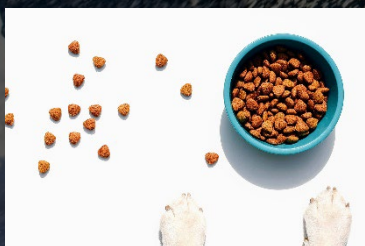


How to recognize a
controlling relationship



A beginner's guide to
preparing South Asian
cuisine



Give your pets a
healthy start to 2026,
too



Why is luxury yacht
cruising on the rise?

January 2026

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A different kind of multigenerational escape: Ocean yacht cruising



(NC) For many families, finding meaningful time together can be a challenge. Work, distance and the pace of everyday life often pull family members in different directions. One way an increasing number of families are choosing to reconnect is luxury yacht cruising.

It's a travel experience that blends exploration, ease and togetherness, which can give every generation space to enjoy the journey in their own way. Here are four reasons why more families are trying it:

1. **Experiences that suit every pace.** Modern yacht cruising is all about choice. Some family members might want to dive into local culture on a guided tour or food tasting, while others prefer a slower day—snorkelling in clear waters, lounging on deck or unwinding in the spa. With onboard amenities like pools, gyms and libraries, everyone can find their own rhythm, whether that's active adventure or quiet downtime.
2. **Travel made simple.** Unlike traditional cruise ships that can carry thousands, boutique yachts like those from Emerald Cruises & Tours host just over 100 guests. This smaller scale means a less crowded and more relaxed atmosphere, perfect for families who want both togetherness and personal space.
3. **Adventures that bring everyone together.** By day, everyone can choose their own adventure, such as a coastal hike, a market visit or simply soaking up sunshine at sea. Come evening, the family can gather again to share the stories of what they experienced, over dinner or cocktails on deck. It's travel that keeps everyone engaged without ever feeling rushed or confined.
4. **New destinations, no repacking.** One benefit, especially for older travellers, is that passengers unpack once, and the ship does the rest. Passengers experience a variety of sights, from famous destinations to hidden harbours, without the stress of repacking and moving accommodations each time.

At its heart, luxury yacht cruising isn't just about where you go, it's about the time spent together along the way. It offers families a chance to slow down, share experiences across generations and create memories that last long after the voyage ends.

Learn more about creating a multigenerational escape at emeraldcruises.ca/yacht.

www.newsCanada.com

Word Count: 345 + 1 image

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Snow removal safety tips for seniors



(NC) Winter in Canada brings its share of beauty, as well as challenges. For many Canadians, shovelling snow is part of the routine, but it can also be tough on the body. For seniors, staying safe during snow season means working smarter, not harder. Here are some simple safety tips:

Clear snow early and often. It helps prevent buildup and icy layers, reducing strain and lowering the risk of slips or falls.

Warm up before heading out into the cold. Clearing snow is hard work—help your body prepare for it with a quick warm-up before you get started.

Use the right tool for the job. Choosing equipment that reduces physical effort can make snow removal safer and easier, especially for older adults. Some manufacturers, like Garant, now offer cordless electric snowblowers that require less pushing and lifting than traditional models, helping make winter upkeep more manageable.

Tip: When choosing a snowblower consider what type you will need. A single-stage model is good for easy handling where a two-stage model is self-propelled, which can reduce pushing effort.

Stay hydrated. Did you know that cold weather can take as much water from your body as summer heat? Make sure to get plenty of fluids before starting to clear snow.

Be kind to yourself when shovelling. Remember to pace yourself, take regular breaks and don't hesitate to ask a neighbour for help. Snow removal is a workout, not a race.

With a few smart strategies and the right tools, seniors can enjoy winter confidently keeping their driveways safe, accessible and injury-free. You can learn more at [garant.com](https://www.garant.com).

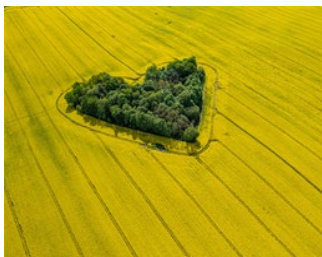
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Agriculture & Livestock

Celebrating a Canadian innovation in agriculture



(NC) The people of this country have contributed a great deal to the world: from feats of engineering like the Canadarm and the electric wheelchair, to medical breakthroughs like insulin and penicillin.

Consumers are becoming more conscious about their purchasing habits and looking to support Canadian products and businesses. In fact, according to data from Angus Reid, 78 per cent of Canadians are committed to buying more products made here.

One particular Canadian creation stands out because it blends in so well that many people don't realize it's an invention. In fact, you probably have some in your home: canola oil.

Canola is very much Canadian. It's an important component of the "buy Canadian" movement. The product of Canadian innovation and growers, it's a staple in our kitchens and a part of many other locally produced goods. In many ways, it's as Canadian as it gets: wholesome, good for the heart, humble, environmentally conscious and often underappreciated. Here's what you need to know about this uniquely Canadian innovation:

It comes from a history of cooperation and innovation. What we call canola plants today are the product of decades of experimentation and collaboration between Canadian scientists and farmers. Through the 1930s and 40s, researchers and growers in Saskatchewan discovered that at least three different strains of the *Brassica* plant could be crossbred and modified. They developed strains, called cultivars, that could produce more oil—of a higher quality—and grow in colder climates.

In the 1960s, plant breeders succeeded in creating cultivars that were low in erucic acid, which had long been a health concern. The new strains, which had a much healthier combination of fatty acids, became referred to as "Canadian (can), oil low acid (ola)"—canola—by the late 1970s.

Today, it helps Canada's agriculture, industry and environment. Canola growers and sellers contribute over \$43 billion to Canada's economy. That's from domestic oil sales and exports, but also from the plant's numerous other uses.

The use of the plants is environmentally friendly, with little going to waste. Farming canola can enrich the soil and provides a valuable source of food and pollen for Canada's honeybees. In addition, it plays a role in a variety of industries, from skin care and cosmetics to pet food and even biofuel.

For anyone looking for ways to start buying more Canadian, canola and the many products it supports can be great places to start. You can learn more about supporting Canadian-made at hellocanola.ca.

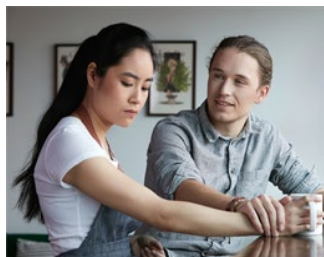
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Career & Education

3 things teens should watch out for at work



(NC) For many young Canadians, the workplace is their first step towards independence. Unfortunately, it can also be a place where they might experience gender-based violence (GBV) for the first time.

Understanding gender-based violence

GBV is when someone is harmed or treated unfairly because of their gender, how they express it or how others see it. While GBV is often thought of as “just physical,” it can take many forms including emotional, sexual and financial. And it isn’t just happening in personal relationships—it can also occur in the workplace in the form of microaggressions, harassment and power-related abuse.

GBV in the workplace might look like:

1. **Inappropriate comments or discriminatory jokes.** These might be remarks about someone’s body, clothing or appearance, or stereotypes and “jokes” that put someone down based on their gender.
2. **Unwelcome advances.** These can take the form of requests for “dates” from a supervisor, manager or coworker when someone has already said no, sexual comments, touching, or invading personal space or suggesting that someone’s job security or promotion depends on appeasing a superior.
3. **Harassment from supervisors, coworkers or even customers.** This might look like a boss using their authority to intimidate or control an employee, coworkers spreading rumours or undermining someone’s work based on their gender or customers making inappropriate remarks, touching or being hostile toward an employee.

Youth are especially vulnerable when they’re new to the workforce. They may not be aware of their rights and may not be familiar with what abusive, unequal power dynamics look like. Additionally, the pressure to “fit in” to a new environment or fear of losing their job can make it harder to speak up.

What you can do to help

Trusted adults play a critical role in supporting youth through these experiences. If a young person confides that they’re dealing with harassment or abuse at work, the most important thing you can do is listen, believe them and remind them that they aren’t at fault. Encourage them to document what’s happening to them and help them connect with resources that can help protect their rights and safety.

Every young person deserves to participate in an environment where they feel respected. You can access more information and find resources to share at canada.ca/itsnotjust.

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Word Count: 373 + 1 image

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Christmas and Winter Holidays

Affordable ways to stay connected this holiday season



(NC) Staying in touch with friends and loved ones is always important, especially during the holiday season. Maintaining connections with those who matter to you, no matter the distance, helps keep the season bright. Here are a couple of ways to make sure you stay connected, without stressing your budget:

There are deals if you look for them. Shopping for a mobile plan can be a lot like buying a car—there are a lot of ways to save beyond the sticker price. Keep your eyes open for seasonal deals and limited-time promotions, and make sure to understand exactly what’s

included so you can get the most out of the benefits throughout your plan.

You can also find some out-of-the-box savings: for instance, some retailers, like The Mobile Shop, allow you to redeem loyalty points towards a new phone purchase to help lower monthly costs. For example, PC Optimum members earn points on their purchases, which can later be used for everyday essentials.

Consider family or shared plans. Many mobile carriers offer discounts for users who bundle services or add additional lines. Different plans have different structures—for instance, some use a shared pool of data while others give each individual their own data plan—so take the time to look through the details to make sure you’re choosing an option that works for you and your family.

By taking some simple steps, you can stay connected more easily while keeping your budget in check.

Attention editors: here is an alternative evergreen headline + intro

Tips to stay connected without overspending

(NC) Staying in touch with friends and loved ones is always important, but it’s not always easy. Here are a couple of ways to make sure you stay connected, no matter the distance, without stressing your budget:

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Holiday travel? Keep your phone safe with these 4 tips?



(NC) Heading home for the holidays or jetting off for winter sun? Your phone is probably coming with you. Avoid roaming shocks, sketchy Wi-Fi and lost data with these four easy smartphone travel habits:

Turn off your mobile data. This is the simplest way to avoid hefty roaming fees. Your device’s settings will have an option to deactivate your wireless connection. Alternatively, you can turn on “airplane mode,” which disables your mobile connection, but still lets you use Wi-Fi networks. Find it in your quick settings menu along with your Wi-Fi, Bluetooth and flashlight. TIP: the icon looks like a plane.

Download area maps before you leave. Navigation apps use GPS to track your phone’s location, but the maps themselves won’t load without data. You can download them to your phone in advance, which lets you see your location, streets and major landmarks, even with mobile data turned off.

To download maps, search for your destination in your navigation app. When the area comes up, tap the “Download” button if it’s available, or tap “More” then tap “Download Map.” Alternatively, you can take screen snapshots to save in your photo gallery.

Avoid public Wi-Fi. If you need to look something up while travelling, it can be tempting to turn on your Wi-Fi and look for open networks—connections that don't require a password—but they can be dangerous. Bad actors can monitor and intercept personal information and login credentials as they travel through these unsecured public networks. Find a space with password-secured Wi-Fi that's willing to give you access, such as a restaurant or your hotel. Secured networks aren't risk-free, but they can be a safer option.

Consider a roaming plan. Most providers offer travel plans or add-ons that let you continue using your phone under your existing plan, even outside Canada. Before you buy, make sure to ask questions:

1. Will my phone work in the area I'm planning to visit?
2. What will cause roaming charges—calling, texting, using data?
3. What will the roaming fees be?
4. How can I reduce potential fees?

Pay close attention to any notifications about your data usage, because many apps use data in the background. Check your device to turn off background data use as a pre-trip precaution.

Whether you purchased a roaming plan or not, make sure to check your bill for roaming charges when you get back—you can dispute any unexpected charges. If you're not able to resolve an issue with your service provider directly, you can reach out to the Commission for Telecom-television Services (CCTS), the independent agency that can help find a solution that works for both customer and provider, with the authority to direct providers to correct problems when needed.

Learn more about resolving complaints at letsstayconnected.ca.

