

West Coast Families

It's Our Annual
**Green
Issue!**

Camp Guide, Part 1:
Sleepover & Family Camps

Multi-Cultural Parenting

West Coast
mom

CBC's Margaret Gallagher

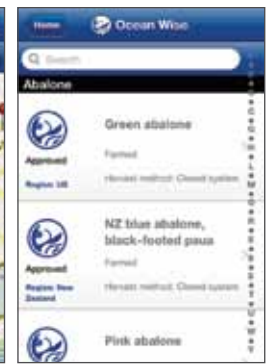


Green Finds

Ocean Wise App for iPhone

Search over 3,000 Ocean Wise restaurants and suppliers for sustainable seafood choices, search and browse different seafood species, locate nearby Ocean Wise restaurants and markets via GPS mapping, and get seafood recommendations. Compatible with iPhone, iPad and iPod Touch. Free on iTunes.

www.oceanwise.ca



iQ—The Smarter Cleaner

Toxin and chemical free, iQ uses the water from your tap and a small cartridge of earth friendly concentrate that you mix in with your own spray bottle. Each time the cleaner runs out, you just add more water to your existing spray bottle, pop in a new cartridge and watch it dispense a complete new bottle of cleaner. Starter kit \$5.49. Refill cartridge \$2.79. Available at Walmart, Whole Foods, London Drugs and natural health retailers.

www.iqclean.com

Otterbottle's Hot New Line

From the Canadian company known for their whimsical stainless steel water bottles comes a new line of insulated stainless steel water bottles and beverage containers, with the same eco-friendly build. Insulated food container, \$21.99. Insulated beverage container, \$23.99. See website for list of retailers.

www.otterbottle.ca



Scraps—Vancouver's First Green General Store

This lovely Main Street store was opened by two local moms and carries everything from eco-friendly housewares and art supplies to repurposed fashion, bags and accessories, plus sustainable and fair trade clothes, toys, jewellery and beauty products.

4770 Main St. | 604.569.0144 | scrapsvancouver.com



Saf and Benjamin Opens in Yaletown!

With clothing lines like Mini Mioche and Knuckleheads, shoes from See Kai Run, and unique and eco-friendly gifts, this store is one eco-cool find for Yaletown and downtown parents. Online store launching in April, and strollers will be on the floor in May.

1081 Marinaside Crescent | 778.999.3510 | www.safandbenjamin.com



Splice Those Lice!

Come spring and summer, and lice makes its way into many households—and heads. Lice 911 is Canada's only completely natural head lice removal and education agency. And now they've launched their new Head Lice Screening & Removal Kit, with all the tools you need to get rid of those pesky nits at home, including an instructional DVD. \$89.95.

www.lice911.com

Good Riddance! Showing Clutter the Door by Susan Borax and Heather Knittel

A clever mixture of gentle mockery and brutally honest advice designed to rid your home of C.R.U.D. (Completely Ridiculous, Useless Debris), this humorous take on getting organized identifies the 101 household clutter items responsible for most of the congestion in our homes and explains how to get rid of the C.R.U.D. SRP \$14.95.

