

# COOL STUFF *food*



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By Diane TIERNEY

## 1. Organic Cookies

Sweetpea Baby Food, a unique line of organic baby food manufactured in Canada, has launched a new line of organic snacks. Available in three flavours: Banana Pear, Pumpkin Spice and Sweet Apple, they are made from 100-per-cent whole grain organic ingredients, are certified kosher and have no dairy, eggs, salt, preservatives or additives. [www.sweetpeababyfood.com](http://www.sweetpeababyfood.com)

## 2. Homemade Drinks

SodaStream is a 2010 Parent Tested, Parent Approved (PTPA) award winner. Enjoy an endless supply of sparkling water, freshly made from tap water in just a few seconds, while reducing the disposal of billions of plastic bottles each year. SodaStream comes with two reusable carbonating bottles and CO2 cylinder that makes up to 60 litres of carbonation, which is equivalent to 180 pop cans. [www.sodastream.ca](http://www.sodastream.ca)



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## 3. Easy Fruit and Vegetables

About 75 per cent of Canadians find it difficult to consumer the recommended seven to 10 servings of fruits and vegetables. A 250 mL glass of Arthur's Smoothies has two servings of fruit, up to 14 essential nutrients and no additives. [www.arthursfresh.com](http://www.arthursfresh.com)

## 4. Crafty Cooking Kits

These kits are perfect for birthday gifts, rainy days, family times, loot bags and fundraising. Themes include Princess, Pirate, Fairy, Rainbow and Funny Faces. Available in exclusive toy, gift and specialty food stores. [www.memyselfandus.ca](http://www.memyselfandus.ca)

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## 5. Easy Steam

Healthy Choice Gourmet Steamers are for the on-the-go mom who wants to eat healthy. Ready in less than five minutes, each meal provides a source of fibre, iron and has no artificial flavours. All flavours contain between 113 mg to 246 mg of sodium per 100 g, putting the meal below Health Canada's 2016 required maximum of 430 mg of sodium per 100 g for similar frozen entrées.

## 6. Blue is Back

It's never been cooler to make a comeback. Smarties has returned blue to its mix after a year-long hiatus. Smarties only uses only natural sources to give each piece its rainbow hue. [www.smarties.ca](http://www.smarties.ca)