The mobile shopper's guide to Boxing Week



(NC) Boxing Week has some of the best deals of the year, especially on tech. But it's important to keep a level head in all the excitement, to make sure you're getting the right deal—after all, it's not a savings if it's not what you want. Here are some tips for setting yourself up for Boxing Week success:

- **Budget wisely.** Boxing Week has lots of great deals, but that doesn't make it a good idea to push beyond your means just to get them. The holiday season brings additional expenses, such as gift shopping and hosting, so it's important to make sure there's room in your budget to take advantage of the deals you find.

Tip: When budgeting, make sure to factor in things like reward points that retailers offer. By making your purchases through businesses that use the same loyalty program, you can bank more points that can lead to savings in future months' budgets.

- **Plan ahead.** Researching mobile device and plan options can take time, but it often pays dividends. When looking into what device to buy, a good first step is to think about your needs: do you need something with a high-powered camera, lots of processing power or something simpler? You may be surprised how well a mid-tier or even entry-level smartphone can meet most basic needs. Look into retailers that offer flexible plan options. Some stores, such as The Mobile Shop, allow customers to compare plans from select providers, in one place. Having a solid sense of what you're looking for and what you need can help you find the best deal for you, especially during busy shopping times. By researching in advance, you can make a more informed and controlled purchasing decision.
- **Compare and save.** An important part of researching your mobile purchase is making apples-to-apples comparisons between your options. One way to do this is by researching at retailers that can give you access to the latest devices from multiple carriers. Some retailers even let shoppers redeem points towards a new phone or lower monthly device costs. Exploring all your options in one place can make it easier to see what fits your budget and needs.

Don't let the number of mobile deals overwhelm you—the key is finding the one that best meets your needs. Find out more about saving on mobile, including ways to use reward points, at themobileshop.ca.

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The mobile shopper's guide to finding deals

(NC) When shopping for mobile phones and plans, there always seem to be deals everywhere. But it's important to keep a level head, to make sure you're getting the right one—after all, it's not a savings if it's not what you want. Here are some tips for finding the best deal for you:

- **Budget wisely.** Just because you found a deal doesn't make it a good idea to push beyond your means just to get it. It's important to make sure there's room in your budget to take advantage of the deals you find.

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A different way to stay connected this holiday season



(NC) Are wireless, internet or TV services on your shopping list? There's a lot to watch out for. Savvy buyers can save money by comparing products, looking out for extra fees and checking contracts carefully.

When surprises pop up

Unexpected charges and other issues can still happen. When they do, there's help available from an independent agency: The Commission for Complaints for Telecom-television Services (CCTS)

"If you have a billing, contract or service issue that can't be resolved with your provider, you can file a complaint online for free in less than 15 minutes," explains Janet Lo, the organization's assistant commissioner. "We help resolve over 85 per cent of complaints. Most of those happen within 20 days."

The agency handles thousands of cases from across Canada every year and helps find solutions that work for both customers and providers.

Learn more about resolving issues with wireless, internet or TV service providers at letsstayconnected.ca.

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Ways to navigate holiday shopping without breaking the bank



(NC) The holidays bring with them a sense of togetherness and the warmth that comes from renewing connections with friends and family. They can also bring additional costs and higher bills, when all is said and done. Here are some simple tips that can help prepare you for holiday spending:

Plan ahead and budget accordingly. If you know you have expenses coming up, pre-budgeting now can help fit them into your financial picture more easily. Reducing some of your discretionary spending now can help you create a cushion. If you're considering more

than one major purchase, try spreading them out so that they don't come out of your budget in the same month. By taking a wider view of budgeting, you can make more efficient purchase decisions.

Take the time to compare options. Most items and services have competitors that you can look at to see if there's a better deal somewhere else. Something to watch out for: not everyone uses the same pricing structure, so always take a close look to make sure you're getting the best unit price. For instance, a lower advertised monthly price from one provider might be higher than another provider's yearly rate once you factor in when deals and promotions may end.

Look for opportunities to shop and get rewards back. Many stores and providers have loyalty programs that can add up to real value. Take points into account when you're comparing your options. By shopping somewhere that lets you build up points toward larger savings down the road, you can help your money go further in the long run. It's another way to take a wider view of your budget.

Use your points to offset spending. Your loyalty points are only worth anything if you use them, so don't let them sit idle. Different programs have different options available, so you might be surprised what your points can be redeemed towards. For example, PC Optimum points can be used at the Mobile Shop to reduce the cost of a new mobile device. It's a good idea to research any points programs you're a part of to make sure you're getting all the benefits you're entitled to.

For those who take the time to look for them, there are more opportunities to get savings and extra value than ever before. By making full use of what you have available to you, you can make the most of any opportunities that come up.

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Navigating spending without breaking your budget

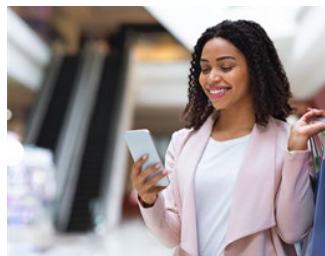
(NC) Reducing expenses is an important part of managing a budget, but there are times when it can't be helped. Sometimes, you'll need to make a major purchase, or will have several "have-to's" that all fall in the same period. Here are some tips for spending more effectively during those times:

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Treat yourself this holiday season with your rewards points



(NC) It's no secret that Canadians love rewards points. Many major retailers either offer their own loyalty programs or are part of larger points programs. Collecting them can become so automatic that it's easy to forget that they're meant to be used. Here are some tips for making the most of the points you've earned:

Get everyday savings. One way to use your points is simply to help save on the kinds of everyday purchases you earned them with in the first place. Using points this way essentially amounts to a small percentage discount on your regular purchases, which can add up over time. One thing to consider is banking the points for periods when you know you'll be spending extra, such as during the holiday season.

Redeem for high-value items. Your points can go further than day-to-day items. Big-ticket purchases such as smartphones may not seem like something you can use loyalty points for, but there are stores, like The Mobile Shop, where you can do just that. PC Optimum points holders, for example, can use their points towards the purchase of phones and reduce their device financing cost. Members can also earn points on their purchases to bank for further savings down the road.

Make your purchases work harder. Most loyalty programs offer promotions that can help you earn extra points. Watch out for these bonus periods and consider if your budget will allow you to spend during these times to purchase items you know you'll need later. Items for the bathroom, such as towels or toilet paper, or other things that have long shelf lives, such as cooking oil or cleaning products are good candidates to stock up on.

The points you earn from purchase to purchase can do more for you than you might expect. By looking into your options, you can save money and help your budget. What's not to love about that?

Attention editors: Here is an alternate evergreen headline

Making your rewards points work for you

Smart holiday shopping: spot real deals and avoid regrets



(NC) The holiday deals are everywhere, but not all are worth it. Before you hit “buy,” here’s how to spot honest savings, avoid pressure sales, and make sure your new tech or services are really worth the price.

Do your research. Stay confident and in control by looking into what options are available before you go out to buy anything. Going to service provider or retailer websites is a great way to compare different products and packages, as well as compare between providers.

Keep a record of what you find, through notes or even screenshots. This can help you be confident in what exact terms providers are advertising, when it’s time to buy.

Avoid the rush. Another advantage to researching in advance is that you’ll probably know what you want before any shopping rushes start. Many providers have early bird pricing, and many offer extended deals after rush periods die down.

Review everything, before and after purchase. Always review the service documents before agreeing to anything, to avoid running into surprises later. If any of the information is unclear, ask questions.

Some important things to check:

1. Early termination fees and how they’re calculated.
2. The details of any device financing plans.
3. If the listed price is a time-limited promotion or discount, and what the regular price is.
4. If the terms of service let your provider increase prices or add service charges.

Know your rights. Remember that you also have the right to a trial period when buying wireless services. As long as you haven’t used more than half your monthly usage, you can cancel your contract and return the device without penalty within 15 days.

Once your service starts, check your contracts and bills to make sure they match what you agreed to. If they don’t, you can reach out to your service provider to fix the problem.

If your provider doesn’t resolve the issue to your satisfaction, you still have options. You can lodge a complaint with the Commission for Complaints for Telecom-Television Services (CCTS). They’re an independent agency that handles unresolved wireless, TV and internet service issues from thousands of Canadians each year.

Learn more about resolving complaints with telecom providers at letsstayconnected.ca.

Attention editors: Here is an alternative evergreen intro

How to make the most of deals on tech

(NC) When service providers offer great-sounding deals on wireless, internet or TV services, it’s easy to get swept up in the excitement. Avoid making a purchase decision you may regret by following some simple tips:

Community & Volunteering

A Canadian tradition: Neighbours helping neighbours clear snow together



(NC) Winter can be a test of patience, endurance and community spirit. When the first big snowfall hits, it's not unusual to see neighbours bundled up and on their street lending a hand to help others clear their driveways, sidewalks and porches. Clearing snow can be more than a chore; it can become an act of kindness that brings neighbours closer as they face the season together.

Shovelling a walkway for a senior or digging out a friend's car before work are as much a part of Canadian culture as hockey or maple syrup. Across neighbourhoods, snow removal often becomes a shared effort, turning an otherwise cold and tiring task into something warmer and more meaningful.

Make sure to use proper tools and technique

Many hands may make light work, but clearing snow can still be strenuous. Wherever possible, push snow instead of lifting, to avoid back and shoulder strain. Make sure to take frequent breaks, even short ones, and drink plenty of water—cold weather can dehydrate you just as easily as summer heat can.

By choosing well-made, easy-to-use equipment, you can help your neighbours more safely and efficiently. You can also increase your efficiency with a cordless electric snowblower, like one of Garant's models, which have heated grips and long-lasting runtimes.

A cleared driveway might seem like a small gesture, but on a freezing winter morning, it can mean a great deal. Snow blankets us in solitude, but clearing it, especially when we do it for others, reminds us that we're never truly alone. You can learn more at garant.com.

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3 Canadian youth who are changing the world



(NC) Young people are an incredible source of creativity, energy and passion—and more are putting those gifts into the service of protecting the planet. A key target of their efforts is the ocean, which is crucial for life on Earth, but is under increasing threat.

Together with support from communities and conservation groups, they're putting their ideas into action. Here are just three of the youth-driven projects that initiatives like the Ocean Wise Action Grant are making possible:

Andrew Polanyi—detecting ghost gear through sonar and artificial intelligence (AI)

Andrew's passion for technology and marine conservation led to an innovative solution to a global problem: ghost fishing gear. Lost or abandoned fishing nets and traps, known as "ghost gear," continue to catch and harm marine animals long after they've been discarded.

Through their ghost gear retrieval program, Ocean AID, Andrew is using sonar and AI to detect underwater debris around Victoria, British Columbia. Andrew and their team locate and recover ghost fishing gear—keeping it out of the ocean and preventing further harm to marine life.

Kit Tymoshuk—restoring Nova Scotia's underwater kelp gardens

Kelp forests are disappearing at an alarming rate. These vital underwater ecosystems support marine life, protect shorelines and help store carbon. To help restore Nova Scotia's kelp, Kit is crafting ceramic vessels from wild clay to serve as kelp-growing substrates, which will be planted in degraded reef systems.

Kelp restoration is a relatively new field in conservation and sometimes overlooked. Kit's underwater garden project provides a medium for new kelp growth, while its nature as an art project is helping to further awareness around protecting these essential but vulnerable undersea forests.

Stephanie Quon—promoting mental health through ocean conservation

Stephanie's project brings together calming, restorative experiences in natural spaces, and tangible action to protect them.

Through community cleanups, educational workshops and ocean-based mindfulness activities, Stephanie is creating safe and supportive spaces where participants can connect with and care for the environment as well as themselves. They leave a session with the benefit to their mental well-being bolstered by knowing that they also helped make a real impact.

