that's free in 2017 with the 150 Parks Canada pass.

Visitors flood the Dufferin Terrace boardwalk each year, taking in a view of the St. Lawrence River on one side and the majestic Fairmont Chateau Frontenac hotel on the other. A statue of Samuel de Champlain, the city's founder, looms large beside the exit of an actual archeological dig now open to the public.

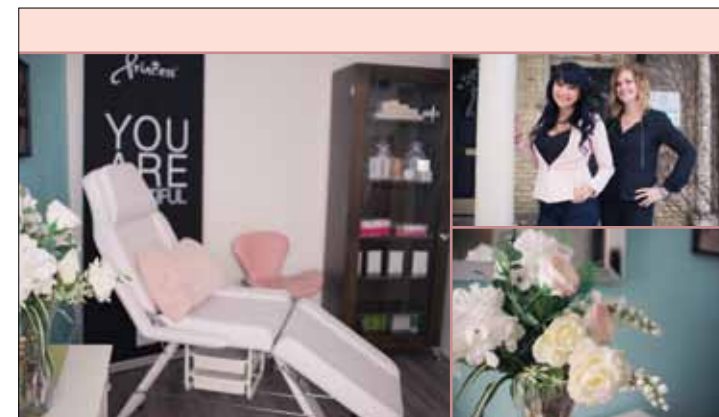
Discovered under the boardwalk was the almost intact basement of the Saint-Louis Forts and Chateaux, the original residence of British and French governors between 1620 and 1834. Inside were the remains of stone walls, the original kitchen oven and many artifacts, including a complete set of cooking utensils. Now on display are the most interesting items including a complete vase reconstructed from shards found at the dig. Kids like the interactive iPads revealing images of 1600s living.

Today, visitors walk in across a metal staircase then see remnants of stone walls. This basement was the

food preparation part of a castle that once hosted European dignitaries during the city's beginnings.

Stroll through after 11 a.m. or join a guided tour two hours prior. Three glass domes on the boardwalk give people a bird's eye view of the underground site and let in natural light below, mitigating some castle basement creepiness. (www.pc.gc.ca/en/lhn-nhs/qc/saintlouisforts)

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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No Regrets: A Birth Parent's Perspective

I've heard people talk about birth parents. I've heard them say, "How could she give her baby up for adoption?" Like it was a self-ish decision.

I knew I wasn't in a position to care for my baby. I knew that being placed with an adoptive family was in my child's best interest, not mine.

Until minutes before Jeremy was born, I did not know I was pregnant. I was in an abusive relationship with a man who would not acknowledge this child as his own and I knew I had to make a decision for the safety and well-being of my child. I was aware that Jeremy's half paternal sibling was placed with an adoptive family through the Children's Aid Society of London & Middlesex. Before leaving the hospital I knew Jeremy should be with his brother and with the adoptive family who could love and provide for him unconditionally. When the adoptive family agreed to have Jeremy with them and his brother, I felt immediate relief. I knew they would take care of him the way he needed and deserved.

When Jeremy was first born, part of me considered pretending he did not exist as it might save me from the pain of being apart from him, but I just couldn't do it. I wanted him to know that I loved him. I felt strongly that, although he needed to be with the adoptive family, I needed to be a part of his life. Jeremy's adoptive parents also felt this way, and agreed to an openness contract. I see

Jeremy several times a year and receive photos and updates. We meet regularly at a local restaurant and I always bring a little gift for Jeremy and his brother. The best thing is never questioning how my child is doing. I know he's happy. I know he's thriving and loved. I know he and his brother are bonded and will grow up together. He'll never think he was unwanted. I can be a part of his life. He can have more people who love him.

Since placing Jeremy for adoption, I have developed a friendship with his adoptive parents. They are open with Jeremy about his adoption story and when I wasn't sure how to refer to myself, his adoptive mother said, "You are his Tummy Mummy!" and it stuck. I can answer questions that the adoptive parents have and, in the future, I'll be able to answer questions Jeremy might have. He won't have gaps in information that can create challenges for some adoptees.

I have no regrets about Jeremy's adoption. He is with his mom and dad. They are his parents. I am his "Tummy Mommy." I am so grateful for what they have given my son. 🧡

Katherine is a proud birth parent who would like to change the stigma given to birth parents by the community and reduce the shame and guilt that birth parents sometimes place on themselves. She wants adoptive parents to know they are receiving an angel and, no matter what the arrangement, when they adopt a child, a birth parent is always part of the package.

Where does Your Family fit into the Canadian Quilt?

