

Back-to-School on a Budget

Send your kids back to school with healthy food choices on a budget

TORONTO (August 17, 2010) – Kids might be looking forward to catching up with old school friends, but many parents might not be so excited about back-to-school expenses. With new clothes, shoes, supplies and computers on the shopping list, smart budgeting is a must for families this season.

Budgeting can be tough for many parents who want to do everything they can to set their kids up for success. But cutting back on some expenses doesn't always have to come with sacrifice.

Here are a few tips on sending your kids back to school, healthy and on a budget:

1. **Lose the box.** Individually packaged beverages are not only wasteful to the environment, but to your wallet too. Invest in a stainless steel bottle, and buy real fruit juices frozen or in jugs. It only takes a few seconds to fill up your kid's bottle in the morning, but this one simple thing can save you hundreds of dollars over the year.
2. **Don't go nuts for salt.** Nevermind the fact that they're loaded with sodium – salted nuts are considered a "processed" food and are subject to GST/HST. Unsalted nuts, on the other hand, are not. So cut the taxes and the salt.
3. **Get to know your substitute.** If your child has food sensitivities, you know how expensive gluten-free, dairy-free or sugar-free snacks can be. "The best way to cut down on food expenses for special diets is to learn how to make substitutions to your own recipes," says Victoria Yeh, author and owner of www.GlutenFreeLiving.ca.
4. **Make it easy.** Kids are more likely to reach for healthy snacks if they're easy and ready to eat. Wash and cut a batch of fresh fruits and vegetables, and keep them in a transparent container in the fridge. Whenever kids are hungry and peeking into the fridge, this healthy snack will be staring right back at them.

For more tips on healthy eating and dietary restrictions, visit www.GlutenFreeLiving.ca.

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About Victoria Yeh, Author

Victoria Yeh is Toronto based author of *Where Do I Start? Your Essential Gluten-Free, Dairy-Free and Sugar-Free Food Allergy Cookbook* and owner of Gluten-Free Toronto. For over eight years, she has lived with multiple food intolerances to wheat, gluten, dairy, soy, sugar, corn and yeast. With the launch of her new book and seminars, Victoria is setting out to help educate others on how to adapt to their specific dietary needs and achieve greater health. Her book can be purchased directly from www.glutenfreeliving.ca or at select health food stores and holistic clinics.

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