

SECRETS FROM OUR KITCHEN



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Back to school -- and away from home!



As the calendar page turns to September, it means the start of school and the end of the casual routines of summertime.

This year I have a number of friends who will be sending kids off to college and university for the very first time, and that brings with it the need to prepare them for living on their own.

This month we feature some Kitchen Toys that might be useful for those students living away from home for the first time, and our Product of the Month, the Keurig One-Cup Brewer, that makes the perfect item for the college dorm room. To make healthy eating away from home a

little easier, we also feature some easy recipes and healthy eating tips to suit busy student schedules. And don't forget to check out our handy guide featuring essentials for setting up your first kitchen!

We're also pleased to tell you that, in preparation for the upcoming holiday season, we will be offering a number of our most popular items on sale online through our website, to help make your holiday shopping easier. Each month we will be adding a few items to our online shopping catalogue, so please stay tuned.

Enjoy the Labour Day weekend, and for all those heading back to school, safe travels & happy studies!

Sigrid Wolm

UPCOMING EVENTS

Until September 5th

Summerfeast -experience exceptional culinary delights in the Hills of Headwaters. www.summerfeast.ca

Saturday, September 20th

MILLCROFT INN CULINARY CLASSES -- "Fall Fruits" featuring Executive Chef Rob Fracchione. Sponsored by FROM THE KITCHEN TO THE TABLE. **2:00 pm**
-- The Millcroft Inn & Spa

Employment Opportunity

From the Kitchen to the Table is looking for a responsible retail sales person. Experience preferred, but not essential. Please forward resume to sigrid@kitchentotable.com

SEPTEMBER STORE HOURS

Mondays to Thursdays:

10:00 am to 5:30 pm

Fridays:

10:00 am to 7:00 pm

Saturdays:

10:00 am to 5:00 pm

Closed Sundays

Closed Labour Day -- Monday, September 1st



Celebrating 10 years on Broadway!

Sign up for our monthly electronic newsletter for all the latest in kitchen trends & products, and for unique recipes and entertaining ideas.

Visit our website at www.kitchentotable.com to subscribe.



DID YOU KNOW.....

...Students can gain 15 pounds during the first year of college or university (the "Freshman 15") simply by eating or drinking 210 extra calories per day.

...A 12-ounce glass of pop or a 12-ounce can of beer both have approximately 150 calories (depending on the brand).

...Not all pizza is created equal! Try a whole-wheat multigrain pizza slice, easy on the cheese for a calorie count of approximately 170. On the other hand, a thick crust, regular cheese pizza slice has approximately 230 calories. You do the math!

...There are 22 public university, 17 privately funded degree granting institutions, 24 colleges and over 500 private career colleges in Ontario!

...Coffee is being studied for its helpful benefits in such diseases as diabetes, Parkinson's and Alzheimer's, and has also been linked to preventing liver cancer. Recent research suggests that coffee contains the most antioxidants of any of the foods that American's digest on a regular basis -- but remember, all things in moderation!

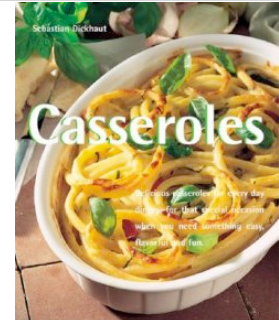
...Soluble fibre helps control blood sugar and lower blood cholesterol. Insoluble dietary fibre (also called roughage) helps prevent and control bowel problems and is said to lower the risk of cancer.

FUN KITCHEN TOYS

Surprisingly easy meals in a casserole dish!

Casseroles -- some of the easiest, yet most wholesome meals you can create. And perfect for that college or university student just starting out on their own. This handy little recipe book by Sebastian Dickhaut features delicious casserole recipes for every day dining and special occasions. Every recipe has practical step-by-step instructions, tips for speedy cooking and helpful hints!

\$8.00 each



Meals-to-go in a shake!



Measure, mix, pour and blend using the Zyliss Quick Blend Shaker. Perfect for mixing powdered drinks, protein shakes, homemade salad dressing & marinades. New design allows you to attach shaker directly to blender. Perfect for meals on the go! Leak-proof with flip top lid and measurement markings on bottle.

\$7.95 each

Don't be afraid to mix it up!

This quality melamine 3-piece mixing bowl set includes a 1.5L, 2L, and 3L bowls in bright fun colours -- a great set for your first kitchen. Use it to mix up ingredients for cookies or a casserole, you can even use them serve up a salad, or to fill with popcorn for a late night study session. These Trudeau mixing bowls feature a non-skid, non-scratch base and are dishwasher safe.

