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## HOME SWEET HOME

Curtail excess sugar and get the kids involved by whipping up homemade treats and meals together. Treats from scratch don't have to be off-limits and it can be fun to experiment using different flavours like applesauce, baked pears, grated carrots, or crushed pineapple in place of some of the sugar. Not only will you get a boost of nutrition, you'll also reap the rewards of extra moisture in your baked goods! Reducing the amount of sugar the recipe calls for by half or even three-quarters often alters the flavour very little.

Cooking with herbs and spices introduces new flavours which draw the palate away from a focus on sweet, sugary foods. Including children in the process of choosing new recipes and flavours to try is more likely to bring them on board. Take it a step further and experiment with gardening! Even small apartments can accommodate a container garden of delicious cherry tomatoes or basil bursting with flavour.



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## SWEET NOTHINGS

Water is essential for health and is a wonderful cleansing agent after eating to flush sugars out of the mouth, away from those precious teeth! Limit juices and milk and steer clear of soda and artificially sweetened sports drinks. If your kids are already hooked on juice, try diluting it with water little by little until you reach just a splash of juice in a glass of water.

Try offering herbal teas, both warm or chilled, or give water a touch of glamour by adding a few chunks of fruit to the glass. If you're really ambitious, make your own sugar-reduced soda and invest in a carbonation unit so your little one can experiment with sparkling up any beverage!

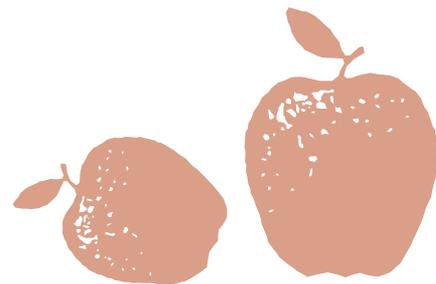
## Crockpot Applesauce

### Ingredients:

- 6-7 apples, peeled and cut into 1-inch cubes
- 2-3 cinnamon sticks
- 1 Tbsp freshly squeezed lemon juice
- ½ c of water

### Instructions:

Place ingredients into a crockpot and cook on low for 6 hours. Mash or puree to desired consistency.



## Homemade Herbal Root Beer

### Ingredients:

- 2 parts anise seed
- 2 parts dried saffras (use the whole plant)
- 1 part dried Smilax
- 1 part honey

### Instructions:

Place herbs in a large saucepan and cover with water. Bring to and maintain a boil until water has cooked down to just above the herbs, about 30 minutes. Strain liquid and add honey, to taste. To serve, pour a couple of tablespoons of the finished syrup into a glass and top with carbonated water.

## SWEET SUPPORT

Though changes are powerful within our own homes, families also have the opportunity to advocate for widespread shifts. Consider campaigning for healthier snack programs and fundraising opportunities at your child's school. Or lead by example by offering healthier options at traditionally sugar-overloaded celebrations like birthday parties. Join the fight for the implementation of a widespread "sin tax" on sugary foods or take money out of the pockets of sugar industry fat cats by opting out of purchasing processed food and drink products.

Sugar is not a necessary food group. We don't need a single added grain of it, it's linked to serious health and social issues, and consuming it in excess displaces other, more nutritious sources of energy. By treating sugar, its syrupy sisters, and candy-coated cousins as the occasional-only indulgence they're meant to be, our bodies, brains, guts, and others on the planet will be healthier, happier, and all the sweeter for it.

For further reading visit [ecoparent.ca/extras/WIN19](http://ecoparent.ca/extras/WIN19)