Across Canada, youth are leading the charge for a better planet. Their creativity and determination are making waves of positive change. You can learn more about putting ideas into action at ocean.org/youth.

Attention editors: Optional sidebar

The Ocean Action Grant Program, supported in part by Canada Service Corps, helps young Canadians lead local environmental projects focused on ocean health and sustainability.

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Environment & Nature

3 greener ways to manage snow removal



(NC) Snow-covered driveways and icy sidewalks are a fact of Canadian life, but the way we manage them can make a real difference to the environment. According to polling, 54 per cent of Canadians clear snow at least once a day during snowfalls, with nearly one in four heading out multiple times a day to stay ahead of it. This winter, try these three greener approaches to keep your property safe while reducing your carbon footprint.

1. Use less salt, and smarter alternatives

While salt is an easy go-to solution, it can be tough on plants, pets and waterways. Cut back where you can by mixing in sand or gravel with salt to boost traction or by switching to eco-friendly de-icers made with natural ingredients—they're gentler and just as effective in moderate conditions. Heated mats are another smart swap for high-traffic areas, melting snow without chemicals.

Tip: clear snow early and often to prevent ice from forming.

2. Switch to energy-efficient snow removal equipment

Traditional gas-powered tools get the job done, but newer options are both cleaner and quieter. Battery-powered snow blowers and shovels are now strong enough to handle most driveways while reducing emissions and fuel use. For larger properties, choose models designed for efficiency to minimize both your carbon footprint and time outside in freezing weather.

Another way to lower your environmental impact is by opting for durable, long-lasting manual tools instead of disposable or short-lived options. Some Canadian manufacturers, such as Garant, offer ergonomic shovels, pushers and snowblowers designed to last for years—helping reduce waste while keeping winter work efficient.

3. Make it a community effort

Greener snow removal doesn't have to be a solo job. Consider teaming up with neighbours to clear common areas or take turns maintaining sidewalks. It helps save energy, fosters connection, and can reduce overall emissions by avoiding multiple homes each running machines at once.

Some communities even organize shared snow blower programs or coordinate local plow services to make cleanup more efficient and affordable. It's a simple way to lighten the workload, shrink your environmental impact and build stronger neighbourhood connections along the way.

Learn more about eco-friendly snow removal at garant.com

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3 tips for helping the environment through creativity



(NC) Addressing climate change can sometimes feel like an overwhelming challenge. But for some, creativity can be a powerful tool to drive change: art and storytelling have a power to move people, connect communities and inspire action in ways that facts and figures often can't.

Artist and activist Natalie Man, founder of the Coral Foundation, understands that power well. With the help of initiatives like the Ocean Wise Action Grant, she combined immersive art on ocean conservation and competitions for developing solutions to environmental challenges to make a difference. Here are three ways she used her creativity to make an impact that you can use yourself to make a difference for the environment:

1. Use art to inspire connection and awareness.

Art can shift perspectives, spark emotion and remind people of what's at stake. Whether through painting, music, photography or sculpture, creative expression helps make environmental issues feel personal and urgent.

2. Turn ideas into community projects.

Big change often starts small, with a single idea and a group of passionate people. It can be as simple as noticing litter piling up near a local park and organizing a cleanup with an artistic twist, like turning found materials into community art.

You could create a "repair café" where people can fix rather than toss household items. There are uncountable ways to get started: an unused space can become a pollinator garden, or a mural can raise awareness about ocean plastics. These ideas might start small, but they can inspire others and grow into movements that strengthen both communities and ecosystems.

3. Collaborate for greater impact.

Creativity thrives in collaboration. When people with different backgrounds, skills and passions come together, they can spark ideas and solutions that no one could achieve alone. Imagine an artist teaming up with a scientist to visualize climate data, or a storyteller helping a conservation group share their message in new ways. Collaboration allows creative ideas to grow stronger, reach more people, and create lasting change.

It also builds connection—a reminder that protecting the environment isn't something we have to do on our own. By sharing ideas, learning from one another and working side by side, people can have a greater impact and inspire others to take part.

Creativity helps us imagine new futures, communicate complex ideas and connect to the world around us in meaningful ways. Your creativity can help build a more sustainable, ocean-positive future. Learn how at ocean.org/youth.

Attention editors: Optional sidebar

The Ocean Action Grant Program, supported in part by Canada Service Corps, helps young Canadians lead local environmental projects focused on ocean health and sustainability.

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5 simple ways to make an environmental impact



(NC) Caring for the planet can sometimes feel overwhelming, but making a difference doesn't always require big actions or major life changes. Small, everyday choices can add up—especially when we all take part. Here are five simple ways to make an environmental impact and support a healthier planet and ocean.

1. Host a shoreline cleanup in your community

Every year, an estimated 11 million tons of plastic enter the ocean. But you can still make a difference, even if you don't live by the coast. Shoreline cleanups can

happen anywhere water meets land: along lakes, rivers, streams and even wetlands.

Hosting a cleanup with friends, coworkers or classmates is a fun and rewarding way to protect local wildlife.

Every piece of trash removed helps keep your community beautiful and prevents that waste from ever reaching the ocean.

2. Say no to fast fashion

You can extend the life of your wardrobe by repairing or up-cycling old pieces and only replacing items when they're truly worn out. Consider buying most of your clothes second-hand or checking thrift stores first whenever you need something new. Hosting a clothing swap or taking a mending class with friends can be fun ways to refresh your style sustainably.

3. Cut down on single-use plastics

Only nine per cent of single-use plastics are recycled, with most ending up in landfills or the ocean. Choosing plastic-free packaging, as well as buying in bulk, are two ways to start reducing plastic use. Another is by getting the "big four" reusable items: coffee mug, shopping bag, water bottle and straw. By switching to reusable items, people can help prevent countless disposable items from entering the environment.

4. Start a conservation project

It can be easier than you think to find a project that can inspire others and create lasting change. You could start a local cleanup club, organize an art show celebrating people's connection to nature or create a community garden that supports pollinators. There are even funding opportunities, like the Ocean Action Grant, to help you bring your ideas to life and make an even bigger impact.

5. Support environmental causes in your community

Change often starts small and local, and simply speaking can be a powerful way to help create it. You can lend your voice to the causes that matter most to you by taking steps like volunteering with a local environmental organization, attending a community meeting about conservation initiatives or writing to local leaders to support sustainable policies.

No matter where you live or how you get started, every action counts. Together, small steps can lead to big waves of change. You can find inspiration, resources and ways to take action for our ocean and planet at ocean.org/youth.

Attention editors: Optional sidebar

The Ocean Action Grant Program, supported in part by Canada Service Corps, helps young Canadians lead local environmental projects focused on ocean health and sustainability.

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Family & Parenting

How to recognize a controlling relationship



(NC) For many teens, figuring out what a healthy relationship looks like isn't easy, especially when they're just starting to explore dating and friendships. Without much experience to draw from, it can be hard to tell the difference between care and control, respect and pressure. Parents, guardians, and trusted adults all need to know how to recognize the signs of a controlling relationship, and how to intervene safely when it's needed.

Identifying coercive and controlling behaviours

Coercive control can show up in many ways and is a form of gender-based violence (GBV) that youth and young adults can face in intimate relationships. It's a type of abuse rooted in controlling, manipulative and fear-instilling behaviours.

There are four common types of coercive controlling behaviours which include possessive behaviours, psychological abuse, sexual jealousy and stalking. This may look like a partner making threats, breaking personal belongings, isolating someone from family and friends or monitoring where they go and who they talk to. They may even threaten self-harm to pressure victims or survivors to comply and maintain power over them.

The dangers of gaslighting

One particularly harmful tactic of coercive control and frequent type of GBV is gaslighting. Gaslighting makes someone doubt their own memory, perception or sense of reality. For example, a partner might deny their abusive actions, blame the victim for things they didn't do or twist events so the victim questions their own judgement. Over time, gaslighting erodes confidence, instills doubt and makes it harder to leave relationships.

What you can do to help

It's important to be able to recognize when something isn't right. Look for signs like isolation, emotional manipulation and controlling acts, such as a victim has being made to give up autonomy over their phone, money or social life.

If a young person confides in you, the best things you can do is listen, believe them, label the behaviour for what it is and remind them that it's not their fault. This can help them connect with resources to support their safety and well-being.

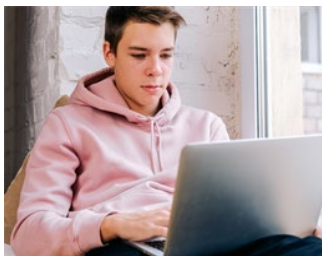
Everyone deserves healthy relationships without abuse or control. You can learn more and find resources to support the youth in your life at canada.ca/itsnotjust.

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What online dangers are teens facing?



(NC) A lot of our lives are spent online. While there are many benefits to being connected, it also carries serious risks, especially for teens. Parents, guardians and trusted adults all have a role to play in knowing how to recognize the signs, and how to intervene safely when teens and youth might be in dangerous or violent situations.

Can violence happen online?

Unfortunately, yes. Violence isn't always physical. It can also be emotional, sexual or financial, and violence that begins online can also spill out into the real world. Another

important factor to consider is the prevalence of gender-based violence (GBV). It's when someone is harmed or treated unfairly because of their gender, how they express it or how others see it. Much of the GBV that youth face today happens through the technology they use to communicate.

Understanding tech-facilitated violence

For many young people, tech-facilitated violence is part of their reality. This might look like being forced to share their location, having intimate photos spread, being threatened with sextortion (which is when someone threatens to send sexual content to others unless they are paid or sent more), harassing comments or memes, digital stalking or being outed online. These acts can cause deep and lasting harm that can affect life at home, at school and at work.

Young people are more vulnerable because their lives are deeply connected online, thanks to smartphones, social media, and an increased digital presence. Many find community through the web—it's also a way for them to socialize, forge their identities, improve their mental health and seek safety and support. But this online life comes with risks and vulnerability. Young people often have less power to push back, and abuse can escalate quickly behind a screen.

Making a positive impact

Trusted adults can step in by modelling empathy and respect and keeping communication open with the young people in their lives. It's important to check in with youth regularly to gauge how they're doing online and if they feel unsafe. Adults can help educate them by showing them safe online activities and explain security and privacy settings they can update on their devices. Demonstrating how to stay safe while also ensuring they can participate in their social circles is critical.

If a young person tells you they've experienced GBV, the most important thing you can do is to listen, believe them and remind them they're not at fault.

Young people need adults who will stand with them. Learn more about what you can do to make a difference and help end the cycle of violence at canada.ca/itsnotjust.

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Finance - Personal

Ways to get the most out of your phone plan



(NC) When managing monthly expenses, every dollar counts, and one important step is managing discretionary spending. One budget item with more room for savings than you might expect is your mobile phone plan. Here are some simple tips for getting the most out of it:

Review your usage. It's a good idea to take a look at your phone bill each month to ensure there aren't any surprises.

- If you travelled out of the country in the last billing period, make sure there aren't any roaming charges you didn't know about.
- Keep an eye out for extra charges on your bill, like data overages or out-of-plan calls and texts. Check your phone settings to see if apps are using more data than you realize, and review your itemized bill to pinpoint any unexpected costs. If overages keep happening, it might be time to upgrade your plan.
- Double-check any device installment payments. Once you've fully paid off your device, your phone bill should drop, so factor that into your overall budget.

Compare carriers. Even if you already have a phone plan, it's usually worth seeing what other carriers are currently offering. In addition to checking providers' websites, you can find additional savings with some mobile retailers, like The Mobile Shop, where you can put loyalty points towards a new phone or lower your monthly device cost.

Look for promotions and bundles. Mobile carriers offer a wide variety of seasonal deals and limited-time promotions. Some of them can offer significant savings, so it's often worth investigating.

