

2014 GREEN LIVING SHOW APRIL 25-27

Spring Clean Your Body

Green Living Show has everything you need to get back on the path to health and wellness

TORONTO -- April 2, 2014 -- Your body is a temple. But with the extended winter we have just endured, chances are you've filled that temple with a tad too much comfort food to fight the winter blues. Don't fret! The Green Living Show, happening April 25-27 at the Direct Energy Centre has everything you need to spring clean your body and get back on the path to health and wellness.

Recipes from the Pros

Get advice from chefs and health food experts on how to prepare healthy meals your family will love. Canadian celebrity chef Jamie Kennedy will be sharing delicious recipes made from local Ontario ingredients. Sarah Elton will share tips to change the way you eat by helping you fall in love with making your own food. Celebrity nutritionist Julie Daniluk, host of Oprah Winfrey Network's Healthy Gourmet, will share how you can incorporate slimming meals that heal into your daily diet. And detox without the pain with The Raw Juice Guru's 'juice feast', a new way to cleanse without starving.

Fire up your taste buds at the Ontario Culinary Explorer's Pavilion

Ontario is blessed with an amazing array of meat and produce, and at the Green Living Show, you can nourish the inner foodie in you by eating your way around the province at the Ontario Culinary Explorer's Pavilion. Back by popular demand, the pavilion will feature gourmands from eight Ontario regions, including globally-inspired flavours from Toronto, world-class tipples from Niagara, and farm fresh fare from Durham. Start off your journey with spicy madras chickpea salad from Halton's Harvest Goodies, fill-up on hearty dishes such as All-Ontario Grilled Cheese Sandwiches by Chef Brian MacAskill at the Eaton Chelsea Hotel, Gregor's Pulled Pork "Portage Packs", then cleanse your palate with Toronto's Pluck Teas' CTRL+ALT+DEL infusion featuring dried Muskoka cranberries. Round up your tasty adventure with Mead from Niagara's Rosewood Estate Winery & Meadery.



Eat healthy right from your backyard

The key to healthy eating is right in your own backyard. You don't need acreage to plant a produce farm-- start one in your own garden! Even condo dwellers have no excuse - condo-farming is the latest trend to hit urban dwellers pressed for space. Urban farming kits like the ShroomBox and the Organic Sprout Kit lets you start your own mushroom and sprout farm in your patio or windowsill.



And that empty parking lot across your condo? At the Urban Agriculture Pavilion's mobile guerilla gardening display, showgoers can learn how a vacant parking lot, roof or building site can provide the perfect venue to temporarily grow food in containers. These portable gardens allow urban farmers to develop the space, providing instant food for local communities and greens until the vacant lot becomes sold or developed.

Overhaul Your Pantry

Clear up your pantry and make room for a healthy makeover! With over 70 food exhibitors, from organic nuts to gluten-free chips to all-natural Mexican hot sauce, you can load up on healthy alternatives to everyday ingredients.

Guilt-Free Snacking with Gluten-Free, Vegan and Organic Treats

Vegan chocolate truffles, gluten-free buttercrunch, organic wine? Say it isn't so! Guilt-free treats have never been yummiier, and the options are endless. Satisfy your sweet tooth or a salty craving without the guilt, just remember, as with everything, moderation is key!

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About The Green Living Show

The Green Living Show is Canada's largest consumer show dedicated to simple solutions for leading a healthy and sustainable lifestyle. This three-day event offers inspiration for all ages and features influential speakers; eco home, cottage and garden design; local and organic food and wine tastings; health, wellness and yoga pavilions; eco fashion and green beauty makeovers; electric and hybrid car test drives; nature exhibits and fun activities for the entire family.

www.greenlivingshow.ca

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