



THE MOM & CAREGIVER™

SEPTEMBER 2017
VOLUME 19 ISSUE 9

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Dear Son
On Your First Day of School

Easy Meal Planning
Plan, Prep, Prioritize

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My Head Hurts!

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EDITORIAL 04
Back to School, Back to Lunches

05 EVENTS CALENDAR
September

NEW BEGINNINGS 06
Help Your Child Get a Good Night Sleep

08 AS THEY GROW
Ouch! My Head Hurts!

THE NEXT STAGE 10
Back to School Prep – Don't Forget Your Shots!

12 FRANKLY FATHERHOOD
Dear Son

BRUSHING UP 13
Cheers to a Healthy Smile!

14 BIZ SHOWCASE
Music Central

ARE WE THERE YET 15
Apple Picking Fun

16 FOSTERING DREAMS, ADOPTING HOPE
An Unbreakable Bond

LIFE BALANCE AND HAPPINESS 17
Saying Goodbye

18 PET FRIENDLY
Understanding Your Pet's Vaccines

BEAUTY AND WELLNESS 19
The 3 P's: Plan, Prep and Prioritize

21 FOOD FOR THOUGHT
Beat the Back-to-School Rush!

WHOLE HEALTH 22
Overwhelmed by Nutrition Contradictions?
K.I.S.S. (Keep it simple, silly)

On The Cover



Back to school, back to cool! Owen rocks back-to-school time, even though he says he likes summer better. He's a sophisticated and serious guy who kept a straight face ... even when our photographer was telling her best jokes. A big thank you 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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Sabina Manji - Chief Editor

BACK TO SCHOOL, BACK TO LUNCHES



"I have no special talent; I am only passionately curious."

Albert Einstein

September brings back-to-school time for the big kids in our lives. It's the season for stores to switch from bicycles and bathing suits to water bottles and backpacks. It's the time that our families have to adjust from lazy hazy mornings to rushing out the door. It's the time that we go from picnic lunches to pack the lunches – ugh!

We tackle some of September's biggest challenges in this wonderful issue. It's 9 p.m., you've just sat down from a jam-packed evening, but it's not time to relax yet. Lunches need to be made, and you can do it with help on page 21 from registered dietician, Jenn Giurgevich.

Your children require necessary vacci-

nations for school entry – are your kids up to date? Find out from family physician, Dr. Bhayana on page 10. Now, how about your furry children? Are their vaccinations current? Learn more in our Pet Friendly column.

Lastly, we get emotional with Frank Emanuele who has written a first day of school letter to his son (p. 12). We wish all our best to this excited and proud father, and to his four-year-old boy, as they enter this new phase of their lives.

Back to school time has always been a fresh start for me, and many families consider it the true "new year." It's a time to reflect on what we're doing right and what we can change. After

reading Emily Beeckmans' article in last month's issue, I've decided to make one such change. She spoke about social media pressures that make us feel like we're not keeping up. You all know what I'm talking about – the perfect birthday party Instagram pics, and the no-flaw vacation posts on Facebook. I'm not going to buy into it anymore – I refuse to compare myself and try to live up to these impossible standards. So I'm starting my new year living life my own way, by setting my own goals for me and my family, and I challenge you to do the same!

Here's wishing a safe and fun back to school time, and a cheerful autumn to all of our friends and families!



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SEPTEMBER EVENTS

09/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Learning Garden London Children's Museum	2 Behind the Ropes Tour Eldon House
3 The Music Makers - Big Band Swing Concert Springbank Gardens	4 Western Mustangs football TD Stadium	5 Tune Time LPL, Central	6 Storytime LPL, Stoney Creek	7 Thursday Evening Tour Eldon House	8 Sept. 8-10 Beatles Festival Downtown	9 Sept. 9-17 Western Fair
10 Day for the Dogs Fanshawe Pioneer Village	11 Storytime LPL, Central	12 Shut the Front Door Improv Free Drop-In Session for Teens LPL, Central	13 Playgroup LPL, Byron	14 YES Budweiser Gardens	15 Great Canadian Race Weekend Delaware Speedway	16 Heritage London Country Fair Grosvenor Lodge
17 Sept. 16-17 Doors Open London	18 Sept. 18-23 The NASH Cup London Squash & Fitness	19 Women's Soccer Fanshawe College	20 Sept. 19-30 Evita Grand Theatre	21 Sept. 21-Oct. 5 The Melville Boys Palace Theate	22 Sept. 22-24 Airshow London	23 Forest City Comicon London Convention Centre
24 Sept. 22-24 Feast Fest London Victoria Park	25 Storytime LPL, Central	26 The Preschool at Crouch LPL, Crouch	27 Sept. 27-30 Public Art Symposium Museum London	28 Thursday Evening Tour Eldon House	29 Sept. 29-30 The Roll Call The ARTS Project	30 Books for Babies LPL, Crouch

