



LIVE WIRE

Before you Shake the Salt

Ponder this tidbit before you hit the food court for lunch.

According to Statistics Canada, even Canadians who never add salt to their food consume an average of 2900 milligrams of sodium per day. That is 25% more than the recommended safe maximum of 2300 milligrams. The salt "hides" in processed food, especially sandwiches, soups, pasta, pizza, burgers and hotdogs.

Fashion Classics

Fashion Classics. Forget chasing trends, and embrace "forever fashion". These are timeless classics that will last for years. That being said you can afford to invest more money in each item. Here are a few items that won't let you down: White Shirt, Black Slim Pants, Little Black Dress, Fitted Blazer, Ballet Flats, Quality Watch, Cashmere Scarf, Pearls, Diamond Stud Earrings, Silver or Gold Bangle Bracelet.

Talk to the World

Learn a new language with free resources available on the Internet. The BBC's interactive site bbc.co.uk/languages offers gauge your level quizzes in French, Spanish, German, and Italian, as well as courses in everything from Chinese to Urdu. And at fsi-languages-courses.com, students of the U.S. Foreign Services Institute have donated public-domain course materials-including

MP3 files in 19 languages, such as Arabic, Chinese and Swahili.

Kraft Dinner + Pizza = KD Pizza

Do you like Pizza? Do you like Kraft Dinner? Try this recipe for a combo of the two.

1 pkg. (225 g) KRAFT DINNER Macaroni and Cheese
1 can (213 mL) pizza sauce
1/3 cup sliced mushrooms
1/2 cup sliced green pepper
1/4 cup sliced pepperoni
1 cup Mozzarella Shredded Cheese
PREPARE macaroni and cheese and stir in 1 beaten egg.

PRESS macaroni and cheese onto a greased pizza pan. Bake for 5 min. at 350°F.

TOP with pizza sauce and your favourite pizza toppings such as pepperoni, green peppers, mushrooms and cheese. Bake 15 min. more until heated through.

For more great recipes visit www.kraft.ca

Childhood Obesity-From Knowledge to Action

Did you know that in Ontario 285 of children ages 2-17 are overweight or obese?

On November 9th 2007 from 8:30am- 300pm at the Peterborough YMCA there will be a workshop run by the Heart and Stroke Foundation about childhood Obesity.

Candy from around the Globe

Here's a list of the top 10 chocolate bars around the globe. Next time you are travelling check one out, because in most cases that is the

only place you will find that particular kind.

1. Valomilk (Kansas).
 2. Twin Bing (Iowa).
 3. Idaho Spud (Idaho and the Northwest).
 4. GooGoo Cluster (The South).
 5. Big Hunk (The West).
 6. Peanut Chews (Pennsylvania, Delaware, New Jersey).
 7. Sky Bar (New England).
 8. Nut Goodie (Minnesota).
 9. Blue Monday (Kentucky).
 10. **Coffee Crisp, Aero (Canada).**
- A trip over the border offers a multitude of delights—the candy equivalent of cheap meds.**

Costume Advice

Some tips to make sure your Halloween costume is safe include:

1. Choose a costume made of flame retardant material.
2. Costumes should be short enough so that they don't cause you to trip and fall.
3. For good visibility, add some reflective tape to the costume or bag you are using to carry candy or make/choose a costume made of bright material that is visible in the dark.
4. Masks should fit securely and allow you to see well and not hinder visibility.
5. If using face paint, make sure it is nontoxic and hypoallergenic.
6. Knives, swords and other props should be made of a flexible material, so that they don't pose a hazard if fallen on.

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.
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