Life Balance

Happiness and Fulfillment

Canada is turning 150. There's lots of good, bad and ugly to look back on and a future to look forward to. It's a time to reflect on what living in Canada means to you. It's a good time to realize what makes Canadians unique and special.

When I look at our history, I focus on how we evolved into a country of freedom and safety. We pride ourselves on our inclusive quilt of cultures, universal health care and social safety net. Personally, I take pride in my children seeing the bigger picture instead of focusing solely on their individual needs. For me, living in Canada is all I know and I enjoy the diverse cultures, geography and freedoms.

What does Canada mean to you and your family? If we collected all of our stories, we'd have a book of amazing and unique adventures. To celebrate Canada's 150th birthday, I challenge you to look back and forward in your life to open ways to create your future.

Storytelling is a great way to mentor, teach and pass on traditions that make our families unique.

As a family, do a collage of your memories and family adventures so your kids can see where their roots began. Kids and youth find it reassuring and fascinating that they too have a movie star family story.

July 1, 2017, is a celebration of you and your loved ones; take the time to enjoy your accomplishments and those who support your life. You're all precious and deserve to enjoy everything Canada has to offer. Happy Birthday fellow Canadians. Thank you for trusting me with your stories. 🧡

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.


"Storytelling is a great way to mentor, teach and pass on traditions that make our families unique."



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Cat Chat: Understanding Your Furry Friend



A cat's trust is a delicate thing. Anyone who has ever had a kitty offer her belly for a rub knows just how quickly that trust can be broken. In just a few moments, the cat often changes her mind and bites down hard on the loving human's hand. We wonder what could have possibly caused this speedy change of heart. Wouldn't it be nice if we could better understand cats? Here are a few things they would say if they could speak our language.

"My sister hogs the bathroom!"

Sharing a bathroom is not just a conflict for human siblings; feline friends need their space too! It's recommended to have 1.5 litter boxes for every cat. This means that two kitties should have three places to do their business and, if they don't, they may resort to other spots like a couch or carpet.

"Would you make grandma do that?"

As cats age, they become less agile. Just like humans may need special help to do

everyday tasks as we age, you can expect the same with a senior kitty. Cats have an incredible ability to hide their pain, so you may not notice your friend is struggling. Providing them with water on every level of the home and giving them a litter box with a lower lip (or a cookie sheet for elderly cats) are easy ways to help your older friend.

"I'm soooooo bored!"

A happy cat plays hard and naps harder. When a cat explores a box that is difficult to get into or a new toy with a challenging feature, he is mentally and physically stimulated. Cats also need to chase and hunt. Without outlets like toys or laser pointers to keep them occupied,

they may use that extra energy on your furniture. Just make sure they have plenty of small, cozy spaces for snoozing when they're played out!

We might not be able to actually have these conversations with our cats, but we can certainly answer their requests. Although some kitty behaviour may always be a mystery, like the "belly rub hand trap," we can do our best to build their trust and be rewarded with loyal (but fierce) furry friends. 🐾

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.

Become a Better You

Beauty and Wellness

Look and Feel Your Best

Welcome to Beauty & Wellness! This is where you'll find tips and tricks, inspiration, and lifestyle enhancements to help you look and feel your best from the inside-out. As a mother, wife, writer, published author, beauty and wellness professional, health enthusiast and entrepreneur, I am forever seeking the perfect recipe to find balance.

As my life expanded with many roles, new faces and new experiences, I couldn't help but begin to lose myself in the process, and I soon discovered that I wasn't alone. The world is filled with remarkable individuals striving to accomplish their goals, and also longing

to find a tribe of women to relate to and support each other throughout the process.

The truth is, as soon as we enter the world of motherhood, we automatically become secondary. But, the reality is, we need to put ourselves first because we can't take care of others if we don't take care of ourselves. It's not selfish, it's necessary, and we all deserve to put our best foot forward and lead a life of genuine fulfillment and happiness. Whether we do this by implementing healthier habits, making small but consistent changes, or by changing our focus from fear to faith, we owe it to

ourselves to create a life that looks and feels good from the inside-out.

Come back every month to learn how to live more beautifully and confidently with a new-found energy and commitment to a sustainable lifestyle that supports your well-being. It's never too late to become a better you, and I'm grateful to be a part of this journey with you.

With love,
Lisa Aquilina,
Founder of Stilettoes and a Stroller 🐾

Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.