For More Details and Events Visit



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Sept. 8-10
Beatles Festival
Downtown

Sept. 9-17
Western Fair

Sept. 22-24
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HELP YOUR CHILD GET A GOOD NIGHT SLEEP



Sleep... the topic that unites all parents! Sadly there's no magic solution to getting your kids to sleep and to stay asleep but there are some things you can do to make it more likely to happen. We all know how important sleep is for our children. It's how they re-charge, learn and grow, and contributes to both physical and mental development. So how can we help?

Research clearly shows that a consis-

tent bedtime routine plays a big role in helping children get to sleep. First, make sure your child's bedtime hour is appropriate for their age and will result in enough sleep. Don't wait till your child is overly tired; interestingly, this makes it harder for them to fall asleep. Start a wind-down routine about one hour before bedtime. Quiet and relaxing activities such as a soothing bath, singing songs, quietly talking and reading stories all can help.

In fact, reading may be the best of all. A recent study showed that just six minutes of reading slows down the heart rate and eases muscle tension more quickly than going for a walk or listening to music. While this study focused on adults, the implications for children are no less important. Reading takes you to another world, the author's world, and offers an escape. Couple an escape into an imaginary world with a warm snuggle on your lap and your child will relax

and unwind from their busy day.

Also important is eliminating screen time before bed. The body of research around this topic is rapidly growing with some startling findings. The light emitted from electronic devices interferes with the brain by increasing alertness and suppressing the release of melatonin. Experts advise that there be no screen time at least 90 minutes or more before bedtime. Many even recommend

as much as two or three hours of screen-free time before bed, so consider having none at all after dinner.

So, put the devices away, get your wee one ready for bed, and then enjoy some quiet time together with a good book or two. Wishing you sweet dreams. 🌙

Julie Brandl
Children's and Youth Services Coordinator,
London Public Library
Chair, Child and Youth Network Literacy Team
Member, Community Early Years Partnership

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Newborn - Baby - Toddler

OUCH! MY HEAD HURTS!

Headaches are common among adults and children. Causes vary from serious to benign. Sudden severe headaches can mean serious problems like meningitis (an infection in the brain) or bleeding from blood vessels in the brain. But, these causes are rare and tend to be accompanied by fever, neck pain, excessive drowsiness, unresponsiveness or severe irritability.

Medical issues like colds, sinusitis or strep throat can cause headaches too. Common recurrent headaches are migraines and tension-type headaches. Migraines can occur on one or both sides of the head as a throbbing or pounding sensation for children who are old enough to describe its nature. Migraines can be associated with light and sound sensitivity, along with visual changes, and a family history too. Tension headaches cause an aching sensation on both sides of the forehead.

Seeking medical attention would be wise when you are unsure of the cause of your child's headache or the pattern of the headache is atypical or different from what your child has experienced in the past. Seek urgent medical assessment when your child experiences fever or stiff neck, excessive sleepiness or drowsiness, abnormal movements like seizures,

weakness or loss of movement of a limb, unexplained behavioural change, or early morning vomiting or nighttime awakening from the headache.

Most benign headaches can be prevented or managed with simple measures. To start, address the underlying cause of the headache, if known. For tension headaches, relaxation, and cold or warm compresses on the forehead or neck can help. During a migraine, minimize sensory stimulation by turning off lights, closing curtains and keeping down noise levels.

Drugs like acetaminophen or ibuprofen are usually enough for treating uncomplicated headaches. Especially in the case of migraines, giving either of these analgesics at the onset of the headache is more effective. Your child may need other medications for migraines.

Finally, prevention is best. Knowing the triggers of your child's headaches and avoiding these triggers is crucial and a headache diary can help. 🧠

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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BACK TO SCHOOL PREP – DON'T FORGET YOUR SHOTS!

The end of summer is marked by dreadful back-to-school sales as bicycles and swimsuits give way to pencil cases and backpacks. Now's the time to ensure your child has the necessary vaccines for school entry.

What does the law say?