Maximize loyalty. Not all savings show up directly as dollar amounts. Sometimes, mobile retailers are connected to loyalty programs that can offer their members benefits. For example, the PC Optimum program, lets members earn and redeem points for added value on their purchases.

Mobile plans don't have to be complicated. The key is to consider all the available options like taking advantage of promotions or opportunities to shop using loyalty points, to help your mobile budget go further.

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Ways to maximize your mobile savings



(NC) Managing budgets month-to-month, making ends meet and putting some money aside can require getting every edge you can. One often-overlooked area for people to save money every month is on their mobile plans. You don't have to wait for salespeople to come calling—take control of your mobile budget with these tips:

It pays to shop around. Comparing prices and plans takes some research, but it can be worth it. To make your search more efficient, it helps to go into it with a clear idea of what you're looking for. Think about the amount of data you'll need, the capabilities a potential phone needs to have and any features you can live without. For instance, if you stream most of your shows over your mobile device, you might need a high-data plan.

Shop during peak sale times. Mobile carriers often have special promotions and seasonal offerings, but deals can be especially attractive at certain times of the year, such as around Boxing Week.

One strategy for making the most of these peak times is to plan ahead. If you have a clear idea of what you're looking for in a plan or phone, you can better cut through the noise and focus on offers that will be relevant to you.

Look for additional promotions or rewards. Some retailers offer additional rewards, such as loyalty points, which can add up to significant savings down the road. If you're looking at deals from a retailer, consider checking which programs they're part of to see if they're offering points you collect. Some loyalty programs, like PC Optimum, let you redeem points towards a new phone and lower your monthly device cost through The Mobile Shop, a retailer connected to the program. That means those points can cover a portion of your purchase.

Whether it's taking the time to find the deal that offers what you want for less or cashing in loyalty points for a no-spend device, shopping smart can create room in your budget each month.

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Food & Nutrition

3 facts about protein to build your health knowledge



(NC) It's no secret that protein is important for maintaining health. It's a part of every bodily process, including building muscle and creating antibodies. But when it comes to health, more understanding is always better.

Abby Langer, registered dietician (RD), shares key protein facts to help Canadians make more informed food choices:

1. Protein keeps you fuller for longer.

Digesting protein stimulates hormones that help you feel full while lowering your “hunger hormone” production. But the body can't store protein like it stores carbs and fat, and can only use so much at once.

You can help your body make the most of your protein intake by spacing it out through the day. Try including protein in every meal and have portable protein snacks like yogurt or Mighty Protein sticks when on the go.

2. It takes more to digest protein—and that's good.

Protein's thermic effect of food (TEF)—the amount of energy the body uses to metabolize it—is higher than that of carbohydrates or fat. Basically, we use more calories digesting protein than we do digesting carbs or fat.

3. It's important to focus on protein quality.

Protein is the building block for much of the body's tissues, and it in turn is made up of building blocks, called amino acids. There are 20 common amino acid chains. Of those, nine are considered essential because the body doesn't produce them so we have to get them in our diet.

Getting enough protein matters, but it's important to make sure you're getting all the different amino acids your body needs. There are many helpful guides on daily protein requirements out there, but you don't need to be obsessed with counting grams. Simply ensure you have a high-quality source of protein at all meals, such as something fresh, with minimal processing.

By getting the right kinds of protein, and enough of it, you can better support your body, energy levels and overall health. You can find additional tips from Abby at mapleleaffoods.com/proteinpower.

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A beginner's guide to preparing South Asian cuisine



(NC) Canada's cultural mosaic brings together flavours, ingredients and cuisine from around the world. Culinary exploration is an important part of the Canadian experience, and as the popularity of dishes like Butter Chicken shows, South Asian cuisine has become a national favourite.

While Canadians are familiar with South Asian flavours, some might not be familiar with key staples or ingredients. Here are a few commonly asked questions:

What is Masala?

Masala means “spice blend” in Hindi and it’s the essence of South Asian cooking. Masala is not one flavour—it’s an intense mix of spices used in nearly every South Asian dish. Not considered spicy, the mixtures add warmth, aroma and complexity. There are four common masala blends on South Asian menus which may sound familiar: Garam, Chaat, Tikka and Curry Masala.

What are common ingredients in South Asian cuisine?

Its spices set South Asian cooking apart, but many dishes have some ingredients in common, such as:

- Potatoes, known as aloo
- Paneer, a non-aged, non-melting cheese
- Chickpeas, known as chana
- Chicken, which translates to murgh
- Ghee, which is clarified butter

Where should I start with South Asian dishes?

Dishes with paneer, are a good way to dip your toe into South Asian flavours. It’s a South Asian comfort food that’s versatile and mild, plus it’s high in protein. Butter Chicken is another favourite. It’s probably the most popular South Asian dish in Canada, and a great entry into the cuisine. It features yogurt-marinated chicken cooked in a buttery and creamy tomato-based curry. The dish is commonly served with rice and naan—a soft flat bread perfect for dipping in the curry and wiping up every last drop.

Where can I try South Asian cuisine?

Many restaurants in Canada offer traditional cuisine of the region, but there are also options if you want to enjoy it at home. There are a number of grocery brands that allow you to add traditional sauces and spices to your own protein base, like chicken.

Many Canadians often don’t have the time or necessary ingredients to prepare South Asian meals from scratch. Prepared meals, like Maple Leaf Foods’ Musafir line, offer a way to enjoy dishes inspired by traditional South Asian cuisine.

There are more ways than ever before for Canadians to explore new flavours. South Asian cuisine has a rich variety of delicious dishes, many of which are high in protein, that can expand culinary horizons at any table.

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2 simple steps to smarter protein snacking



(NC) As more Canadians learn about the important role protein plays in maintaining good health, hunger for information is growing. In fact, recent studies have found that as many as 71 per cent of Canadians are actively trying to consume more of this essential nutrient. There are many benefits of incorporating more protein into a person’s diet, including keeping the body strong, the mind sharp and energy levels high.

What you eat between meals can contribute to a healthy diet that takes advantage of protein’s benefits. With more protein-forward snacking options available now, how can

Canadians choose?

Abby Langer, registered dietician (RD), offers two guiding principles to make good protein-forward snacking choices:

1. Choose “clean protein”

Clean protein refers to protein sources that are minimally processed and free from additives like artificial sweeteners, hormones and fillers. To find clean choices, read the label and look for real ingredients.

2. Keep it convenient

A good snacking habit is easier to follow if you keep it simple. Portable, protein-rich snacks can easily work into busy schedules. You can pack them ahead of time, so they're ready for when you're on-the-go, when you often need protein the most. Also, it's a good trick to keep options in multiple places, like your bag or car, for those times you need a little boost. Some portable protein options, like Mighty Protein chicken sticks, can be a healthier energy boost option that fits a busy life.

Protein is power, but not all protein sources are created equal. You can learn more at mapleleaffoods.com/proteinpower.

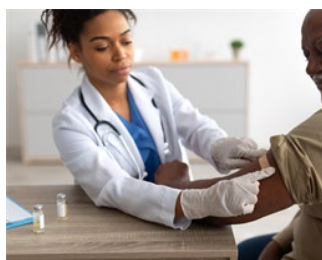
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Health care

Get protected this flu season, and help protect others



(NC) For some, flu season brings with it more than the need to take some sick days and get plenty of fluids.

Influenza can have serious and lasting health impacts. Along with pneumonia, it's among the top 10 causes of death in Canada, with over 12,000 influenza-associated hospitalizations and almost 3,500 deaths in the last flu season alone, according to Statistics Canada and Infection Prevention and Control Canada.

An important step people can take is getting vaccinated. Flu shots are widely available and can help protect the most vulnerable.

For Dr. Lynora Saxinger, an infectious diseases specialist, the threat is greatest to children, individuals 65 and up and those who are immuno-compromised. She explains that prevention is key, and that getting vaccinated against influenza helps protect you and your loved ones.

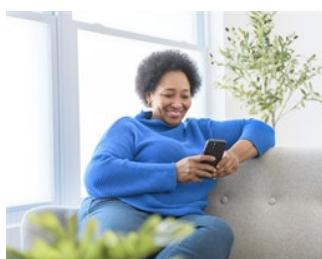
Not all flu vaccines are the same—some are specifically designed for certain people. Speaking with your pharmacist can help you learn which flu shot is right for you and when is the best time to get it.

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How people can increase their chances of quitting smoking



(NC) Did you know that the benefits of quitting smoking can begin as soon as 20 minutes after the last cigarette? Blood pressure and the level of carbon monoxide in the blood both start to go down, and within a day, heart attack risk starts to drop as well.

Those thinking about quitting don't have to face the challenge alone. There are quit line services that offer free, non-judgmental and confidential support across Canada from trained experts over the phone and online. They can help personalize a quit plan and offer tips for coping with cravings.

With the right tools, support and guidance, people can significantly improve their chances of quitting for good. Getting expert advice or counselling can double the chances of success. And studies have shown that combining the right tools and support can almost triple someone's chances of quitting for good.

If you or someone you know is ready to quit, help is available at gosmokefree.gc.ca/quit.

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Home & Garden

5 snow removal myths that should melt away



When the first big storm of the season hits, Canadians know the drill: grab the shovel, bundle up and start digging. But along with the familiar routine comes plenty of advice; some of it helpful, some of it less so. Here are some common snow removal myths to watch out for.

1. All snow shovels are for the same task

Not all shovels are made for the same task. Some, like a sleigh shovel, are perfect for pushing heavy snow, while others are built to lift and carry. Smaller-sized shovels work best for stairs and tight spaces. Picking the right one can make snow removal

safer and easier.

2. Spreading salt before a storm prevents all ice from forming

Pre-salting can help reduce ice buildup, but it's not a magic fix. Road salt lowers the freezing point of water, but it becomes far less effective once temperatures drop below -10°C . In extreme cold, sand or traction aids work better for grip, and regular shovelling is still essential for preventing icy layers from forming in the first place.

3. Shovelling is always cheaper than owning a snowblower

A traditional shovel may cost less up front than a snowblower. But factor in the hours of labour, sore backs and even the risk of injury, and a snow blower can be a smart investment. A reliable machine can save time and reduce physical strain—two things that are priceless in the middle of winter when there's more snow on the way.

4. Warm-ups aren't necessary before shovelling

Many people treat shovelling like a quick chore, but it's actually a full-body workout. Jumping straight into it can strain muscles and increase the risk of back or heart injury. A few minutes of stretching or light movement, like walking or arm circles, helps warm up your body and makes snow removal safer and more efficient.

5. Electric snowblowers don't have enough power for Canadian winters

That may have been true years ago, but advances in technology have made them a practical option for many households. Several manufacturers, including Garant, now make electric snow blowers, capable of throwing snow up to 40 to 50 feet. Proving that cordless can stand up to the toughest storms, giving Canadians the performance they need with less noise and maintenance.

At the end of the day, clearing snow doesn't have to be backbreaking or based on outdated advice. With the right approach and the right tools, Canadians can take on winter smarter, safer and with a little less sweat. You can learn more about snow removal at garant.com.

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Canadian winter prep 101: Getting ahead of snow season



(NC) The first big snowfall can catch even Canadians off guard, leaving driveways buried overnight and many looking for their salt, shovels and winter gear. With 37 per cent of Canadians polled reporting that snow removal has disrupted their schedules, the first few flakes of the season can be enough to make someone groan.

But with a little preparation before the temperatures dip, you can make winter not just manageable, but easier and more enjoyable. Here are some simple tips:

Gear up early. Before the first snowflakes fall, give your winter tools a quick check-up. Make sure shovels, scrapers and gloves are in good shape, and replace anything broken or worn down. Stock up early on de-icers, windshield washer fluid and other cold-weather essentials.

Getting ahead on these details can help you avoid long service lines and supply shortages once winter truly hits.

