

## This Cooking Group Just Clicked

By Kinjal Dagli Shah

An online cooking group has brought over a hundred Stouffville women together.

About five months ago, *Let's Get Cooking* came into virtual existence on Facebook after Stouffville resident Dee Dos Ramos Mastoropoulos thought it would be nice to share recipes and ask questions.

"We all seemed to be in a rut when it came to coming up with meals for our families. We would constantly be asking, 'What are you making for dinner?', because we were tired and uninspired. I figured that a local group where we could share cooking successes and tips would help to get us all more inspired to cook at home rather than grab take-out or just throw something 'usual' together," said the mother of twins.

With posts ranging from simple breakfasts to fancy desserts, the group has already reached the 150-member mark and continues to grow.

"I tend to post a few times a week, and members comment and post weekly as well. Anything that looks super-delicious and relatively easy tends to be the most popular," said Dee, who grew up in Scarborough and Portugal.

"This group has definitely helped to inspire me to be more creative with meals for my kids, as well as for special occasion dinners. My kids have also been involved in creating some new and fun recipes found in the group, which is great. It has been great

to connect with others in our community about something we all can relate to — preparing meals."

Lynn Matthews, a member of *Let's Get Cooking* and a Stouffville resident for five years, finds the group useful and inspirational.

"I post meals and also enjoy seeing what other mommies make for dinner. (Their) meals inspire me when cooking gets monotonous."

Julie Bosomworth posts some healthy recipes of her own while reading what others are creating in their kitchens.

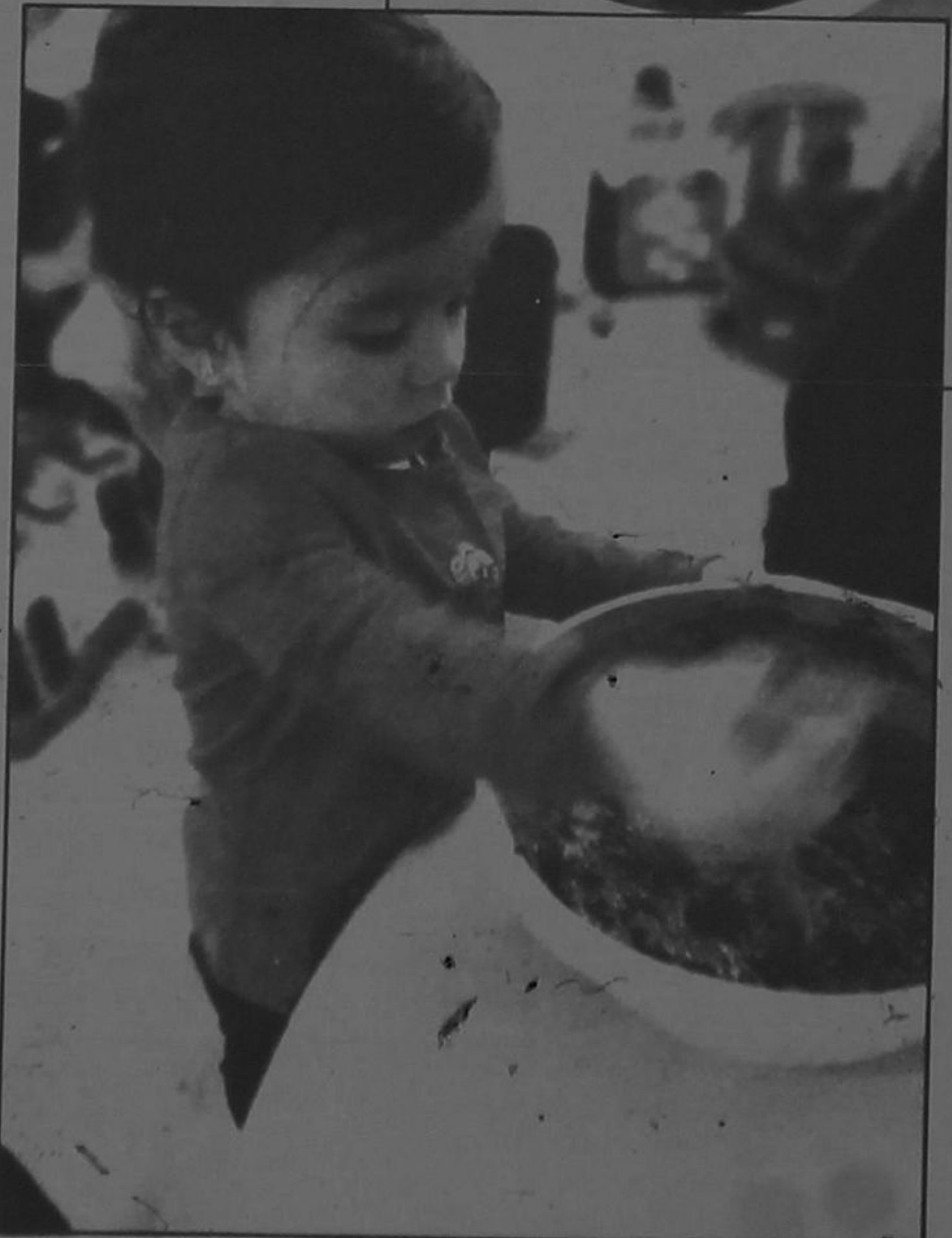
"Dee sent me the link when she started the group. I enjoy the shared recipes and ideas. I also post my own in case they are of interest for others. It's great that most recipes are quick and easy," said the mother of two boys.

