

Arts & Life

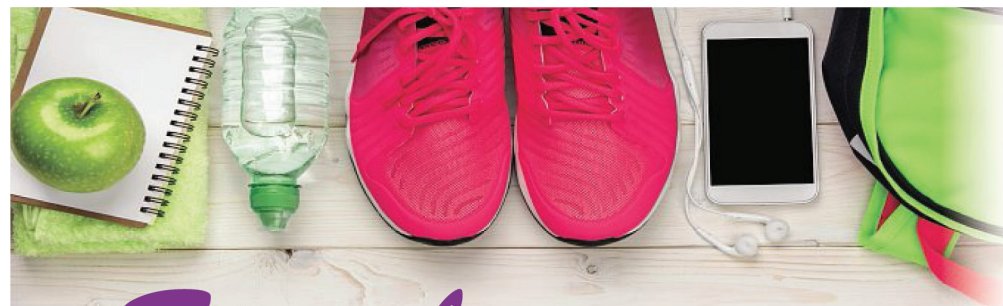
On set with Abracadavers

Patrick Gibson/
Cochrane Times

Production designer Kenya Weaver treads carefully across the tracks used to film the indoor dolly shot.



Hair and make up artist Kelela Doerksen works on the focus of this particular scene, Karen Johnson-Diamond.



Simply Live Longer

Simply For Life

It is possible to eat fresh and healthy foods while vacationing in the great outdoors. Many foods are good for camping and don't require refrigeration to keep them safe to eat. However, with proper storage methods, you can also enjoy meat, cheese and eggs while camping. Going on vacation doesn't have to derail your healthy eating habits, and you can still enjoy your meals.

Step 1: Plan your menu. Make a list of what you will cook and serve for meals and snacks so that you can shop for the ingredients you will need. Include a

variety of foods from each food group to get plenty of nutrients each day.

Step 2: Pack plenty of fresh fruits and vegetables. Many choices don't have to be kept cold, and most can be sliced and served raw as part of a meal or as a snack. Apples, oranges, carrots, sweet potatoes, avocados, peaches, tomatoes, onions and plums are all good examples of fruits and vegetables that can be taken camping without refrigeration.

Step 3: Keep lean meats in a cooler packed with ice. They should keep for a couple of days as long as you make sure the ice is refreshed as needed and that the

Eating healthy while camping

meat is not left out for more than a few minutes at a time unless you are planning to cook it right away. This includes cold cuts, eggs and cheese too.

Step 4: Bring whole grain foods. Bread does not have to be. Whole grain pasta or brown rice can be boiled in a pot over the fire or cooked before you leave and then reheated once you reach the campsite. Muffins and pancakes made from whole grains are other options you can prepare and bring with you.

Step 5: Make trail mix. This creates a healthy snack that will give you energy for hiking while you are camping. Combine nuts, dried fruit and a cereal low in sugar, and portion it out into bags or containers for a quick and easy pick-me-up at the campsite.

Camping Menu:

Breakfast:

- Greek yogurt with blueberries, honey and cinnamon
- Boiled eggs and a piece of fruit
- 1 cup cereal (less than 10g sugar/serving); ¾ cup milk of choice & 1 cup of strawberries.

Lunch:

- Grass-fed sausages with 5oz sweet potato and 2 cups of garden salad.

- Pita Pizza on the BBQ.

- Kebab: 4 oz chicken, turkey, lean red meat, lean pork, fish or seafood; onions, mushrooms, green peppers & small tossed salad with 1-2 tbsp dressing (1/2 cup olive oil, ¼ cup apple cider or balsamic, 2 tbsp of Dijon-mix in jar, shake and take with you).

Supper:

- BBQ chicken and turnip fries with green salad
- 4 oz steak, chicken or fish/seafood (BBQ with spices of choice) & 2½ cups lettuce with veggies of choice (tomato, cucumber, onions) and 1-2 tbsp dressing
- Chicken or pork stir-fry with 2 cups of veggies

Snacks:

- Organic salsa with Way Better chips
- Fruit
- Veggie sticks with ¼ cup hummus or homemade guacamole.
- 2 New Moon Cookies, Quest bar or Mama T protein cookie
- 3 cups organic popcorn
- ¼ cup trail mix

Drinks:

- Water, Kombucha, Coffee, Tea, La Croix or Zevia sparkling water



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