Protect your home. A few simple maintenance steps can go a long way toward keeping your home safe and comfortable throughout the season. Clear gutters to prevent ice dams, seal any window drafts, ensure you have access to your winter tools and schedule a furnace inspection if it's been a while.

For those in heavy snowfall regions, mark your driveway or property lines before the ground freezes to help guide snow clearing and keep pathways safe.

Stay safe and smart. Once the snow starts falling, safety should be your top priority. Keep an emergency kit in your vehicle stocked with blankets, snacks and a flashlight, and have candles, bottled water and backup batteries at home in case of power outages.

Tip: push snow rather than lifting it whenever possible — it's easier on your body and more efficient.

When clearing snow, pace yourself and work in sections to avoid strain. Consider using an ergonomic shovel, like the options from Garant, you can clear more safely and efficiently. Snow blowers can also help you stay on top of accumulation before it freezes or compacts, especially if you have a large driveway or wide paths.

Winter doesn't have to catch you off guard. A bit of planning today means more time to enjoy the cozy side of the season and less time battling the elements. Whether you're clearing your front steps or managing a long driveway, investing in quality tools and working at a manageable pace helps make every snowfall a little easier to handle. You can learn more about snow removal at [garant.com](https://www.garant.com).

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How has snow removal in Canada evolved?



(NC) Snow removal has always been part of Canadian life, shaping how neighbours, families and communities face the cold together. Every winter as driveways fill and sidewalks disappear, Canadians once again turn to their shovels and blowers—timeless tools of resilience and routine. Over decades, innovation has made snow clearing faster, easier and safer than ever before.

For much of the country's history, snow removal was mostly manual—think shovels, horse-drawn plows and early rotary designs, patented as far back as 1869.

Then, in 1925, Québec innovator Arthur Sicard revolutionized snow removal with the first practical snow blower, capable of being mounted to vehicles and moving snow up to 27 metres away.

Over the years, Canadian manufacturers have evolved alongside the country's changing winter needs. Long-standing companies, such as Garant have introduced new materials and ergonomic designs that reflect ongoing innovation in snow-clearing tools

The arrival of gas-powered snow blowers changed snow removal in many neighbourhoods, offering relief from long hours of shovelling. Today, snow removal has entered a new era with advances in design that are making winter work quieter and more efficient. Cordless electric snowblowers are easier to use and kinder to both people and the planet.

Yet for all this progress, the essence of snow removal in Canada hasn't changed. Whether it's a parent helping a child dig out the car or neighbours shovelling side by side after a storm, it remains a shared ritual—one that brings Canadians together every winter.

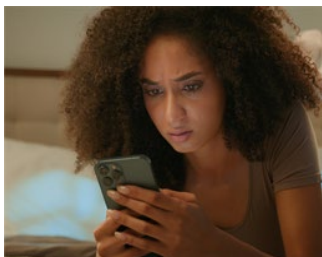
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Mental Health & Well-being

What is victim blaming?



(NC) When someone is harmed, is the best first reaction support, or scrutiny? The answer may seem obvious, but many teens and young people have had their experiences met with suspicion or even blame.

As parents, guardians, and trusted adults, we all have a role to play in helping young people understand gender-based violence (GBV) and looking out for signs of it. We can also model how to best respond when these situations are brought to our attention.

How victims or survivors are unjustly scrutinized

GBV can be difficult to identify and report because it's been so normalized in society. While it's often thought of as "just physical," GBV can take many forms, including emotional, sexual and financial. Unfortunately, a common experience for someone coming forward is being blamed for what happened.

This may happen subtly, like scrutinizing what type of clothes they were wearing, their upbringing or their appearance. Victims or survivors may even be blamed for not reporting instances when they were in danger. These behaviours can be perpetuated by media portrayals that judge victims or survivors rather than addressing the harm done. Victim blaming can have the effect of silencing survivors and protecting abusers.

Defining consent

A recent Canadian Women's Foundation study found that 55 per cent of Canadians don't fully understand the meaning of sexual consent, which must be:

- Understood by the person giving it
- Given freely and enthusiastically
- Given without threats, manipulation or pressure
- Allowed to be withdrawn at any time

Remember: consent is not compliance which can be born of fear, social pressure and coercion.

How to support victims and survivors

Trusted adults can play an important role by modelling allyship. This can start with something as simple as someone checking their biases and considering how to learn more by opening their perspective. By teaching the young people in your life about consent language and skills, questioning media narratives, making space for open dialogue and challenging victim-blaming biases, adults can make a positive impact in their lives.

These conversations may feel uncomfortable, but unfortunately they're necessary. Do your part by listening and believing victims and survivors when they share their experiences. Show empathy and avoid blaming or judging them. Starting more discussions and knowing how to recognize and challenge bias is the key to advocating and supporting change.

Learn more, find resources, and support youth by visiting canada.ca/itsnotjust.

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Recharging the mind, body and spirit at sea



(NC) In a world that rarely slows down, many travellers are seeking more than just a holiday. They're looking for space to pause, recharge and reconnect with themselves. This shift has given rise to a growing interest in wellness-focused cruising and using time at sea as an opportunity for renewal as much as exploration. Here are a few ways travellers can focus on wellness while cruising:

Focus on fewer, more tranquil destinations. Unlike traditional itineraries packed with daily port stops, wellness voyages often favour fewer calls and longer stretches of peaceful sailing.

Whether gliding through the Caribbean or along the coasts of South America, Portugal or Spain, these journeys encourage guests to slow down and soak in the serenity of the sea.

Exercise active well-being. Daily activities such as yoga, Pilates and guided stretching bring gentle movement into each day. For those craving a blend of adventure and exercise, excursions such as kayaking, cycling or hiking let passengers stay active while exploring new destinations up close.

Make time for mindfulness and reflection. Time at sea naturally invites calm and introspection. Many ships now offer programs that support mindfulness and mental clarity, including guided meditation, breathwork and sound healing. These sessions can provide travellers with practical tools for managing stress long after they have returned home.

Use the spa for recovery. From saunas and steam rooms to vitality pools, on board spa areas provide the perfect setting to unwind. Travellers can release tension, restore energy and enjoy the simple luxury of just slowing down.

Feed your wellness. Dining plays an important role in wellness, too. Menus often feature fresh, seasonal and nutrient-rich ingredients that nourish both body and mind. Some chefs also incorporate local flavours from each destination.

Wellness cruising is a new approach to luxury travel that's about balance rather than indulgence. For cruise lines like Scenic Luxury Cruises & Tours, wellness is woven into the journey itself through days of peaceful sailing, curated experiences and the freedom for travellers to engage at their own pace.

Caring for body and mind is an essential part of every journey. You can learn more at [scenic.ca/wellnessretreats](https://www.scenic.ca/wellnessretreats).

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New Year, New You

Give your pets a healthy start to 2026, too



(NC) With the new year starting, health is on many people's minds, including their pets' health. When their mental and physical health needs are met, dogs and cats can thrive. Here are three opportunities to help support them:

Use indoor time to stimulate your pet's mind. The cold months tend to keep people and pets inside, where the potential for boredom can be higher—owners of indoor cats know this problem well. One way to help with this is by engaging in mentally focused play. Try foraging games with dogs or cats, where treats are hidden around the home or in specially designed

toys, and it's up to your pet to solve the problem.

Cats especially appreciate play that lets them use their hunting instincts. Make sure to shake up the games regularly to keep pets engaged. It doesn't have to be elaborate—even just trailing yarn through and around different fixtures around your home and letting your cat chase after it while you spool it up can be fun for both of you.

Use outdoor time to engage your pet's body. Dog owners, as well as owners who walk their cats, know the value of a nice long outing. It can help your pet meet their need to patrol territory, explore new areas and simply stretch their legs. Outdoor time is also a great opportunity to challenge your pet and let them fully engage their body.

Try taking exercise cues from your pet's behaviour and interests. Does your dog look for every chance to hop up on rocks or stone walls while you're walking them? They may enjoy agility-based play or obstacle courses they can clamber and weave through. Are they always straining at the leash? They may respond best to long-distance games of fetch in an open area like a soccer field that lets them run flat-out.

Use meal time to support your pet's health. All that play needs fuel that will meet your pet's needs. It's especially important to look for pet foods that can supply plenty of protein.

Did you know? Many leading pet foods contain canola, one of Canada's most widely grown crops. Canola meal—the plant parts left after the oil has been pressed from them—is quite high in protein and a variety of amino acids, making it a commonly used plant protein to support pets' diet and health.

Making informed, healthy decisions is a vital part of looking after every member of your family, pets included. You can learn more at hellocanola.ca.

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3 ways to support your pet's health

(NC) There really is something special about the relationship between a pet and their person. For owners, making sure their pet's mental and physical health needs are met is a priority. Here are three opportunities to help support them:

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Sleep smarter in 2026: Resolutions for more restful nights



(NC) A new year is the perfect time to reset your sleep routine and reclaim truly restorative rest. Good sleep strengthens immunity, sharpens focus and lifts your mood, but it can fall by the wayside when schedules fill up. A few mindful tweaks to your bedtime routine can help you recharge and wake up ready for the day ahead.

How to start:

Create a gentle wind-down ritual. A consistent, mindful routine tells your body it's safe to slow down your senses and drift off. Here are some elements you can incorporate into your

wind-down routine:

- Dim the lights an hour before bed to let your body ease into evening mode
- Stretch slowly and gently to encourage your muscles to relax
- Try a mindfulness exercise such as focusing on the sensation of breathing, and acknowledging thoughts that come up, then returning focus to your breath
- Enjoy a soothing cup of herbal tea to signal to your body it's time to rest. The warm liquid will help relax your body and can make you sleepier, while the herbal ingredients can have a calming effect on your body and mind.
- You can also consider gentle herbal supplements, such as ValeriCalm from Canadian producer St. Francis Herb Farm, which can help ease tension and promote a calm transition to rest.

Unplug for the night. Your body is wired to interpret bright lights as meaning that it's daytime. Phones, TV and computer screens can trick your body into staying awake. Swap bright screens for a book, and make sure you have enough light to read by. If you'd rather wind down in the dark, consider a calming playlist to help quiet your mind.

Better sleep means brighter days with more energy. Improving your sleep just takes some self-kindness and a few intentional nighttime moments.

Attention editors: here is an evergreen headline + intro

Simple tips for smarter sleep

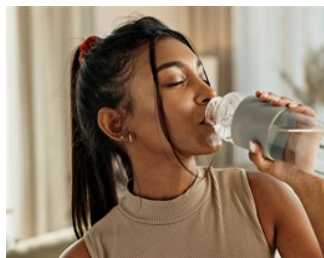
(NC) Good sleep strengthens immunity, sharpens focus and lifts your mood, but it can fall by the wayside when schedules fill up. A few mindful tweaks to your bedtime routine can help you recharge and wake up ready for the day ahead.

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A gentle start: New Year's detox tips



(NC) After a season of indulgence, many Canadians crave a reset, but detoxing doesn't have to mean restriction. The most effective "cleanses" are often the gentlest, focused on supporting your body's natural detox pathways rather than overhauling them.

Here are a few simple ways to help your system refresh and rebalance naturally.

1. Support your liver

Your liver is your body's natural filtration system. It processes toxins so they can be safely eliminated, but it needs to be properly hydrated to function at its best.

Drinking plenty of water is a good way to support your liver function and helps with a number of other important body functions. Some herbs, such as milk thistle, can provide gentle additional support for your liver. There are Canadian producers, such as St. Francis Herb Farm, which offer herbal blends designed to support liver health.

2. Focus on fibre

Whole grains, vegetables and seeds like chia or flax are natural cleansers for the digestive tract. They help sweep out waste and keep things feeling light and balanced. Adding digestive bitters—herbs that stimulate taste buds to create more saliva, which in turn jumpstart your digestive system—to your diet can also support regular elimination and overall digestive function.