"I love Dee's variety of recipe shares, everything from smoothies to gourmet meal ideas. I have posted some healthy snacks that are based on clean ingredients, like mashed avocado on husks with salsa."

Lisa Williams-Rozario shares the other members' enthusiasm for the group. "I have posted my own recipes and also like to use it as a go-to for recipes that are posted and that I want to try."

With a cooking group in town, there's enough food for thought, and thought for food.

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Dee Dos Ramos Mastoropoulos' twins, Evangeline and Giannis, mix things up in the kitchen. Their mom started up an online cooking group a few months ago which now boasts more than 150 members.

## How Sweet It Is

Bruce's Mill celebrates maple syrup

Once again, Bruce's Mill Conservation Area invites everyone to its annual Sugarbush Maple Syrup Festival which runs until April 6.

This quintessentially Canadian event includes wagon rides, tours of the sugar bush and delicious plates of pancake, bacon and maple syrup for hungry

explorers of all ages. It's a chance to find out how the syrup is made and to taste it in both liquid and taffy form.

Bruce's Mill is at 3291 Stouffville Road, west of Kennedy Road. Tickets are available at the site or online at [www.maplesyrupfest.com](http://www.maplesyrupfest.com).



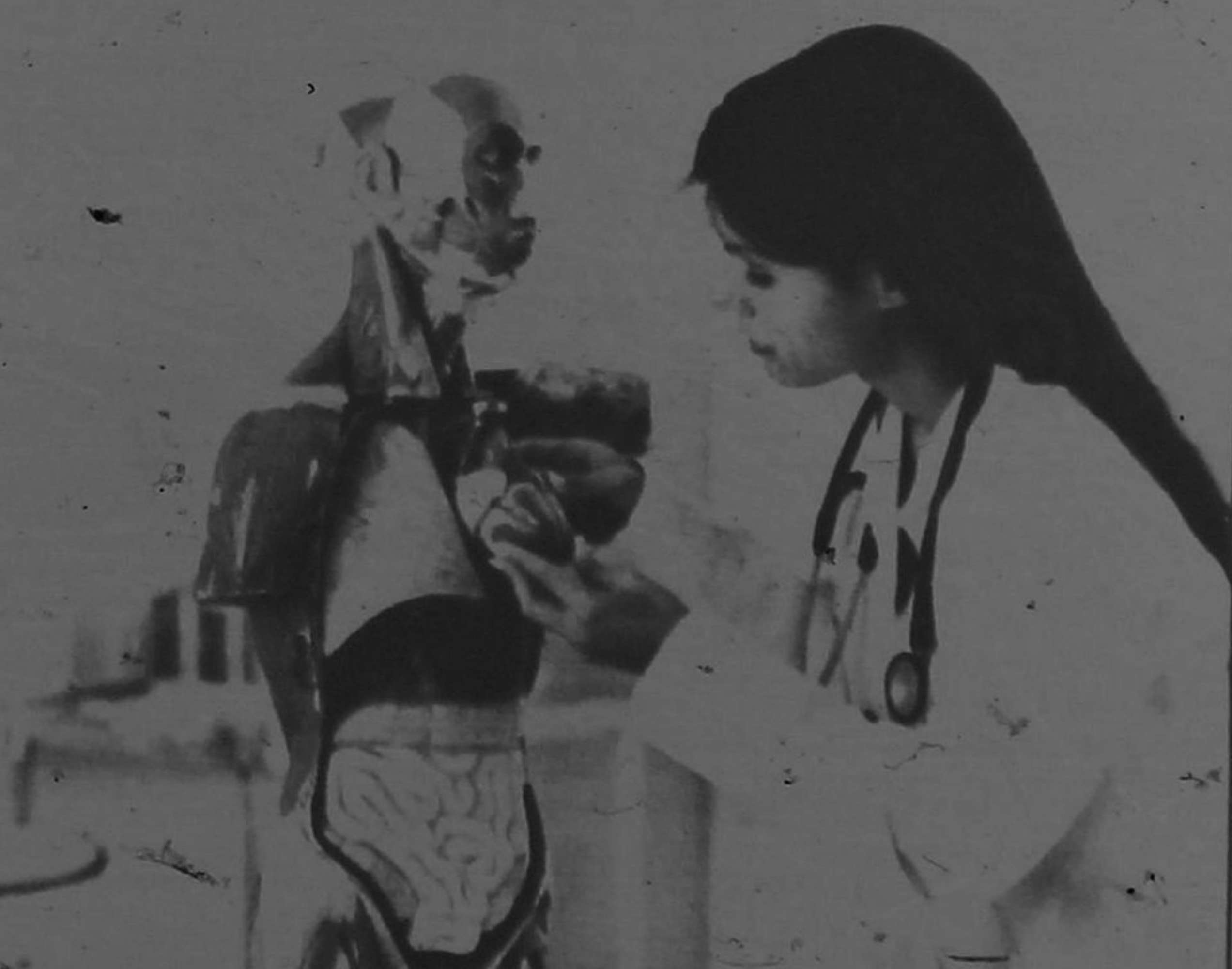
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has significant consequences, affecting almost every organ system in the body.

— Huffpost Healthy Living

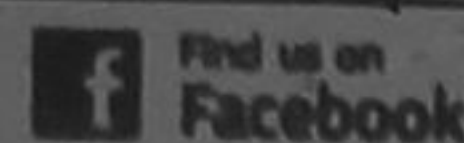
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