

A social vegetarian is a vegan pretender

In our business we deal with all kinds of people with food "issues" every day. There seems to be more and more people allergic to foods— especially nuts and seafood. There are lots of people who have a difficult time with milk and milk products.

And there are lots of vegetarians. This is the group that I find the most interesting. There are many different reasons that people become vegetarians and there are several forms of vegetarianism.

The American Dietetic Association describes three types of vegetarians. They are described by the extent to which their diet includes animal foods:

1. Lacto-ovo-vegetarian: eats dairy foods and eggs
2. Lacto-vegetarian: eats dairy foods, but no eggs
3. Vegan: eats no animal foods of any kind.

These are the three most commonly recognized vegetarian types, however, I find there is another:

4. The Social Vegetarian: eats vegetarian when the vegetarian food looks better than the other choice, doesn't eat much red meat, but does eat chicken occasionally, really isn't a vegetarian at all, but likes the foods vegetarians eat.

I fall into the fourth category. I'm not a vegetarian, but I really love vegetarian

What's cookin'?

Lori and Gerry Kentner



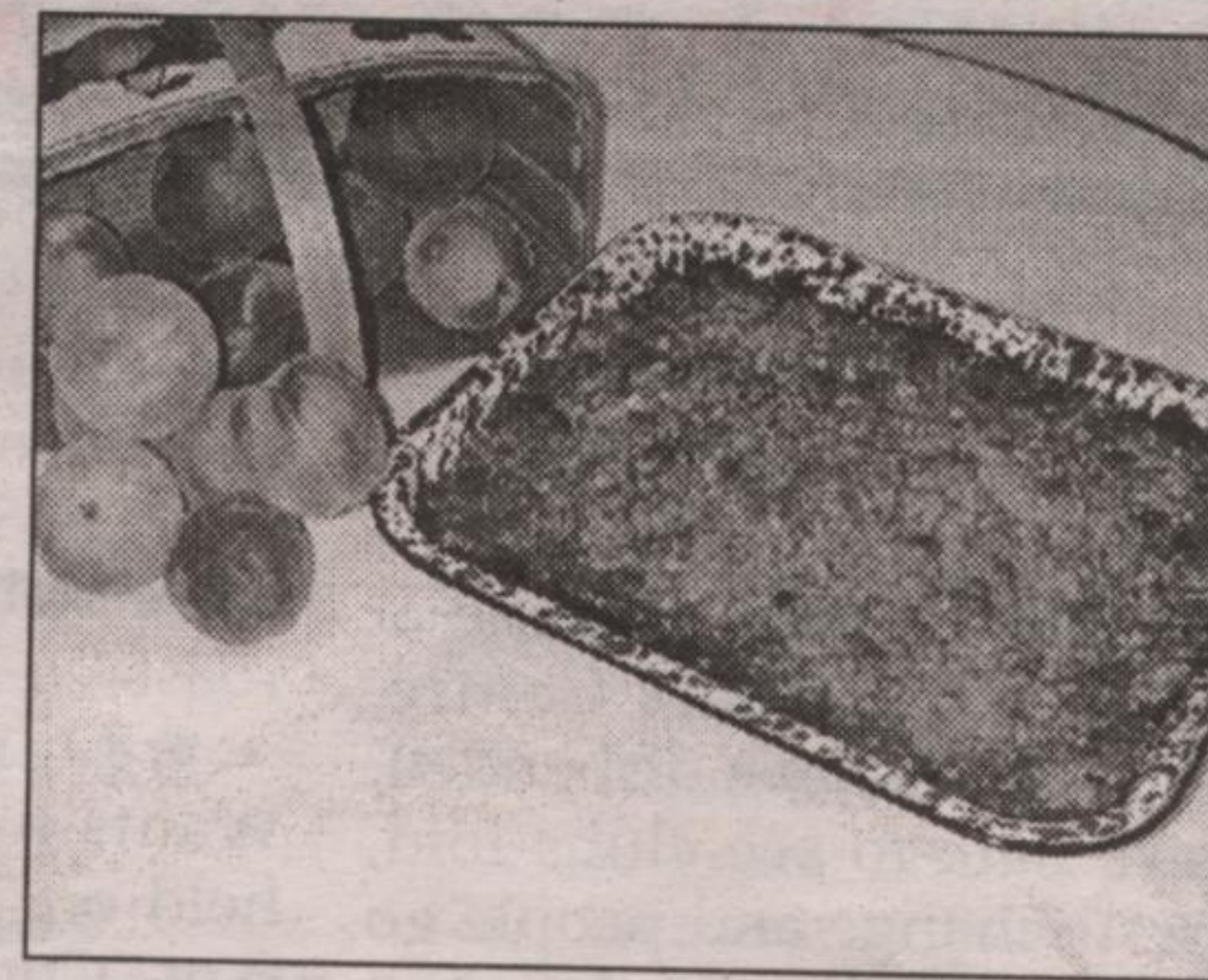
food. The use of legumes, vegetables, fruits is so much more imaginative than in regular meat-eating fare.

Health benefits are one reason that people choose to become true vegetarians. But they are not the only reason. Some choose a vegetarian diet for religious beliefs, others give up meat because they feel that eating animals is wrong. Some people just believe that eating lower on the food chain (eating plants, not the animals that eat plants) is a better use of the earth's resources. And some people find that meat products are too expensive and prefer more economical legumes.

Whatever the reason for the choice, there is plenty of information and cookbooks available to ensure that your diet is a balanced healthy one. So try out a vegetarian recipe.

Have fun and keep cooking!

Peach crumble



(serves 12)

Ingredients (base and top)

- 1/2 cup all-purpose flour
- 1 cup butter
- 2 cups brown sugar
- 2 cups oatmeal
- 1 tsp cinnamon (optional)

Ingredients (filling)

- 6 cups peaches, peeled and sliced
- 1 cup sugar
- 6 tbsp all-purpose flour
- 1 tsp lemon juice

Method

1. Preheat oven to 350 degrees F. Spray a casserole dish or 9"x13" baking pan with non-stick cooking spray.
2. Spread one cup of the

oatmeal on the bottom of the baking pan. Combine remaining topping ingredients until it resembles a coarse meal.

3. Mix together peaches, sugar, flour and lemon juice in a separate bowl.

Pour into the baking pan. Spread out evenly.

4. Spread the topping mix on top of the peach mixture.

5. Before baking, place baking pan on a cookie sheet so that if it bubbles over, the oven doesn't get messed.

6. Bake for 50-75 minutes.

When done, the topping should be firm and crunchy, the peach mixture should be bubbling up around the edges.

7. Serve warm with ice cream or whipped cream. This can be made early in the day and left to rest on the counter, then reheated before serving.




WILLIAM OSLER HEALTH CENTRE

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www.williamoslerhc.on.ca

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GEORGETOWN SOCCER CLUB

PUBLIC NOTICE

CHANGES TO THE CONSTITUTION

Proposed changes to the constitution must be made in writing, dated and signed by the Proposer and delivered or transmitted by fax to the Club Secretary at least thirty (30) days before an Annual General Meeting.

Georgetown Soccer Club
P.O. Box 195, Georgetown, Ontario, L7G 4Y5
Fax #905-877-4162

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