3. Simplify your plate

Cutting back on processed foods, added sugars, and excess caffeine gives your detox systems, like the lymphatic system and skin, a break. The lymphatic system helps clear waste and support immune function, while the skin acts as a secondary detox organ, releasing impurities through sweat. Herbal remedies with blue flag—also called iris versicolour—such as the lymph tonic from St. Francis Herb Farm, can gently support lymphatic functions.

4. Support your natural detox pathways

Your body removes waste through four key channels: the liver, lymphatic system, kidneys and bowels. Each plays a unique role in maintaining balance:

- The liver filters toxins from the blood
- The lymphatic system clears cellular waste
- The kidneys manage fluid and mineral balance
- The bowels eliminate solid waste

Gentle daily practices, like staying hydrated, eating fiber-rich foods and supporting circulation can help these systems function efficiently.

Cleansing can be simpler than many people realize—the body already has the tools to do it. All it needs is good diet, proper hydration and some gentle support.

Attention editors: Here is an alternative headline and intro for after the holidays

A fresh reset: Tips for gently restoring your balance

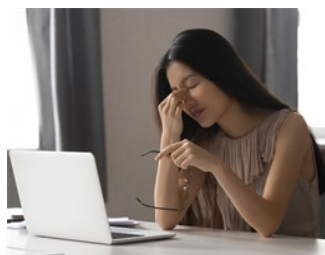
(NC) Sometimes it feels like your body just needs a reset, but detoxing doesn't mean restriction. The most effective "cleanses" are often the gentlest, focused on supporting your body's natural detox pathways rather than overhauling them.

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Resolve to stress less in 2026 with small habits



"breathe them out."

(NC) The new year often inspires big goals. But instead of chasing dramatic change, try to focus on smaller habits that make a real difference to your well-being.

Carve out short, mindful breaks. You can do some stretches right where you are, or while taking a short walk around the room. Stepping outside can be a way to reset, and fresh air can help you feel calmer. Consider combining deep breathing with a mindfulness exercise: focus on the physical sensation of breathing and let your body get heavier with each exhale. Acknowledge any thoughts that come up without judging them, and let them pass, or even

Start a journal. Journaling is a simple but powerful practice. It can help give a clearer sense of perspective as you write down worries, gratitude or even a daily reflection—putting everything down on paper can help crystallize what’s really important. Just the act of writing down a thought that’s been bringing stress or anxiety can help bring clarity and calm.

Consider natural support. Adaptogens are herbs and plants that help the body respond to physical and mental pressure. Canadian producers, such as St. Francis Herb Farm, offer herbal blends that support stress management and sleep, making it easier to maintain balance.

Lasting calm doesn’t come from overhauling your life. It comes from small, steady steps that can nurture your well-being every day. Learn more about supporting your well-being at stfrancisherbfarm.com/stress-relief.

Attention editors: Here is an alternative headline and intro for after the holidays

Small habits with big impacts on stress

(NC) Managing stress can be difficult—it’s easy to fall into a pattern of stressing out about how your stress isn’t lowering. But instead of chasing dramatic change, you can focus on smaller habits that make a real difference to your well-being.

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3 resolutions for a healthier, more Canadian 2026



(NC) With the start of the new year, many of us are looking for ways to feel healthier, make financial decisions we’re happier with and increase our sense of well-being. Setting a list of resolutions and sticking with them can feel like a daunting task, and it can be. But making a meaningful change doesn’t have to mean changing everything—here are three simple steps you can take toward meeting your goals:

Eat more healthily by making simple changes. Making meals lighter and more balanced just takes making some simple swaps. Abbey Sharp, registered dietitian, explains:

“One effective way to eat more healthily is to consider adding a couple more plant-based meals to your weekly plan. By working in more nutritious Canadian-grown staples such as chickpeas, lentils, wild rice, peas and beans, or by swapping butter for another Canadian-grown alternative like canola oil, you can start to feel a difference in how you feel throughout the day. Taking small steps can help put you on the path toward real, positive change to your diet.”

Make a difference in your community by supporting local. Check the label before buying: “Made in Canada” means that the product was completed here, but may contain imported ingredients. “Product of Canada” means that at least 98 per cent of the ingredients and production costs are Canadian.

There’s one ingredient in a surprising number of products that lets you support Canadian growers: canola. It’s one of Canada’s most widely-grown crop, and is used in a number of different places. For example, it’s found in many pet foods, cosmetics and skincare products and biofuel. In addition, canola oil is a heart-healthy cooking oil and Canadian kitchen staple.

Stay active by exploring Canada. Just about every community here—and the natural spaces in between them—has great scenery to experience. Consider adding some active local getaways to encounter the unforgettable landscapes, wildlife, communities and people Canada has to offer. The outdoor exercise is one benefit, but don’t underestimate the impact that being in natural spaces and taking in gorgeous scenes can have on your mental health.

Making positive change is about reorienting yourself—picking a new direction and heading out. By making a few simple changes, you can set yourself on a course to support Canada, as well as yourself.

You can learn more about choosing healthy and Canadian at hellocanola.ca.

Attention editors: alternate evergreen headline + intro

3 simple steps to a healthier, more Canadian lifestyle

(NC) In the midst of busy days and hurried schedules, many of us are looking for ways to feel healthier, make purchasing decisions we're happier with and support our overall well-being. Making a meaningful change doesn't have to mean changing everything—here are three simple ways you can get started:

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Recipes

New year, fresh start in a bowl



(NC) A new year brings fresh goals, renewed energy and new opportunities to choose foods that can support your healthiest self. This salsa is a vibrant and flavourful way to start strong.

Full of hydrating vegetables and the creamy, wholesome taste of avocados from Mexico, it's a simple but uplifting dish that embodies the spirit of a fresh start. Whether you're easing back into routine or starting a new wellness journey, this chilled gazpacho offers a nourishing, feel-good reset.

Chilled Red Gazpacho with Avocado Salsa

Prep time: 25 minutes (plus 2 hours chilling)

Servings: 4

Ingredients:

Gazpacho:

- 2 lbs (500 g) ripe red tomatoes, peeled and seeded (about 5-6 medium)
- 1 large cucumber, peeled and seeded
- 1 red bell pepper, seeds removed
- ½ small red onion
- 2 cloves garlic
- ¼ cup (60 ml) extra-virgin olive oil
- 2 tbsps (30 ml) red wine or sherry vinegar
- 1-2 tbsps (15-30 ml) fresh lime juice, to taste
- ½ tsp (2 ml) ground cumin (optional)
- Salt and fresh black pepper, to taste
- Dash of hot sauce (optional)
- 1-1½ cups (250-375 ml) tomato juice or water, as needed

Avocado salsa:

- 1 large ripe avocado from Mexico, diced
- ½ cup (125 ml) diced cucumber
- ¼ cup (60 ml) diced red onion
- 1 tbsp (15 ml) chopped fresh cilantro or basil
- 1 tsp (5 ml) lime juice
- Salt and pepper, to taste

Directions:

1. Blend the gazpacho

Roughly chop the tomatoes, cucumber, bell pepper, red onion and garlic. Add them to a blender with the olive oil, vinegar, lime juice, cumin (if using), salt, and pepper. Blend until smooth, adding tomato juice or water as needed until the texture is light and silky.

2. Season and chill

Adjust seasoning to taste—add lime for brightness or hot sauce for heat. Refrigerate for at least 2 hours to chill the soup and deepen the flavours.

3. Make the avocado salsa

Combine the diced avocado, cucumber, red onion and herbs in a bowl. Add lime juice, salt and pepper, tossing gently to keep the avocado pieces intact and fresh.

4. Serve

Pour the chilled gazpacho into bowls and finish with a generous scoop of the avocado salsa. Serve immediately for maximum freshness and flavour.

Attention Editors: Here is an alternate evergreen headline + intro

Get a fresh start with this refreshing soup

(NC) It's always great finding new opportunities to choose foods that can support your healthiest self. This chilled red gazpacho with avocado salsa is a vibrant and flavourful way to shake things up.

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Word Count: 364 + 1 image

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A multicultural chicken dinner to spice up your weeknight



(NC) Variety is the spice of life. One example: harissa—a chili paste from North Africa that provides a fast and easy way to add an exotic flair to dinner. This tasty recipe from Chef Devan Rajkumar (aka “Chef Dev”) brings it to your weeknight dinner table.

Harissa Grilled Chicken with Chickpea, Carrot and Cucumber Salad

Ingredients:

Harissa grilled chicken:

- 1/2 cup (125 ml) plain yogurt
- 2 cloves garlic, minced
- 2 Mina Halal boneless skinless chicken breasts
- 1 1/2 tbsp (22 ml) harissa paste

Chickpea, carrot and cucumber salad:

- 3 carrots
- 1 English cucumber
- 1 can chickpeas, 19 oz (540 ml), rinsed and drained
- 1 green onion, thinly sliced
- 1/4 cup (60 ml) fresh mint leaves, divided
- 1/4 tsp (1 ml) cinnamon
- 1/4 tsp (1 ml) cumin
- 1/4 tsp (1 ml) paprika
- 2 tsp (10 ml) honey
- 2 tsp (10 ml) lemon juice
- 1 tbsp (15 ml) tahini
- 1/2 cup (125 ml) plain yogurt
- 2 tsp (10 ml) harissa paste
- Salt and pepper, to taste

Directions:

Harissa grilled chicken:

1. Combine harissa, yogurt and garlic in a small bowl.

2. Remove tenders from each chicken breast and set aside.
3. Place chicken breasts between two sheets of plastic wrap and gently pound to 1" (2.5 cm) thickness using a mallet or heavy pot.
4. Place chicken, along with tenders, in a re-sealable plastic freezer bag. Pour harissa mixture over top and gently massage into the chicken. Refrigerate for one hour or up to overnight.
5. Preheat barbeque to medium-high heat. Lightly coat the grill with a non-stick cooking spray.
6. Remove chicken from the marinade and place on the pre-heated grill. Discard leftover marinade.
7. Cook chicken for 3 to 4 minutes per side or until evenly char-grilled and the internal temperature reaches 165°F (74°C).
8. Remove from heat and allow to rest for 5 to 10 minutes before slicing into strips.

Chickpea, carrot and cucumber salad:

1. Slice carrots and cucumber lengthwise into thin ribbons using a mandolin or a Y-shaped vegetable peeler. Discard the seeds from the cucumber.
2. Place in a large bowl with chickpeas, green onions and half the mint leaves.
3. Whisk together the remaining ingredients and drizzle over the salad. Toss to coat and season with salt and pepper.
4. Divide the salad between individual plates or serve on a large platter.
5. Top with grilled chicken and any remaining salad dressing. Garnish with mint leaves.

You can find more protein-forward recipes at mapleleaffoods.com/proteinpower.

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A fresh take on wellness: Avocado spring rolls



(NC) When you want something light, vibrant and genuinely nourishing, these avocado spring rolls offer a refreshing way to eat well without sacrificing flavour. Each one is packed with bright vegetables and the creamy richness of avocados from Mexico, which provide good fats and are an excellent source of fibre. Paired with a zesty Thai-inspired peanut sauce, this dish is a simple, energizing and satisfying meal for any day of the week.

Avocado Spring Rolls

Prep time: 15 minutes

Servings: 6 to 8 rolls

Ingredients:

For the spring rolls:

- 2 ripe avocados from Mexico
- 6-8 rice paper wrappers
- Fresh basil leaves, to taste
- 1½ cups (375 ml) romaine lettuce or mixed greens
- 2 cups (500 ml) cooked rice noodles (optional)
- 1 cup (250 ml) thinly sliced red cabbage (optional)

For the peanut sauce:

- ¼ cup (60 ml) creamy peanut butter
- 1 tbsp (15 ml) soy sauce (or tamari)
- 1 tbsp (15 ml) lime juice (fresh)

- 1 tsp (5 ml) sesame oil
- 1-2 tsps (15-30 ml) maple syrup, to taste
- ¼ tsp (1.25 ml) garlic powder
- 1/8 tsp (0.75 ml) ginger powder
- 2-4 tbsps (30-60 ml) warm water (as needed, to thin)

Directions:

1. Prepare the fillings

Slice the avocados into thin strips. Wash and dry the greens and cabbage, if using. Set the basil and noodles aside.

