

Residents asked to donate to Oakville-wide food drive this month

The Oak Park Neighbourhood Centre is hoping the community's generosity once again abounds for its sixth annual Oakville-wide food drive.

Annually, volunteers from local faith communities drop off bags at the doors of homes in hopes they will be filled with food donations — the bags are then picked up the following weekend.

Donations help restock the shelves of Kerr Street Ministries, the Oak Park Neighbourhood Centre and the local Salvation Army.

"The purpose of the food drive is to fill the food banks for the summer when donations historically are reduced," said Michelle Knoll

of the Oak Park Neighbourhood Centre. "We want to thank Speroway, who provides storage for the food banks and delivers it bi-weekly over the summer and of course, all the people who volunteer and fill the bags for us."

Last year, more than 600 volunteers collected 2,636 bags filled with donations for the food drive and received \$650 in donations at the door, which helped purchase fresh food for the food banks.

This year, there will be volunteers from: John Knox Christian School; St. Simon's Anglican, Kings Community, Chartwell Baptist, and Sanctuary churches; Oakridge Bible Chapel; Shaarei- Beth El Synagogue; ClearView

Community Church; Oakville Church of the Nazarene; Salvation Army; The Meeting House; Munn's United Church; Forestview Church; Knox Presbyterian Church Sixteen; and Calvary Fellowship Oakville.

Bags in the Bronte area are being picked up Saturday (June 7), or people can drop off food at The Salvation Army of Oakville, 1225 Rebecca St., that morning.

In the West Oak Trails area, food pick-up will be on June 22, while residents can also drop bags at Palermo School, 2561 Valleyridge Dr., on the day.

For all other Oakville areas, the pick-up is Sunday (June 8) and people can drop off bags at White Oaks High School, 1330 Montclair Dr. — those interested can help sort boxes between 10 a.m.-1 p.m.



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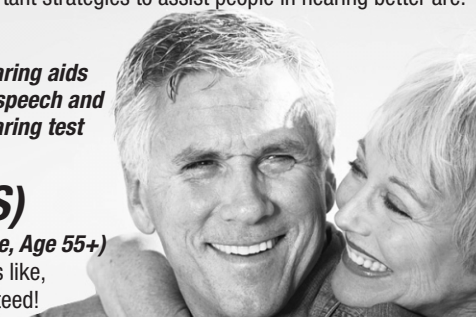
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Cutting Cravings and Nighttime Eating Naturally!

As a nutritionist who has practiced in the weight loss world for over a decade, I have seen so many clients make the classic weight loss error - they start their day off well only not to finish it off as well. In other words, they eat a healthy breakfast and a balanced lunch, yet – the wheels tend to fall off the nutritional wagon at 3pm and on and food cravings/ sugar binges occur.

What I can tell you for sure is that for weight loss purposes, you must finish your day off as well as you start it. However, if you do crave sweets in the afternoon or after dinner, trust me, this is not a sign that you are weak. Intense cravings are often a sign that your are "biochemically

off" and are bouncing around your blood sugars (i.e. from eating too many refined flours or sugars). It is also human nature that when stressed, tired, bored, emotional – we crave sweet!

In order to break the cycle of sweet cravings and feel more in control, simply follow the tips below;

- ✓ Stay hydrated by drinking water with lemon and/or sweet herbal teas to satisfy your craving.
- ✓ Opt for 2 chocolaty Skinnychews. Skinnychews are decadent chews that are naturally sweetened, low in calories and contain 2 grams of inulin

fiber per chew. Long lasting in your mouth and perfect for hunger and cravings (www.drjoe.com)!

- ✓ Do not go hungry. Make sure to have a protein at meals to fill you up. I recommend eating a hard-boiled egg, 2-3 slices of turkey or chicken, ½ cup of plain Greek yogurt or a water based protein smoothie helps tremendously.
- ✓ Keep cut up watermelon in your fridge as a low calorie way to cut cravings naturally.
- ✓ Avoid foods that are high on the glycemic index such as refined flours and sugars

(cookies, crackers, bagels etc.). These foods will bounce around blood sugar and will heighten cravings.

eating "off" in the afternoon and evening thereby helping you lose weight, boost energy and feel your very best....naturally.

Courtesy of www.drjoe.com

- ✓ When a craving hits, distract yourself for 10-15 min. by cleaning the house, filing those papers, playing ball with your kids, walking your pet, or running a fun errand with your spouse. The craving will soon pass!
- ✓ Get Your ZZZ's. Sleep deprivation and fatigue often lead to sugar and carbohydrate cravings.

By following the tips above, you will soon be able to avoid

