

INSPIRING IDEAS FOR EVERYDAY LIVING

Canadian Living

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DAUGHTERS:
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HOP ON THE BUS

Carpooling to and from work makes a difference – 2,000 litres of gasoline saved every year and 200 kilograms of emissions prevented from going into the air. About 20 per cent of Canada’s greenhouse gas emissions come from transporting people, including daily commuting and business travel. Consider switching to public transit even a few days a week, which means fewer vehicles on the road. For more tips, visit davidsuzuki.org.

– Lindsay Coulter,
Queen of Green



WHO'S NOBODY?

Everybody can make a difference: that’s the lesson Kelly Clark wanted to teach her students and the reason she came up with the Nobody mascot – a denim figure that has no interests, abilities, age, gender, ethnic or cultural identity, friends or character. The mascot becomes a somebody when students in elementary and high school classrooms add 3-D attachments to it, symbolizing their work on charitable or community-building projects. For more info, visit whoisnobody.com.



ANSCONTINENTAL INTERACTIVE (TOP RIGHT); COURTESY OF ROCKPORT

Every kid needs to sleep

Sleeping Children Around the World (SCAW) is a Canadian international charity dedicated to providing bed kits (bedding, clothing, school supplies and mosquito nets) to children living in underdeveloped countries. Founded by Murray and Margaret Dryden (parents of NHL legends Ken and Dave Dryden) in 1970, SCAW has raised more than \$23 million, providing bed kits to more than one million children in 33 countries. For more info, visit scaw.org.

TAKE A WALK

Looking to trim your waistline, improve your mood, reduce your “bad” cholesterol, up your “good” cholesterol, lower your blood pressure and improve your overall health? Slip into a pair of comfortable walking shoes and get out for a walk – even a modest amount of exercise will provide health benefits.

Need a new pair of sneakers? Pick up great tips on finding the perfect pair of runners for your workout at canadianliving.com/may.



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