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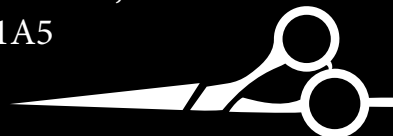


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IMMER BESSER

FOOD FOR THOUGHT

Summer Meal Planning 101

School's out and summer brings lots of excitement, activities and, sometimes, a little more chaos! I'm here to help you strategize ways to keep healthy eating on the top of the checklist this summer.

Two words: meal planning

For some, meal planning can seem arduous. With a little effort, a plan can help make the healthy choice the easy choice. Some people plan for the whole week, while others, like me, plan a few days at a time. Do what works for you! Use these tips to help you plan:

- Start by jotting down your meal and snack ideas. Look in your fridge, freezer and pantry to see what foods you already have on hand.
- Keep a grocery list and jot down items as you run out. Add foods you need from your meal plan.
- Monkey-see-monkey-do! Encourage healthy habits by involving your kids! Ask them to choose a favourite meal. Try a new food or recipe every now and then.
- Flip through store flyers for specials and use coupons. Get healthy recipe ideas from magazines, cookbooks and websites.
- Consider your family's schedule. A busy week filled with sports, camp and other activities could mean planning fast and easy meals or prepping ahead.

Need an idea for a quick and easy breakfast that you can make ahead?! This version is inspired by Canada's 150th Birthday!

Jenn Giurgevich is a Registered Dietitian and contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.



Quick and Easy Overnight Oats

Prep time: 15 minutes

- | | |
|-------|---|
| ½ cup | oats |
| ½ cup | fresh or frozen raspberries or strawberries (or use your favourite berry) |
| ⅓ cup | plain, fat-free Greek yogurt |
| 2 tsp | chia seeds |
| ¼ tsp | vanilla |
| Dash | cinnamon |
| ¼ cup | unsweetened milk (skim, 1% or 2%) or fortified soy beverage |

In a mini Mason jar, mix all ingredients. Pop the lid on and place in fridge. Eat it cold or heat in microwave (remove the top first!). Make in batches and you have easy breakfasts for you and family for the week! How easy is that? Enjoy! 🍓

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WHOLE HEALTH

Phyto-What?

Age-Fighting Eggplant is Phytonutrient-Packed

Maintaining a busy, activity-packed schedule means good health is just as important for me as a parent as it is for my active six-year old. As I get older my priorities may change, like maybe less cardio and more resistance training, so I might get off the toilet by myself when I am 80. Optimal health is my overall goal, so I can keep up with my kids and enjoy life to the fullest for as long as possible.

There is no question, aging forces you to pay attention. Yes, I've secretly acquired a magnifying glass, shopped for a nose hair trimmer and tried to remember to stretch before rolling out of bed. A sign in my gym reads, The worst things in life are also free, a humorous reminder that, much of what my life will be, is largely a consequence of my own choices.

No doubt, effort is required to keep our bodies working properly and prevent encroaching illness. Phytonutrients can be the key to warding off illness. Plants use phytonutrients to stay healthy and fight disease, and so can we. Eating more vegetables full of phytonutrients helps the body detox, fight inflammation, repair cell damage and enhance cell communication, brain power, hormones and blood sugars.



In addition to the vitamins and minerals in high-fibre, low-calorie eggplant, there are valuable phytonutrients. But, you won't even need to reveal what these chips are made of, just serve them to your family and they'll quickly disappear.

Baked Eggplant Chips with Lime Miso Yogurt Dip

Japanese eggplant slices make savoury "chips" when coated with breadcrumbs and baked crisp and tender. Perfect as a light snack or side dish served with a zesty (and addictive!) miso, garlic and lime dipping sauce. Serves 4

Baked Eggplant Chips

1 large	egg
½ cup	panko breadcrumbs
½ cup	grated Parmesan cheese
3 cups	Japanese eggplant, sliced into ⅛-inch (3 mm) rounds

Lime Miso Yogurt Dip

1 cup	plain yogurt
2 tsp	red, white or yellow miso
2 tsp	fresh lime juice
1 tsp	fresh lime zest
½ tsp	minced garlic

Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper and set aside. Beat egg in a small bowl and set aside. Combine breadcrumbs and Parmesan, and place on a flat dish beside the bowl with egg. Dip each eggplant slice into the egg, then the breadcrumb mixture. Place in a single layer on the baking sheet, and continue with remaining eggplant slices. Bake for 25 to 30 minutes, until crispy and golden. Mix the yogurt, miso, lime juice, zest and garlic in a medium bowl and place in refrigerator until eggplant chips are baked. Serve chips hot along with chilled dipping sauce. 🍴

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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