Unless there's a valid reason for exemption, all children in Ontario require tetanus, diphtheria, pertussis (whooping cough), polio,



measles, mumps, rubella and chickenpox vaccines. Valid exemptions may be medical, such as an allergy or reaction to a vaccine, or for reasons of conscience or religious belief.

Vaccinations prevent against illnesses that can be fatal or debilitating. Those required for school entry include:

- 4 doses of tetanus, diphtheria, polio and pertussis vaccine
- 2 doses of measles, mumps, rubella vaccine
- 1 dose of meningitis vaccine
- 1 dose of chicken pox vaccine

The last of the early series is given at 18 months of age. It's sometimes easy to forget the preschool four- to six-year vaccine boosters. The initial series is given before school entry. School age vaccines are given at school and include vaccines for hepatitis, meningitis and HPV. A booster for the tetanus, diphtheria, polio and pertussis vaccine is given between ages 14 and 16.

School provides children with more than education. They engage with people from different backgrounds, learn social skills and develop re-

warding relationships. They're also exposed to germs. We want our children to be strong and resilient but we also want to protect them from devastating illnesses. Check on their vaccine schedules and make sure they're up to date!

See which vaccines are due at: <http://healthy-canadians.gc.ca/apps/schedule-calendrier/index-eng.php>

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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DEAR SON

Since you’re starting school this September for the very first time, I wanted to let you know how excited I am for you and how proud you make me feel.

This is a new adventure, a new world of wonder for you to discover, and many new people to surround you and shape who you will become. This is not only a place where you will learn how to read and write, but also a place where you will learn how equal and different you are from other kids.

I have many hopes, dreams and wishes for you. I hope you will be inspired by your teachers and develop a passion for learning. I hope you will discover a love for literature and get lost in countless books. I hope you will develop an analytical mind and see how numbers surround you every day. I hope you will learn and appreciate the beauty of our planet through the arts and sciences. I hope you will adapt to ever-changing technology and use it as your eyes and voice to the world.

I wish that your hardships don’t break you but make you stronger. I wish for you to face adversity and gain wisdom from your experiences. I wish for you to discover your fears and face them with courage. I wish for you to make mistakes – big ones – so that you may learn how not to repeat them.



I dream that you will make bonds and discover the true meaning of friendship. I dream that you will always respect others and have empathy for those in need. I dream that you will show kindness, compassion and honesty in your everyday actions. I dream you will lead by example or follow those who are good and true.

Yes, I have high hopes and dreams for you – that’s my job as your dad. But no matter where your path takes you, what I want most from you is your best effort and for you to be a happy kid. As you dive into this new and bewildering chapter of your life, I want you to know that I will always be there for you, cheering from the sidelines. I will listen to you, respect your choices, and share whatever wisdom I have gained so far. I will celebrate your successes with you and share the burden of your mistakes.

When the time comes, I will do by best to let you go – but I can’t promise it will be easy for me.

Love always,
Your dad 🐼

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.

Cheers to a Healthy Smile!

Heat and activity make you thirsty but, before you reach for a bottle of pop or one of those sugar-laden sports drinks, think again. Water is the best thing you can drink, for your body and your teeth.


So, reach for a glass of good old H₂O. Here are a few reasons drinking water is good for your oral health.

Fluoridated water is one of the best things you can drink to prevent cavities. It keeps the mouth clean, helping to

rinse away food and sugar residue that’s left behind on the teeth after eating and drinking. Cavity-causing bacteria love to feed on sugar, which makes them produce acid that can erode enamel on the teeth. The acids contained in pop, juice and sports drinks can do serious damage to your teeth over time. Water, on the other hand, helps to clean your mouth with every sip you take. It washes away the residue of foods and drinks and dilutes the acids produced by bacteria in the mouth.

Still, you need to brush your teeth twice daily for two minutes each time, and floss between the teeth after every meal to get out any food particles that are stuck between the teeth. However, drinking water throughout the day will make a profoundly positive impact on the health of your teeth. 🦷

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Music Central has been London's hottest wedding and corporate events DJ service since 1983. That's over 30 years of keeping up with the latest hits and keeping the party rocking.

Rob Aitken, Music Central's owner, has done an amazing job of assembling 14 of London's most talented DJs and teaching them how to connect with customers via music.

Says Rob, "A big part of our philosophy here at Music Central is love – loving our customers, loving the music and, most of all, loving to party!"

