

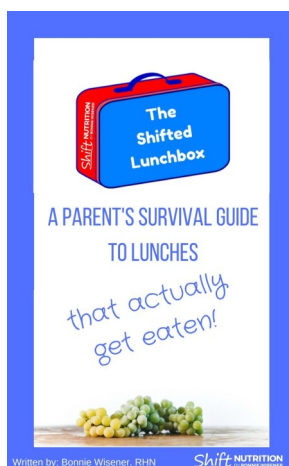


The Shifted Lunchbox—Lunches That Actually Get Eaten by [Bonnie Wisener, RHN](#)

[Wisener, RHN](#)

How many times (each week) do you open your child's lunchbox to find that all of the snacks (or "treats") got eaten, but the sandwich you made the night before is still sitting there, in the same wrap or container, looking like it was completely ignored. Doesn't look like it was even touched or checked out.

You can always tell when this happens before you even open the lunchbox, right? Your child zooms through the door STARVING...Willing to eat almost anything you put in front of them (except for the aforementioned sandwich – but nice try!).



As a nutritionist, I understand the importance of providing your child with nourishment that will help fuel them through their demanding school day. Their behaviour, their concentration, and their social lives sort of depend on it. A well-fuelled child is a more stable, alert and happy child.

As a mother, I know first-hand how challenging this could be. As a mother who happens to be a nutritionist, I have learned some tips and tricks along the way. Tips that will help you pack a lunchbox that will actually get eaten, while nourishing your child and providing them with **Continued on page 3...**

Natural Ingredients You Already Have at Home That Are Great for Your Skin by [Deanna Trask, RHN](#)

Countless top-of-the-line skincare products line the shelves at your favourite stores -- and most come with a price tag that will make your heart skip a beat. Taking care of your skin is of utmost importance, especially with each passing year as your skin naturally ages.

First things first -- what you put inside of your body daily helps regenerate your skin cells and give you that healthy-looking, glowing skin. Healthy from the inside out is a real thing -- so being mindful of eating whole fruits and vegetables regularly is essential.

Did you know there are numerous "foods" you can use as natural skincare, too? You likely already have these things lying around your kitchen -- so give them a shot.

1. Coconut Oil

One of the most versatile ingredients by far is coconut oil. It is incredible for delivering intensive hydration to dry skin. Plus, if you have stubborn makeup, it will take it off without you having to rub and scrub.

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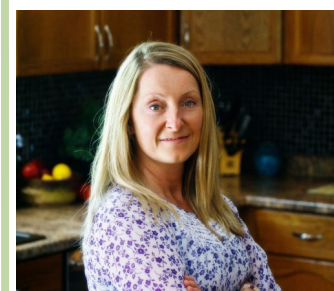
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Looking for more tips for skin care?

See a Holistic Nutrition Professional.



Chocolate Avocado Pudding by [Tanya Fraser, RHN](#)

Ingredients:

- 2 medium ripe avocados (peeled and flesh removed from pit)
- 1/3 cup raw cacao powder (Look for 100% pure organic cacao)
- 1/4 cup organic coconut milk
- 1/3 cup pure maple syrup (raw honey, coconut sugar or yacon syrup are other options)
- 2 teaspoons pure vanilla extract (optional)

Directions:

Step 1 – Place all ingredients in a food processor.

Step 2 – Blend until all ingredients are well combined and a creamy, consistent texture is achieved.

Step 3 – Serve right away or chill in fridge before serving.

Step 4 – Top with your favourite berries such as raspberries or blueberries and sprinkle with hemp seeds or shredded coconut!



Blueberry Zucchini Muffins by [Kylie Jurchuk, RHN](#)

It's that time of year again.... back to school!! These Blueberry Zucchini Muffins make for a quick and easy breakfast or after school snack! Having a hard time getting veggies into your little ones, your teens or maybe even yourself!? These muffins are packed with zucchini, but I promise you'll never even know it's there! These muffins also freeze well.

* To make these school friendly (nut free) use a nut butter alternative such as sunflower seed butter.

Makes 12

Ingredients

- 1 cup grated zucchini
- 1 cup creamy almond butter*
- 1/4 cup honey or maple syrup**
- 3 eggs
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1 tsp apple cider vinegar
- 1 1/4 cups fresh blueberries

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... Muffins continued from left column

* Use sunflower seed butter for nut free version

** Increase to 1/3 cup if you want these a little sweeter

Instructions

1. Preheat your oven to 300°F and line a 12-hole muffin tin.

2. Wrap the grated zucchini in a clean kitchen towel and squeeze out as much of the liquid as you can. Set aside.

3. In a bowl, combine almond butter, honey or maple syrup, eggs, vanilla, cinnamon, baking soda and apple cider vinegar. Mix with a spoon.