\$24.95 for the set of 3 bowls



Leftovers have never looked so good!



Bormioli Rocco produces high quality glassware, featuring innovative design & technology. Their Frigoverre storage system is made of hygienic glass that allows you to view the contents of each container easily. Configured in space-saving shapes, Frigoverre's air tight rubber gaskets seal in freshness and keep out odours. Available in a variety of sizes and shapes.

From \$6.50 each



PRODUCT OF THE MONTH - Keurig Single-Cup Brewers



Keurig B60 Brewer (above) features 3 brew sizes, 48 ounce water reservoir, and backlit LCD display. \$179.99 each

People who enjoy gourmet coffee are quickly realizing that Keurig single-cup is the way to make coffee. It's easy because Keurig single-cup brewing takes all the guesswork out of making a great cup of coffee. Each individually sealed K-Cup® portion pack contains the perfect amount of coffee, ensuring the perfect amount of ground coffee to satisfy every taste profile. This superior K-Cup® technology offers the perfect cup of coffee without the mess of grinding coffee beans and loading grounds into coffee filters. The Keurig brewing system also offers a coffee house quality cup of coffee for just a fraction of the cost of a coffee house and with the convenience of brewing instantly in your own kitchen.

Keurig understands that the perfect cup of coffee means something different to everyone. That's why the Keurig system offers hundreds of K-Cup® varieties and multiple brew sizes on all our kitchen brewers. These choices give you the flexibility to find your perfect cup of coffee.

From the Kitchen to the Table stocks a wide variety of K-Cup® varieties from Timothy's -- something for everyone. From different blends of coffee (mild, medium, strong, extra bold & decaffeinated) as well as a wide variety of flavoured coffees, hot chocolate, and a selection of black, green and herbal teas to suit every taste.





Healthy Eating Ideas for University/College Students

Healthy Alternatives

Instead of:	Try this:
Fried foods	Grilled or baked foods
White, processed grain	Whole grains
Whole milk	Low fat milk
French fries	Baked potatoes or veggies
Pop or sweetened drinks	Sparkling or flat water
Sweet candies or desserts	Fresh or dried fruits, nuts

Healthy Snacks to Keep on Hand

- Granola bars
- Nuts
- Soup
- Pudding
- Fruit cups
- Dried fruit
- Unsweetened cereal
- Popcorn
- Protein bars
- Whole wheat crackers
- Tuna fish
- Nuts
- Trail mix
- Yogurt
- Low fat milk
- Pre-cut veggie sticks
- Low-fat cheese
- Pretzels
- Whole wheat tortilla chips
- Peanut butter

Tips for Healthy Eating

- Always eat breakfast! Breakfast provides fuel for your body and skipping breakfast is said to detract from scholastic achievement. If time is tight, grab a piece of fruit, a whole wheat bagel or even a glass of juice before you head out the door.
- Eat three meals a day! Eating three meals a day plus healthy snacks will give you energy and keep your metabolism active.
- Balance your meals! Try to ensure that you get food from at least three different food groups, and be sure to eat combinations of grains, fruits, vegetables, dairy and healthy fats!
- Make room for dairy in your diet. Foods that are rich in calcium help keep you and your bones strong!
- Drink lots of water! Proper hydration is important for healthy skin and organs and keeps you feeling full -- helping you to avoid unnecessary snacking.
- Choose appropriate portion sizes! If you are staying in residence and have a meal plan, it's often easy to over-eat, because the food is readily available. Fill your plate using moderation, and avoid processed food choices.
- Include high fibre foods in each meal. Fibre fills you up without adding extra calories or fat.
- Avoid breaded items such as chicken nuggets or patties.
- Limit foods with cheese sauces, cream sauces, gravies and dressings.
- If you must eat fast foods, choose wisely. Choose half the cheese on a pizza, limit high fat offerings like fried foods, and watch out for creamy sauces and dressings.
- Keep active: walk or bike to class; join an intramural sports team; join a fitness program; check out your school's gym!

Try these fast & healthy recipes

- Berry Delicious Smoothie
- Rotisserie Chicken Salad
- Fruit Kabobs with Fruit Dip
- Easy Cheese Toast
- Delightfully Delicious Granola
- Our Favourite Popcorn Toppings
- Quick & Easy Nachos

All recipes available online at:
www.kitchentotable.com



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All sale prices in effect while quantities last.
 Price reductions based on regular list prices.
 No rain-checks.