With summer coming to an end and the busiest part of the wedding season drawing to a close, Rob and the Gang are gearing up for their next busy season – corporate Christmas parties. Christmas parties are some of the most important events of the year for team building so it's very important to hire a DJ who knows how to appeal to all ages, music genres and event settings.

"Our focus on the details coupled with our hilariously entertaining photo booth will make your Christmas party a blast," adds Rob.

Keeping up with current events, not only in music, but also pop culture has allowed Music Central to break ahead of the pack in musical experience and social media coverage. Music Central offers live updates of any party via Snapchat, Instagram and Facebook.

"Using these tools allows us to connect with our customers in a way no other DJ service in London has ever been able to do before," says Rob.

Follow Music Central on Snapchat and Instagram so you're up to date with the hottest parties in Southwestern Ontario.

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MUSIC CENTRAL

Apple Picking Fun

Are We There Yet

Must-See Travel Destinations

"Spies are for pies and Spartans are for fartin'," says Mary-Lynn Sheridan of the Farmer's Pantry. "That's what I tell the school tours when they visit."



The kids might have learned something, and I did too.

As I'm packing my paper bag full of apples at the Farmer's Pantry, I had no idea there were so many varieties. Like wine, each tastes slightly different and they're good for different purposes. More than that, a stop at the Farmer's Pantry equals a couple hours of fun – and a bag or two of apples snapped right off the tree. Located in Clarksburg, Ontario, near Collingwood, the Farmer's Pantry is open until Oct. 31 but September is when you want to go. Enjoy apple picking, wagon rides pulled by a tractor, a children's play area with goats and bunnies, and Ozzie, the family dog and farm mascot. Acorn and Eddie, the farm donkeys, eagerly accept pats. But, it's the obstacle play zone of hills, tunnels, huge tires and compact toy farm equip-

ment that keep little ones busy the longest.

Farmer's Pantry is one stop along The Apple Pie Trail, along Georgian Bay, about a 1.5-hour drive from Toronto. It's also the most playful stop. Other places are all business focusing on apples, apples, more apples and sometimes pie. Restaurants with apple-themed menu items are part of the trail, along with some bakeries, but the pick-your-own apple orchards are the main reason people hit the trail during fall harvest. (www.applepietrail.com) 🍏

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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An Unbreakable Bond

When I close my eyes, I can still feel the day's events leading up to meeting my son's birth Mom in October 2009. Fear does have a sound and it is the unforgiving echo of gravel scraping the pavement under my shoes. This sound thundered in my ears as I walked with trepidation towards the front door of the CAS office. I swear the friction caused by the scraping could have started a small fire.

My thoughts raced at a ridiculous speed. Here I was about to meet the birth Mom of my new son.

In essence, I was her replacement. I still carry with me the emotions we all experienced that day. It was a life-changing experience and I am so thankful for it. After my anxiety settled, I was able to have a wonderful conversation with her. We had the same goal – to love, nurture and protect our son. She is forever his Mom. No one can sever that bond. After I came to realize that, as hard I tried to deny it, he is metaphysically bonded with another human being, our relationship relaxed. Our opportunity to explore the openness journey became easy. I am an open book. I welcome frequent contact through text messages and no question goes unanswered. I share pictures and videos of our vacations and our everyday life. From the mundane to the fantastic, I share. We are pioneering a relationship that will be mutually beneficial for all of us. It changes, it ebbs and flows like the changing tides. What worked well last

year won't work this year. We take our lead from the young man we call our son.

Our openness not only includes the typical pictures and letters, it also includes visits. We gather every summer with the crazy extended brood we call the "Circus" and you always know when we are in town. It's a large, loud, and rambunctious picnic with extremely poor table manners. Food is shared and stories told. Pictures are taken and games played. The picnic includes both birth parents, siblings and extended family. We can revel in the events of the last year and celebrate birthdays, graduations and welcome new members of the family. It's a family reunion that encompasses all. Memory boxes grow and I believe hearts heal. We are a family. The strength in our relationship didn't happen overnight. However, we've developed such a rewarding relationship that it has built an unbreakable trust. A trust that will grow as I adopt her beautiful blonde-haired, blue-eyed daughter in the next few months. A new bond that will last forever. 🧡

Theresa Decman is a Foster and Adoptive Parent with the Children's Aid Society of London & Middlesex. She is the proud adoptive Mom of Nick, Lily and Savannah. Nicole is the children's birth parent, also known as "Mummy Nicole." Her advice to adoptive parents is to "not be afraid of openness; everyone is nervous and afraid, especially the birth parents." She believes that openness allows children to know that they have always been loved. "Children can love both of you."