2. Make the peanut sauce

Whisk together the peanut butter, soy sauce or tamari, lime juice, sesame oil, , garlic powder and ginger powder until smooth. Add in the maple syrup until desired sweetness is reached.

3. Soften the rice paper

Fill a shallow dish with warm water. Prepare the rolls one at a time, dipping one rice paper wrapper until it becomes soft and pliable. Place it on a clean, damp surface.

4. Assemble the rolls

For each roll, layer a small amount of lettuce or greens, basil, noodles and cabbage, if using, and a few slices of avocado on the lower third of the wrapper. Fold in the sides and roll tightly from the bottom to seal.

5. Serve

Enjoy the rolls immediately, with the peanut sauce for dipping.

Wellness tips:

- Avocados bring a naturally creamy texture along with good fats and fibre, helping you feel comfortably satisfied.
- For the freshest results, roll just before serving.
- You can lighten the sauce by reducing the maple syrup or adding a touch of warm water for a thinner consistency.

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Budget-friendly comfort food with a healthy twist



(NC) During the cold winter months, Canadians gravitate towards cozy comfort foods for quiet days and nights at home. These rolls—with a heart-healthy Canadian special ingredient— fit the bill with an affordable recipe that doesn't compromise on flavour, while using Holiday leftovers to add moisture and soften the texture:

Cinnamon Swirl Rolls

Prep time: approx. 2.5 hours

Cook time: 20 to 25 minutes

Makes: 12 rolls

Ingredients

Dough

- 3 tbsp (45 ml) granulated sugar, divided
- 1 cup (250 ml) unseasoned mashed potatoes, cooled
- 1/2 cup (125 ml) hot water
- 2 1/4 tsp (11 ml) active dry yeast
- 1/3 cup (75 ml) canola oil

- 2 eggs, lightly beaten
- 1/2 tsp (2 ml) salt
- 3 1/4 cups (810 ml) all-purpose flour

Cinnamon sugar filling

- 1 cup (250 ml) packed brown sugar
- 1/4 cup (60 ml) canola oil
- 1 tbsp (15 ml) ground cinnamon

Cream cheese spread

- 1/2 cup (125 ml) cream cheese, softened
- 1/2 cup (125 ml) icing sugar, sifted
- 1/4 cup (60 ml) 35% whipping cream
- 1 tsp (5 ml) vanilla
- 1 tsp (5 ml) lemon juice

Directions

Dough

1. In a medium bowl, add potatoes and all but 1/2 tsp (2 mL) of the sugar. Mix to combine and set aside.
2. In a large bowl, add the reserved sugar to the hot water and dissolve. Add yeast to the water mixture, let stand until it's frothy, about 10 minutes. Whisk in oil, potato mixture, eggs and salt.
3. Slowly add in flour until dough becomes sticky.
4. Place dough onto a floured surface and knead in remaining flour until smooth, about 5 minutes.
5. Place in an oiled bowl, cover and let rise until dough has doubled in bulk, about 1 hour.

Cinnamon sugar filling

1. In a small bowl, mix sugar, canola oil and cinnamon until well combined; set aside.
2. Once dough doubles in size, gently press the centre to release trapped air. Reform into a ball and place on a floured surface.
3. Using a floured rolling pin, roll out dough to form a 14 x 18 inch (36 x 46 cm) rectangle.
4. Sprinkle sugar mixture evenly over the rolled-out dough. Gently press the mixture in.
5. Starting from a long side, gently roll into a long cylinder. Pinch seam closed. Using a serrated knife, cut into 12 pieces and place in a parchment paper-lined 9 x 13 inch (23 x 33 cm) baking pan. Cover and let rise until doubled, at least 30 minutes.
6. Preheat your oven to 375 (190°C).
7. Bake until golden, 20-25 minutes. Remove from oven and let cool in pan.

Cream cheese spread

1. In a bowl, using electric hand mixer, beat ingredients together until creamy. Spread over cinnamon buns before serving.

Tip: using canola oil instead of butter helps decrease the saturated fat content of the rolls. Canola is a heart-healthy option for a variety of snack recipes, such as stovetop popcorn, scones and churros.

You can find more Canadian recipes at hellocanola.ca.

Attention editors: alternate evergreen introduction:

(NC) During the cold winter months, Canadians gravitate towards cozy comfort foods for quiet days and nights at home. These rolls—with a heart-healthy Canadian special ingredient— fit the bill with an affordable recipe that doesn't compromise on flavour, while using some leftovers to add moisture and soften the texture:

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Try these light, clean and comfortingly fresh stuffed avocados



(NC) Finding a meal that fuels you without weighing you down is a great feeling, and this fresh twist on shrimp salad does exactly that. With creamy avocados from Mexico as the base and a bright and crisp shrimp salad tucked inside, this dish offers a refreshing balance of textures and flavours.

The avocados add good fats and are an excellent source of fibre, helping to satisfy while keeping it light. Quick to prepare and naturally wholesome, this is a recipe you'll want in your regular rotation.

Nordic Shrimp Salad-Stuffed Avocados

Prep time: 10 minutes

Servings: 4 avocado halves (2 servings)

Ingredients:

- 2 ripe avocados from Mexico
- 1½ cups (375 ml) cooked and chopped Nordic shrimp
- Finely diced red onion, to taste
- Fresh cilantro or parsley, to taste
- Mayonnaise or Greek yogurt, to taste
- Lime juice, to taste
- ¼ tsp (1.25 ml) garlic powder
- Salt and pepper, to taste
- Optional : hot sauce or chili flakes

Directions:

1. **Prepare the avocados**
Halve and pit the avocados. Scoop out a small portion of the flesh to create a larger space in the centre. Dice the scooped flesh and set it aside.
2. **Make the shrimp salad**
Combine the shrimp, red onion and herbs in a bowl. Add mayonnaise or Greek yogurt, lime juice, garlic powder, salt and pepper. Mix until everything is evenly coated.
3. **Fold in the avocado**
Gently stir the diced avocado into the shrimp mixture. Adjust seasoning and add hot sauce or chili flakes if you prefer a bit of heat.
4. **Assemble**
Spoon the shrimp salad into each avocado half and serve immediately for the freshest flavour.

Tips:

- To keep the avocados bright, drizzle the halves with lime juice
- For a more refreshing bite, chill the shrimp mixture before stuffing

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Enjoy a bright and balanced start to the morning



(NC) Breakfast is the most important meal of the day because it's your first opportunity to nourish your body. This can boost your energy through the day and set a positive tone for the hours ahead.

These breakfast tacos are a delicious and wholesome way to do just that. Warm tortillas filled with fluffy eggs and savoury mushrooms form the base. Creamy slices of avocados from Mexico offer a satisfying mix of flavours while delivering good fats and an excellent source of fibre to help keep you fuelled.

Egg, Avocado and Mushroom Breakfast Tacos

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4 tacos

Ingredients:

- 4 small tortillas
- 1 ripe avocado from Mexico, sliced
- 4 eggs
- 1 cup (250 ml) sliced mushrooms
- 1 tbsp (15 ml) olive oil or butter
- 2 tsps (30 ml) chopped green onion
- Lime wedges
- Salt and pepper, to taste
- Optional additions: salsa, chili flakes, shredded cheese, chopped fresh cilantro

Directions:

1. **Sauté the mushrooms**
Heat the olive oil or butter in a skillet over medium heat. Add the sliced mushrooms and cook until tender and lightly golden. Season with salt and pepper. Transfer to a bowl and keep warm.
2. **Scramble the eggs**
Whisk the eggs in the same skillet with a pinch of salt and pepper. Cook over medium-low heat, stirring gently until soft and fluffy. Remove from heat.
3. **Warm the tortillas**
Heat the tortillas in a dry skillet for a few seconds per side until warm and pliable.
4. **Assemble the tacos**
Layer scrambled eggs onto each tortilla. Add a spoonful of mushrooms, followed by slices of avocado. Sprinkle with green onion and cilantro if desired.
5. **Finish and serve**
Add salsa or chili flakes for heat, a squeeze of lime for brightness, and serve immediately.

Nutrition notes:

- For a lighter option, use corn tortillas.
- Avocados bring creaminess and a boost of good fats and fibre, helping you stay comfortably full throughout the morning.
- To add extra vegetables, sauté spinach or peppers with the mushrooms.

Word Count: 328 + 1 image

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A nourishing bowl full of feel-good flavour



(NC) A harvest bowl is an option for when you want a meal that feels grounding, colourful and deeply nourishing. This harvest bowl brings together warm roasted vegetables, crisp fresh fruit, hearty grains and the creamy richness of avocados from Mexico – which also provide fibre and good fats. It's simple to prepare, easy to customize and ideal for lunch or dinner when you crave something both comforting and nutritious.

Quinoa, Brussels Sprouts and Avocado Harvest Bowl

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

Ingredients:

- 1 cup (250 ml) cooked quinoa
- 2 cups (500 ml) Brussels sprouts, halved
- 1 ripe avocado from Mexico, sliced
- 1 apple, thinly sliced
- 1 hard-boiled egg, halved
- 2 tbsp (30 ml) pumpkin seeds
- Olive oil
- Salt and pepper

For the dressing:

- ¼ cup (60 ml) Greek yogurt or mayonnaise
- Lime juice, to taste
- Olive oil, to taste
- Garlic powder, to taste
- Salt and pepper, to taste
- Optional: Dijon mustard or honey for added depth

Directions:

1. Roast the Brussels sprouts

Preheat the oven to 400°F (200°C). Toss the Brussels sprouts with a little olive oil, salt and pepper. Roast for 18 to 20 minutes, or until tender and lightly caramelized.

2. Prepare the base

Place the cooked quinoa into two bowls. Fluff with a fork and season lightly with salt and pepper.

3. Assemble the toppings

Arrange the roasted Brussels sprouts, sliced apple, hard-boiled egg and pumpkin seeds over the quinoa. Fan the fresh avocado slices along one side of the bowl.

4. Make the dressing

Whisk together Greek yogurt or mayonnaise, lime juice, olive oil, garlic powder and seasoning until smooth. Adjust to taste.

5. Drizzle and serve

Spoon or drizzle the dressing over the bowls and serve immediately.

Topping variations:

- Swap in sweet potatoes, roasted carrots or kale for seasonal variety

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- For extra protein, add chickpeas, grilled chicken or tofu

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A deliciously better-for-you chocolate treat



(NC) Feeling good about what you eat doesn't have to mean giving up treats. These avocado truffles with maple sea salt bring together rich cocoa, natural sweetness and the creamy texture of avocados from Mexico for a dessert that tastes decadent while still supporting a more balanced approach to wellness. The avocados contribute fibre and good fats, creating a silky smooth centre without any heavy cream.

Naturally sweetened, simple to make and endlessly customizable, these truffles offer a more mindful way to enjoy something chocolatey. They're perfect for gifting, entertaining or

keeping in the fridge for a little energy-boosting bite whenever you need it.

Dark Chocolate Avocado Truffles with Maple Sea Salt

Prep time: 20 minutes

Chill time: 30 minutes

Servings: 12 to 16 truffles

Ingredients:

- 1 ripe avocado from Mexico
- $\frac{3}{4}$ cup (175 grams) dark chocolate, melted
- 2 to 3 tbsps (30-45 ml) maple syrup
- 1 tsp (5 ml) vanilla extract
- Pinch of sea salt, plus more for sprinkling
- 2 tbsps (30 ml) cocoa powder for rolling
- Optional coatings: matcha powder, chopped nuts, shredded coconut

Directions:

1. Prepare the avocado

Halve and pit the avocados. Scoop the flesh into a bowl and mash until completely smooth, or blend for an extra silky texture.

