

Blurbs Healthy Eating 2020 – Time for Change – Email Blurbs

Week 1

What do I eat? It's becoming so confusing! Ditch the fad diets. We highlight the new Canada Food Guide to learn what to eat, what not to eat, and how to eat. Eat well. Live well.

Week 2

Grain-free diets have given grains a bad rap. Eliminating these complex carbohydrates from your diet can have health consequences. Discover how to soak and sprout to make grains a nutritional powerhouse!

Week 3

With the resurgence of eating locally, home preserving is becoming the new food trend. Grandma always does know best. Canning and pickling can be intimidating, but the benefits are worth it. Curious? Try this fun quick-pickle to get started.

Week 4

What's for dinner? Can you feel the stress that rises with that question? We have a secret that could change stress to success.