Saying Goodbye

Life Balance

Happiness and Fulfillment

Coping with loss is a deeply personal experience – nobody can understand all the emotions you're feeling. But, others can guide you through them. Allow yourself to feel grief as it comes over you. Resisting it only prolongs the natural process of healing. I believe grief is a circular process where you may experience five phases at your own pace. You may repeat the phases or bounce back and forth. These guidelines can help explain your feelings. Be patient as you feel your way through loss.

Denial: It's a normal defense mechanism. We don't want to believe our loved one is gone. We block out reality to help ease the initial wave of pain.

Anger: As we begin to feel the loss, anger is directed at anyone or anything in our path. We may direct our anger at the deceased for causing us pain or the health professionals who didn't cure our loved one. There is a fight between guilt and anger, which makes the anger more intense.

Regaining control: When we feel vulnerable we strive to regain control. We relive what we could have done differently.

Depression: This can come out as sadness and regret or quiet preparation to say farewell to our loved one. Sometimes all we need is helpful co-operation, kind words and a bear hug.

Peace: Not everyone reaches and sustains this stage. We may find a way to understand or make sense of the loss on our own terms.

I recently lost several friends to illness so, for me, my health is my wealth. I cherish that I can walk, run, laugh, eat and love my family. I have the privilege of doing what I love and making a difference in people's lives.

Is there someone in your life who you are at odds with? Life is unpredictable, and you never know if you'll see them again. What can you do to make peace? Then, you can live your life without regret, guilt or anger. 🧡

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.

"Allow yourself to feel..."



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The world of vaccines can be a complicated one. Pet owners want to make sure that their pet lives a long and healthy life but, since many of the diseases we vaccinate against aren't found in humans, it can be difficult to understand the risks.

Rabies is usually understood as one of the most dangerous diseases due to its association with exaggerated symptoms, such as foaming at the mouth and aggression. Unfortunately, once any symptoms develop, rabies is always fatal. The virus works by attacking the nervous system and can be transmitted to humans or other animals through bites or scratches. Most cities require you to vaccinate your cat or dog against rabies.

Dogs should receive the "DA2PP" vaccination when they are young puppies. This protects against:

- Canine Distemper (a viral infection with respiratory, nervous, and gastrointesti-

nal symptoms)

- Canine Infectious Hepatitis (a viral disease of the liver transmitted by the canine adenovirus in urine or eye secretions of other animals)
- Canine Parvovirus (a highly contagious virus that leads to gastrointestinal symptoms and severe dehydration)
- Canine Parainfluenza (an upper respiratory infection known as "kennel cough")

Bordatella is another common cause of kennel cough and vaccination is recommended, and sometimes required, for dogs who will be boarded or go to dog parks.

Cats should receive the "FVRCP" vaccination when they are kittens. It includes:

- Feline Panleukemia (a contagious viral infection similar to parvovirus infections)
- Feline Viral Rhinotracheitis (an upper respiratory infection caused by a feline herpes virus that's carried for life)

- Feline Calicivirus (a similar upper respiratory infection that may lead to painful ulcers in the mouth and throat)

In a dog or cat that has not received these vaccinations in the past, a veterinarian will likely recommend a series of vaccines called "boosters," given several weeks apart. During this time, you can also talk with your vet about additional vaccinations based on your pet's lifestyle. After the boosters, your pet can continue on a more regular schedule, usually once a year at his or her annual vet visit. Although they can be confusing, vaccines play a large role in the health of your pet and are important for stopping preventable diseases from affecting your furry family member.

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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A little preparation can go a long way to support the health and well-being of your entire family. Choose one day on the weekend to plan a menu and prepare nutritious foods for the week ahead. Chop, dice, divide, freeze, bake and baggie! This will help to keep the family fuelled and healthy with ready-to-go meals. This day of prep will not only help you feel organized; it will make meal time a cinch!

Pre-cut veggies and fruits are not only great for breakfasts and lunches, they are perfect for after school snacks and to add to dinner. Wash, prepare and pre-chop all of your favourites and store in the fridge.

Divide school snacks and your snacks into baggies or airtight containers. This will not only save time each day, it's a great way to have healthy snacks readily available when you're on-the-go with little time.

Bake and cook in batches and freeze for convenience. Include family favourites like sauces, soups, chili, meatballs, muffins, protein balls, frozen yogurt cups, etc. Pre-marinating your meats before freezing saves time on meal prep and adds tons of flavour.

