

YOUR GUIDE TO
BARGAIN HUNTING

FIVE SUPER-FUN
WINTER ESCAPES

PARENT-TESTED
DIGITAL CAMERAS

BONUS!
RECIPE CARDS
from
Donna Hay

CANADIAN

family

**TAKE BACK THE
HOLIDAYS!**

11 strategies for a
stress-free season

Cool gifts for kids
of all ages

**EASY
DINNER
PARTY:**

Quick-prep
meals guests
will love

A single
mom shares
the joys of
flying solo

LOOK YOUR BEST
Chic outfits for any
festive occasion

mod toddler bedroom

PM40064401



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3.4.50 WINTER 2007

quick bites

Fresh ideas and flavours to make the most of mealtime

BY JULIA AITKEN



DOWN & DIRTY ADVICE

You've gotta love a nutrition book that counsels, "Kids need to be allowed to get dirty - it's part of growing up." Those wise words are from nutritionist Jane Clarke in her book *Yummy! Every Parent's Nutrition Bible* (Hodder Mobius, \$30). In addition to basic info on healthy eating, Clarke gives common-sense advice on thornier issues, such as allergies, ADD and diabetes.

FAMILY-TESTED TIP!

"When I make meatloaf, I cook the mixture in a muffin tin. That way, everyone gets their own and any leftovers are easy to wrap to take for lunch the next day. Plus, it cuts cooking time in half."

LAURA JELLICO, MOM OF 12-YEAR-OLD TWINS KLAYTON AND STEPHEN, MURRAY, S. AND LINDSAY, 2, SCHOMBERG, ONT.



FROSTY SNACKS

Cut a small slice from two 1½-inch (3.5-cm) bocconcini cheese balls. Set 1 ball on a plate flat side down so it sits level. Break a pretzel stick in half and stick 1 in each side of ball for arms. Press 3 currants into front of ball for buttons. Cut off root end of 1 radish to make a hat. Using a little cream cheese, stick to flat side of second bocconcini ball. Press 2 currants into ball for eyes, and the root end of a small carrot for nose. Cut a thin slice (with pink skin) from rest of radish. Cut a slit in Frosty's face under nose and insert radish "mouth." Join head to body with half a pretzel stick. Serve with tzatziki "snow" for dipping. Serves 1.

TIE ONE ON...

Help your budding Julia Child keep her clothes splatter-free with this cute apron from Canadian company Domistyle. Two large front pockets are the perfect place to stash a wooden spoon, measuring cup or (uh-oh!) a hand covered in cookie dough. Also available in pink.

\$36, DOMISTYLE
Find it! Page 110.