2. Mix the chocolate base

Stir the melted dark chocolate into the avocado. Add maple syrup, vanilla and a pinch of sea salt. Mix until fully combined and glossy.

3. Chill the mixture

Cover and refrigerate for about 30 minutes, or until firm enough to scoop.

4. Shape the truffles

Using a small spoon, scoop portions of the chilled mixture and roll into balls with your hands.

5. Coat and finish

Roll each truffle in cocoa powder, matcha powder or chopped nuts. Add a light sprinkle of sea salt on top if desired. Keep refrigerated until ready to serve.

Tips:

- Use high-quality dark chocolate for deeper flavour and more antioxidants
- For a dairy-free option, ensure the chocolate contains no milk ingredients

Attention editors: Here is an alternative headline and intro for Valentine's Day

A better-for-your-Valentine chocolate treat

(NC) This Valentine's Day, you can treat someone special (or yourself) to a chocolate that loves you back. These avocado truffles with maple sea salt bring together rich cocoa, natural sweetness and the creamy texture of avocados from Mexico for a dessert that tastes decadent while still supporting a more balanced approach to wellness. The avocados contribute fibre and good fats, creating a silky smooth centre without any heavy cream.

Naturally sweetened, simple to make and endlessly customizable, these truffles offer a more mindful way to enjoy something chocolatey. They're perfect for gifting to your Valentine—or stashing in the fridge for a little love-infused pick-me-up whenever you need it.

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Word Count: 319 + 1 image

Download

Safety - Seasonal & Weather

3 tips for faster, safer snow removal this winter



(NC) Snow season in Canada demands preparation, technique and the right tools. Whether you're tackling a light dusting or a heavy snowfall, these quick tips will help you clear your property faster and more safely this winter.

1. Start early to stay ahead

Don't wait until snow piles up. Clearing fresh snow before it compacts or turns to ice makes the job much easier and helps prevent slippery surfaces. Multiple light passes are safer and less strenuous than battling through heavy, packed snow all at once.

2. Use the right tools and the right technique

A well-designed, ergonomic shovel or pusher can reduce strain on your back and shoulders. If you have a larger driveway or frequent, heavy snow, a snow blower can make the job more manageable. Some manufacturers, like Garant, now have electric cordless models—part of a shift towards quieter, battery-powered tools for winter maintenance.

When shovelling, it's important to lift with your legs, push rather than toss when possible and take short breaks to avoid fatigue.

3. Dress smart and stay hydrated

By layering up in moisture-wicking, breathable clothing, you can keep warm without overheating. Gloves with good grip and waterproof boots can help you stay comfortable and steady on icy ground. Cold weather can be just as dehydrating as summer heat, so getting plenty of water is very important.

With the right timing, tools and techniques, snow removal doesn't have to be backbreaking. A little preparation and the right equipment go a long way toward keeping you safe, efficient and ready for whatever winter brings. Learn more at garant.com.

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4 winter wellness tips for staying energized



(NC) When daylight is short and to-do lists are long, it's easy to feel your energy fade. Staying well through the winter is less about powering through and more about understanding and working with your body's natural rhythms.

A few simple habits can help you stay strong, steady and energized through the darkest months of the year. Here are four ways to get started:

1. Chase the light.

Even a few minutes of daylight can help regulate your sleep-wake cycle and improve your mood. Try stepping outside for a quick walk during a lunch break or keep the blinds open early in the day to soak up extra natural light.

2. Move, even when it's cold.

Gentle activities like stretching, yoga, or an evening stroll keep circulation strong and help combat winter fatigue. It can also boost your mood and support immune function, which can take a hit in colder months. Try wearing layers for any outdoor movement so that you can more easily adjust your temperature as your body warms up.

3. Support your immune health.

Wellness doesn't begin and end with cold season. Daily immune support can help your body adapt to stress and stay resilient. One way to give your energy and immune system a lift is by using an herbal formula, such as St.

Francis Herb Farm's, which blends traditional adaptogens—natural substances that help your body respond to stress, anxiety and fatigue—to help balance energy and strengthen immune response.

4. Don't forget the basics.

Making sure you get enough sleep goes a long way toward maintaining your energy and health. Shorter days and less sunlight often mean lower Vitamin D levels, which can affect both energy and mood. You can consider making up for the loss of sunlight with a supplement to maintain wellness throughout the season.

By giving yourself small daily rituals and gentle supplemental support that help your energy and wellness, you can stay bright and energized all winter long. You can learn more at stfrancisherbfarm.com/immunity.

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Technology & Science

Your guide to choosing the right phone and plan



(NC) For many, buying a new phone or mobile plan can be a daunting experience. From figuring out the type of phone and plan you need to comparing all of the available options, there's a lot to consider. You can make more informed choices by following these simple tips:

Match your plan to your usage. There are a variety of phone plans available because there's a wide variety of mobile users. What kind are you? Think about what you plan to use your phone for:

- Are you a heavy streamer? Consider prioritizing a larger data package.
- Do you travel frequently? Some plans offer better roaming rates than others.
- Do you mostly or exclusively use Wi-Fi? You may want to opt for a more data-light plan.

Pick the right device for you. Some users love upgrading to the newest, most advanced phone every year. Others just need something reliable for calls, texts and photos. The key is knowing what matters most to you. Mid and entry-level devices can still meet many users' everyday needs, without having to splurge on a fancier phone. But for some needs, an upgrade is the right decision. For instance, if you need to take high-quality photos or videos, most entry-level phones just aren't going to cut it.

Do a cost-savings analysis. It's easy to lock in on a device's sticker price—especially if that price is \$0—but it often pays to look closer. Factor in any monthly plan fees associated with the device. Evaluate the plan to make sure it offers what you need and doesn't have expensive features that you won't make use of. Many providers also offer seasonal promotions, so take that into account when comparison shopping.

Look for additional savings. You can find significant mobile savings in unexpected places. For instance, some retailers, like The Mobile Shop, let you use loyalty points to lower cost of phones. For example, PC Optimum members can redeem their points to lower cost of phones, letting them get mobile savings from everyday purchases.

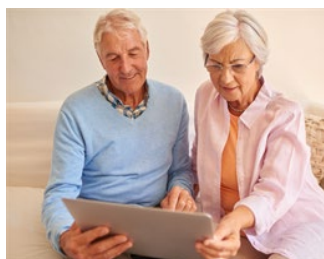
Staying connected is easier when you know what you need. Taking the time to understand your options helps you choose the phone and plan that work best for you.

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New internet or phone plan? 3 smart checks



(NC) New phone, internet or TV plan on your wish list this holiday? Before you unwrap, take three quick steps to make sure you're set up safely to avoid surprises, protect your data, and know your rights if something goes wrong:

Use your trial period if you need it. Always test any phone, TV or internet service purchased to make sure they meet your needs during any available trial period. For example, if you bought a new wireless service, you have 15 days to cancel your contract and return your device without penalty if you're unhappy with what you received. Check with your provider for the terms of your trial period—it may have usage restrictions.

Change your default settings for safety. If you bought home internet service that has Wi-Fi, your router will come with preset settings for the network name and password. Leaving those settings as is makes it possible for bad actors to gain access to your home network.

Change the network name to something unique, but that doesn't give out any of your information—don't include any parts of your address. Change the network password to something memorable but hard to guess. If you're unsure how to change your settings, you can search online or contact your service provider.

Always review what you bought. Look over the contracts and bills for all of your services to make sure they match what your provider promised. Most contracts include a short plain-language summary of the key contract terms and main points. If you find an issue, you should contact your provider to try and fix the problem.

If the provider doesn't resolve the issue to your satisfaction, you can take the complaint to the Commission for Complaints for Telecom-Television Services (CCTS). They're the independent agency that can help find a solution that works for both customer and provider, with the authority to direct providers to correct problems when needed.

Thousands of Canadians each year resolve their complaints with wireless, TV and internet services issues through the agency. Most of those are resolved at the early stages of the complaint handling process.

By knowing your rights and taking some simple safety steps, you can enjoy your new services with confidence and peace of mind. Learn more about resolving your telecom issues at letsstayconnected.ca.

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Travel & Leisure

Why is luxury yacht cruising on the rise?



(NC) Travel today is less about checking destinations off a list and more about finding experiences that feel meaningful and personal. Many travellers are looking for journeys that move at a more thoughtful pace and connect authentically with local culture.

One travel style leading this shift is luxury yacht cruising, which has quickly grown in popularity as a way to explore the world by sea. Here are some reasons why:

Travellers can get a personalized experience. Unlike traditional cruise liners that carry thousands, boutique yachts welcome just over 100 guests, offering a more intimate and immersive style of travel. Some companies, such as Emerald Cruises & Tours, have itineraries that include harbours that larger ships can't reach, anchoring in quiet ports or historic coastal towns. The smaller ship sizes allow for a blend of cultural immersion, active exploration and the relaxed pace of ocean travel.

The trend has wide appeal. Yacht cruises attract a range of travellers, from couples celebrating milestones, families sharing an adventure to seasoned explorers getting a fresh perspective on familiar shores. In the Mediterranean, guests can stroll bustling markets one day and step ashore in a quiet fishing village the next. In the Caribbean, one port might hum with music and colour, while another offers tranquil turquoise bays.

It's an experience designed for comfort. Shared spaces encourage passengers to connect with each other, while private suites offer quiet comfort and ocean views. Menus are typically inspired by regional flavours and prepared with locally sourced ingredients, which can give travellers an additional way to experience each destination.

With their relaxed pace and focus on local culture, luxury yachts offer travellers a new way to experience ocean cruising that encourages intimate connections between passengers and to the destinations they visit. You can discover more about this type of experience at emeraldcruises.ca/yacht.

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What is ultra-luxury expedition cruising?



(NC) Some travellers are seeking a different kind of escape. Unlike traditional ocean voyages, expedition cruises are designed for exploration. Purpose-built yachts can navigate through icy waters, hidden fjords and distant archipelagos, letting passengers access regions that few have the chance to visit. It's immersive and educational travel with a sense of purpose.

It takes travellers to the ends of the earth. Expedition cruising focuses on wild and remote destinations: Canada's northern frontier reveals breathtaking summer landscapes of glaciers, migratory birds, whales and the glow of the midnight sun. At the opposite pole, Antarctica offers an entirely different world with a vast white wilderness, towering icebergs and colonies of penguins.

Finding a daily rhythm of exploration. Days on an expedition cruise unfold differently from any other vacation. Antarctic travellers might set out in a Zodiac boat to explore the icy shoreline, step ashore for a guided hike or simply take in a whale surfacing nearby. Passengers can form cultural connections by meeting residents of Arctic communities and learning how their traditions have evolved in these extreme environments. On board, experts, including naturalists, historians and scientists, help give context to each moment.

It blends adventure, comfort and sustainability. Expedition yachts are equipped with modern suites, fine dining and inviting spaces for reflection. Between excursions, travellers can unwind, learn from guest lecturers or watch the scenery drift past. Many newer vessels also feature advanced technologies designed to reduce environmental impact, ensuring that exploration remains responsible and sustainable.

Some companies, such as Scenic Luxury Cruises & Tours offer a new kind of experience, with discovery yachts. Each is equipped for exploration, complete with two helicopters, a submersible and a team of specialists to guide every step of the journey. It's an adventure that doesn't disregard care for the planet or comfort.

For those looking to experience the world in a more meaningful way, expedition cruising offers a fresh perspective. It's a chance to experience the actual ends of the earth in an unforgettable way. You can learn more about expedition cruising at scenic.ca/ocean.

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