

Eat Well For Your Thesis



“Eating Well on King Street in uptown Waterloo has a great selection of foods, teas, grains, personal care and home cleaning products that will ease your impact on the earth”

Recent reports out of England show definitive proof that organically grown food is higher in nutrients than chemically grown foods.

Eating well is essential to full comprehension and knowledge retention. You will not be able to fully apply yourself to your studies if your body and mind are under-nourished and after 4 years of eating ‘like a student’ it is time, as a grad to feed your body.

If you are new to town or are looking to improve your diet I hope you will use this guide to your benefit. With this sprawling town it may be hard to find the healthier food stores, especially without a car. Thankfully most are within walking distance of the school, and certainly in easy biking distance and on many bus routes.

Recent Reports out of England show definitive proof that organically grown food is higher in nutrients than chemically grown foods and in the End of Food author Thomas Pawlick reports that current methods of high-input chemical agriculture is leading to foods that contain less nutrients than they did 50 years ago. This makes sense considering most chemically grown foods are only given an N-P-K fertilizer mix, failing to replenish other nutrients that plants strip from the soil in factory monocropping.

To this end I would like to point you to some good sources of organically and more traditionally grown foods that will help you through your course work and help fuel your brain to write your thesis.

First and foremost there are two companies that will deliver a prepared box or a custom order to your door (or back door in a cooler) once a week.

Homefield Organics is a Guelph based business who deliver in

Waterloo on Thursdays while the St. Agatha based Pfenning's, who also have a store you can drop into, deliver on Wednesdays. Both of these companies have easy to navigate websites which give a full listing of available products as well as their organic status and where they are from. The bountiful selection of available foods includes: fruit, vegetables, grains, cereals, breads, juices, dairy and soy products, as well as prepared meals and spreads of all sorts.

The owner of Homefield Organics, Wayne (always on a first name basis) tells me a selection of meats will be added when he can find a diverse and reliable local source while Pfenning's has meats ready to order. I personally use Homefield's services and have never been disappointed with the quality of my received items and their prices are at least as good as the stores; if you ever have a problem with quality you will receive a refund the following week. The added bonus is that you don't have to leave your house to do most of your shopping.

If you want some immediate eats there are some small organic and natural products shops in the area as well.

Eating Well on King St. in uptown Wa-

A great source of organic and naturally grown food is the St. Jacob's and Kitchener Farmer's Markets.

terloo has a great selection of foods, teas, grains, personal care and home cleaning products that will ease your impact on the earth and promote a healthy and active brain and body.

The Natural Food Store on Bridgeport St. (across for the Sobey's Plaza) doesn't have the produce selection but has an on site bakery which is fabulous. Other than that it is quite similar to Eating Well though larger in scope.

If you are around Belmont Village in Kitchener, The Natures Cupboard is a great source for organics and other natural products though I have found this small shop is a little pricier than the others. They do, however, make up for it with a vast selection of available products.

Additionally most of the region's grocery stores have an organics section of some sort, and I find Zehrs has the largest selection of the chain stores. Rarely do you find any local products in these large chain stores and their prices are usually no better than the small independents.

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Staying Healthy in 2008 Cont'd...

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One of the most important things you can do for your health is to eat well. A diet rich in fruits, vegetables, and whole grains can help reduce your risk of chronic diseases like heart disease, diabetes, and cancer. You should also get regular exercise and enough sleep. If you're traveling, make sure you have travel health insurance. This covers you for medical expenses if you get injured or ill while traveling outside of the province in which you reside (including international travel). The Studentcare Dental Network is an exclusive benefit to Plan members. Network dentists offer a reduction off the fee schedule for eligible dental services (refer to the Annual Fee Guide for General Services for a breakdown of eligible dental services (refer to the Dental Coverage Chart for a breakdown of coverage). This gives you higher coverage when combined with the covered portion of your Dental Plan.

The Plan covers an eye exam, up to \$500 per year. Laser eye surgery is covered up to a maximum of \$150 per policy year. LASIK MD, a leading provider of laser eye surgery, is a member of the Vision Network. LASIK MD offers an additional \$150 reduction on laser eye surgery, meaning students covered by the Health Plan can double their coverage.

So as you begin the New Year make a commitment to your health. Visit www.ihaveaplan.ca to get all of the information regarding your health plan. You are covered until August 31, 2008 regardless of when you finish your studies or when you re-enroll. If you have any questions, contact Ellen Menage at the WLOGSA office on Tues/Wed/Thurs between 10am and 3pm, or email her at emenage@wlu.ca.

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Students who are leaving on a recognized academic exchange can have their travel health benefits extended for the first 120 days of their exchange, plus another 120 days after the end of the exchange as long as they remain members of the student association/union at the University College, and keep their provincial health-care coverage. You must notify studentcare.net/works before leaving on an exchange.

Eat Well For Your Thesis Cont'd...

I'd be a poor reviewer of our area's natural food availability if I did not mention one of the best sources of local and organic or naturally grown food. The St. Jacobs and Kitchener) farmers markets are open year round (check websites for days and hours of operation) and are superb sources to get all your dietary and gift needs. My favourite vendor sells naturally raised Duck, Bison, and Elk meat and the Mennonite apple cider, maple syrup, and honey is the best in the world.

Be careful of the resellers who are slowly overtaking the produce stands at the market. These are not farmers but people buying from the same sources as the grocery stores and selling it to you; they are making it harder and harder to find local and organic produce.

A stomach full of healthy food will aid in the quest for academic excellence. Waterloo may be a smog capital (how does that fit in with an 'intelligent city?') but you can still find great natural products and organic foods to fuel your body and take care of your home.

Resources:
 Homefield Organic Food Company – <http://www.homefieldorganics.com/>
 Pfennings Organics – <http://www.pfenningsorganic.com/store/>
 St. Jacobs Market – <http://www.stjacobs.com/html/shopping-farmersmarkets.html>
 Kitchener Market - <http://www.kitchenermarket.ca/>

Submitted by Dan Kellar