4. Add just 1 cup blueberries and the grated zucchini. Fold in until everything is well incorporated.

5. Portion out the batter between the 12 prepared muffin holes and top with the remaining 1/4 cup blueberries.

6. Bake for 20-25 minutes or until the toothpick inserted into the middle of a muffin comes out clean.

7. Allow for muffins to cool for 10 minutes before enjoying!

... Lunches Continued from page 1

sustainable energy that will keep them focused, energetic, and balanced throughout their busy day.

I created *The Shifted Lunchbox* to ensure that the content of your kids' lunchboxes was designed to meet the needs of their active minds and bodies. The trick is to do it without them complaining, and without the foods being sent back home at the end of the day. So, how do you do that?



My Top 3 Tips for Packing Lunches That Actually Get Eaten

1. Let the kids help.

There is a greater chance of success if you get your stakeholders to “buy in”.

You are the gatekeeper to “healthy”, but your kids will be much more excited about actually eating things they've made or have chosen.

Depending on the age of your kids, this can also mean downloading the responsibility of making lunch on your kids to do for themselves. Your responsibility here would lie in making sure that HEALTHY foods are available for the packing and the taking.

2. Pre-Plan/Prepare ahead of time.

There is no busier person on earth than a working parent. In my opinion, that means ALL mothers and fathers. If you have kids, you are always working. With pleasure, right?

Whether it is packing kids' lunchboxes or just generally trying to maintain a healthier diet, planning and preparing ahead goes a long way.

I find it extremely helpful to get a jump start on the week by preparing some things ahead of time. Make Sunday 'Prep Day'.

Some quick tips on planning and prep to ensure a healthier lunchbox:

- Wash and chop vegetables and keep them in an airtight container in the fridge.
- Make ahead tuna, salmon or egg salad and keep in container in the fridge.
- Make hard boiled eggs to keep in the fridge.
- Make a big mixed fruit salad.
- Pre-portion snacks in containers or little baggies.

3. Create a rotating meal plan.

Once you have received your child's input, **Continued on right hand column...**

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create a list of 10 different lunch options and combinations. This saves so much time because you have your shopping, planning and preparing game plan in place for two full weeks of school lunches.

Sounds easy enough, right?

I know it sounds easier than it sometimes can be. I want to help you take the stress out of your lunch prep. I want you to spend your time and money wisely.

I have been there. I know how it is. I am also here to tell you that it does get easier as your kids grow older. In my opinion, the habits and values that you help them to create today, will carry them into their teenage years and eventually adulthood. They say patience is a virtue. I say 'A Goal Without a Plan is Just a Wish'.

Wishing everyone an absolutely wonderful year xo

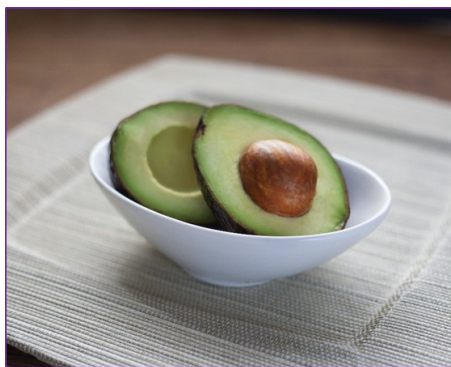




...Natural Ingredients Continued from page 1

2. Coffee Grounds

Can't live without your morning cup of coffee? Before you toss those coffee grounds, set them aside to use as an energizing scrub for your skin. And guess what? It blends perfectly with that coconut oil for a fantastic moisturizing exfoliant that rids you of dull skin cells and smooths out skin with softness.



3. Avocados

If you love eating avocados, set aside a little bit each time you make your avocado toast to put on your skin. Even just rubbing the bits that get onto your hands leaves your hands feeling soft and moisturized. Mashing a banana in with avocado and drizzling with olive oil makes a fantastic, hydrating face mask that you'll absolutely love.

4. Greek Yogurt

Because it contains lactic acid, Greek yogurt is ideal for smoothing away the signs of aging. You can plump up your skin naturally just by slathering it on your skin and letting it sit for about 10 to 15 minutes. The probiotics in it also work to soothe skin, leaving you with a great complexion after you've washed it away.

5. Green Tea

Brew up some green tea. After pouring your cup, let the rest cool and put it in a clean, clear spray bottle. Stash it in the fridge for a toner brimming with natural antioxidants to fight the signs of aging and refresh your skin. You can also apply it with cotton pads for more beautiful skin every day.

6. Raw Organic Honey

Honey in its purest form is antibacterial and soothing. It helps calm irritated, red skin, plus it can clear up scars and encourage skin regeneration. You'll have a more refined appearance just by smoothing honey onto your skin.

7. Cucumbers

Rich with ascorbic acid, cucumbers have long been known as a natural way to de-puff the under-eye area. Puree the juices from your cucumbers to use as a tonic, and you'll have soothed, calmed skin you'll love to show off.

With ingredients like these in your kitchen, you'll have several ways to pamper your skin at your fingertips.



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