



Presents

INSIDE SCOOP

Halloween Treats are Tricky

The wonderful aroma greeted us at our door as we returned from a family golf tournament. I had Jason prepare several dishes to remove the unwanted pressure of entertaining 28. Our kitchen was clean, the food was prepared and fully cooked allowing us to spend valued time with our family without any headaches or hassles. Jason was a delight to work with and I would highly recommend his services. The food amazing!

Camilla Bignell

Halloween brings excitement for children and worry for many parents. You want your kids to have fun getting dressed up but no-one wants their children actually eating all the candy they collect. Of course safety is a big concern too so you have to be careful of what kids bring home. There are some strategies that can help families have fun without the worry and sugar highs.

Quite a while ago home made treats fell into disfavour due to health and safety concerns, and rightly so. Try planning with the parents of your children's key friends and agree to make healthy, delicious treats that will only be distributed between that close group of children. A list of items can be distributed so you know where each homemade treat came

from or you can visit those homes with your child to ensure the home-made treat is from the family you know. You will need a separate bowl of treats for other neighbourhood children but find snack size packages of dried fruit or fruit roll-ups for a healthier choice.

Once home with the bag of loot it's important to establish rules about how much to eat and when. A good rule is 1 item in the lunchbox and 1 item when they get home. You could also negotiate a trade if you really want your children to avoid the junk food. Try trading 10-15 items for a new small toy, video game rental, or book. Less junk and more fun for them translates to healthier kids.

Happy Halloween!!

The holiday season is fast approaching. Let us help you with your holiday entertaining; please call for availability for Christmas party bookings.

If you have someone that is hard to buy for, try a gift certificate from:



An Apple a Day...

Apples are in full swing this October. Local orchards are all advertising their pick-your-own specials and children are off on school trips to learn about the wondrous fresh apples grown right here in Ontario.

Peel region is home to many orchards that provide a wonderful selection of produce but especially apples. There are far more varieties available from the farm than the grocery store and I encourage you to visit an orchard with your family to experience a fresh picked apple from the tree. Ultra crisp and flavourful,

they are quite a treat. If baking is your thing then get a bushel of Northern Spy's or Mutsu apples for the best pies, crisps, and cobblers.

Our favourite is the Honeycrisp apple. A hybrid of the Macoun Apple and Honeygold Apple, it is a perfect balance of tart and sweet with firm crisp flesh. They are also good for baking and making apple sauce.

Apples will keep fresh for many months if kept in a cool dry place. So if you have a cold cellar get a bushel or two and enjoy them all winter long.