Smoothie bags are not only convenient, they're a great way to ensure you are consuming a good portion of fruits and

vegetables in one serving. Include immune boosting staples such as kale, spinach, parsley, celery, berries, kiwi and banana. For even more nutritional value, add yogurt, chia seeds, and protein powder. Simply add your liquid of choice and blend!

Planning and pre-prepping may feel like a lot of work at first but, with practice, it not only gets easier, it gets better and helps to keep the entire family healthy and happy.

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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FOOD FOR THOUGHT

Beat the Back-to-School Rush!

Summer. One blink and it's gone! Back-to-school means schedules and routines. What better time than now to add healthy eating to the mix! First up: lunches.

It's 9 p.m., kids are in bed, and you've finally sat down after a jam-packed evening. Oh, but wait! Lunches! The key to easy and healthy lunches is planning and having the right foods on hand!

- Who doesn't love a good, hearty salad for lunch? Take time on Sunday to clean your lettuce and chop veggies. Toss together the night before and throw in some legumes and a handful of nuts. Don't forget the dressing!

- One of my favourite dishes is a bean and whole grain salad. I make a big batch on weekends so I have grab and go lunches and snacks for the first few days of the week. Cook up your favourite whole grain (I've been on a quinoa and wheat berry kick lately), throw in some rinsed canned beans, peas or lentils (I like black beans or chickpeas), add your favourite veg (I add diced peppers, green onion, cucumber and tomato) and toss with your favourite seasonings, lower fat dressing or oil and vinegar. Pack for lunch or as a snack ... or both!

- Hard-boil eggs on the weekend. They stay fresh in the fridge for up to one week with the shell on. Pair them with your favourite vegetable as a healthy snack!

- Stock up on easy-to-grab snacks. Choose fresh fruit like apples, pears, bananas, plums, grapes; unsweetened, lower-fat yogurt; granola bars with at least four grams of fibre; and unsalted nuts.

Stay tuned next month for time-saving strategies for easy, healthy weeknight dinners! 🍷



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.

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WHOLE HEALTH

Overwhelmed by Nutrition Contradictions?
K.I.S.S. (Keep it simple, silly)

We're often faced with contradictions about what is good for us, and what is not. Sometimes, the very same thing has both serious merits and significant drawbacks, such as coffee or chocolate. While moderation is the key, there are also some helpful hacks that can greatly reduce concerns. Baking, instead of deep-frying can produce the same crispy, golden taste, if those favourite flavours you expect are just as big and bold.

Although onion rings are often a classic burger and steak sidekick, they can be the star in any meal. Onions can help regulate and even lower blood sugar, prevent ulcers and destroy free radicals. So, bake 'em up! These onion rings won't last long, especially when served with this tangy dipping sauce. (If you're gluten-free, use rice flour and gluten-free croutons to coat the rings.)



Crispy Baked Onion Rings with Tangy Dipping Sauce Serves 4 to 8

Tangy Dipping Sauce

½ cup	sour cream
2 Tbsp	seafood sauce
¼ tsp	dried oregano
Pinch	garlic salt
Pinch	black pepper
Pinch	cayenne pepper (optional)

Crispy Baked Onion Rings

1 large	sweet yellow onion, cut into slices ½ inch thick
1½ cups	white flour
2 large	eggs
2 Tbsp	milk
1½ cups	crushed croutons
½ tsp	seasoning salt

Prepare the sauce by mixing the sour cream, seafood sauce, oregano, garlic salt, black pepper and cayenne (if using) in a small bowl. Chill in the refrigerator until ready to use.

Preheat the oven to 450°F. Line a large baking sheet with parchment paper and set aside. Separate the onion into rings and place on a plate. Place the flour in a bowl and set aside. Whisk the egg and milk together in a separate shallow bowl and set aside. Mix the crushed croutons and seasoning salt in a large resealable bag and set aside. Place the items on your work surface in the following order: onions, flour bowl, egg mixture and bag of crumbs. Place the baking sheet after the crumb mixture.

Use one hand for the dry work and the other for the wet work to prevent a grand mess (left hand dry, right hand wet, or reversed for lefties). Place one onion ring in the flour mixture and coat, then coat in egg, turning with a fork. Then toss and coat in the crumbs and place each on the baking tray. Repeat with the remaining onion rings. Bake for 8 minutes each side or until tender and golden. Serve with 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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