



the SPINAL COLUMN

September closures

September 2 - 5: Labour Day extra long weekend
 September 23: finish early at 4:00pm
 September 30: National Day for Truth and Reconciliation

You're out on the water and you see a boat filled with people. You look away for a second and look back again, but this time you don't see a single person on the boat. Why? Hint: the boat did NOT sink.

All the people in the boat are in relationships

good old marinara sauce

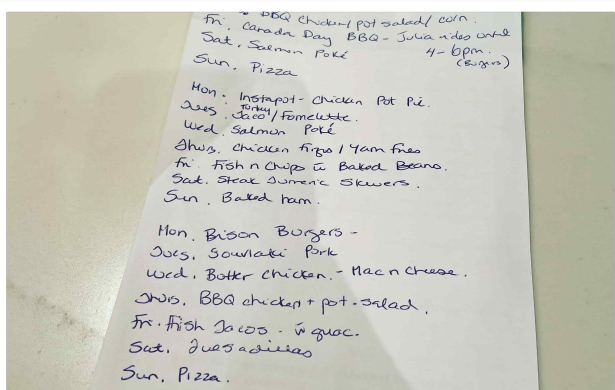
One of the biggest sources of foods high in sugar, salt, fat, and preservatives are packaged and jarred foods. Sure there are many healthy choices you can buy but those often come with a hefty price tag. So why not make your own? That way you know exactly what you are eating. What are the barriers to you making your own sauce? Time? Cost? Effort? Skill? What if I told you that none of the above were factors in making this sauce. Here is a recipe we've been using for years. We use it for pasta, pizza, or dipping bread. It takes maybe 10 minutes. Trust me.



- 1 tsp minced garlic
- 1 medium onion chopped
- 2 celery stalks chopped
- 2 carrots chopped
- 1/4 tsp chili flakes
- 1 can tomatoes (28 oz, any kind)
- 1/4 cup red wine
- 1/8 cup brown sugar
- 1 tsp oregano
- 1/4 tsp each salt and pepper

This is so ridiculously easy and healthy and QUICK. Put all the ingredients in a sauce pan and bring up to medium heat. Stir it up and then put on simmer for a minimum of 20 minutes (longer is better). Blend with hand blender. Tadaaaaaaaaaaaaa. Easy!

meal planning keeps you sane and healthy



The picture to the left is a glimpse into our food lives. Meal planning. We hate doing it at the time but the benefit outweighs the cost. Don't kid yourselves though, we do this once a week on Sunday's and sometimes it's a battle between the four of us to agree on the menu. But this saves us time during the week and keeps us eating healthy. We make a list (and check it twice) of what groceries we need to fulfill this and stick to the plan. We base it on our activities for the week and plan accordingly. A ready Instant Pot is great for later taekwondo nights and need something right away while pan fried fish is great when we are all home. *If you fail to plan then you plan to fail.* And McDonalds or Pizza are far too easy and appealing when you don't have a plan!