

Your Local



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5 reasons to include more mushrooms in your diet

(NC) Mushrooms are more than just a tasty ingredient to add to your meals; they're also an environmentally sustainable food source and nutritional powerhouse. Here are five reasons to add more to your plate.

More for less. Since mushrooms do not contain cholesterol, fat or gluten and are low in calories and carbohydrates with very low sodium content, you can eat and enjoy them as often as you'd like.

They'rerichinnutrients.Mushroomsarepackedwithessentialvitaminsandminerals.Some key nutrientsinclude:

- **B Vitamins:** They're rich in B vitamins like riboflavin, niacin and pantothenic acid which help in energy production and maintaining brain health.
- Antioxidants: They contain antioxidants such as selenium and glutathione which help combat oxidative stress and reduce the

risk of chronic diseases.

• **Potassium:** Mushrooms are a good source of potassium, a nutrient that maintains fluid and electrolyte balance which helps control blood pressure.

A versatile ingredient.

Mushrooms pair well with a variety of foods including eggs, pastas, stirfries, stews and more. Coupled with their ability to replicate a meaty texture, they pair well with beef and other meats and can be used as a vegetarian substitute. Whether you prefer white, crimini, portabella, shiitake, oyster or king oyster, mushrooms can be consumed raw or cooked in a myriad of ways.

Water conscious. Compared to other foods that we eat, mushrooms take a lot less water to grow. Consider this; it takes approximately 6.8 litres (1.8 gallons) to grow 0.5 kg (1 lb) of mushrooms compared to other common vegetables which require an average of 17.6 litres (4.65 gallons)

of water per pound.

Grown in Canada. Mushrooms don't need to travel far to get to your local grocery store or market. They're grown year-round by Canadian producers from coast to coast. This ensures they're always fresh while reducing the carbon footprint needed to get them from farm to table.

Learn more about the nutritional and environmental impact of mushrooms and find dozens of recipes at mushrooms.ca.

www.newscanada.com



May 3, 2025 – June 7, 2025



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Upcoming Events in Pickering



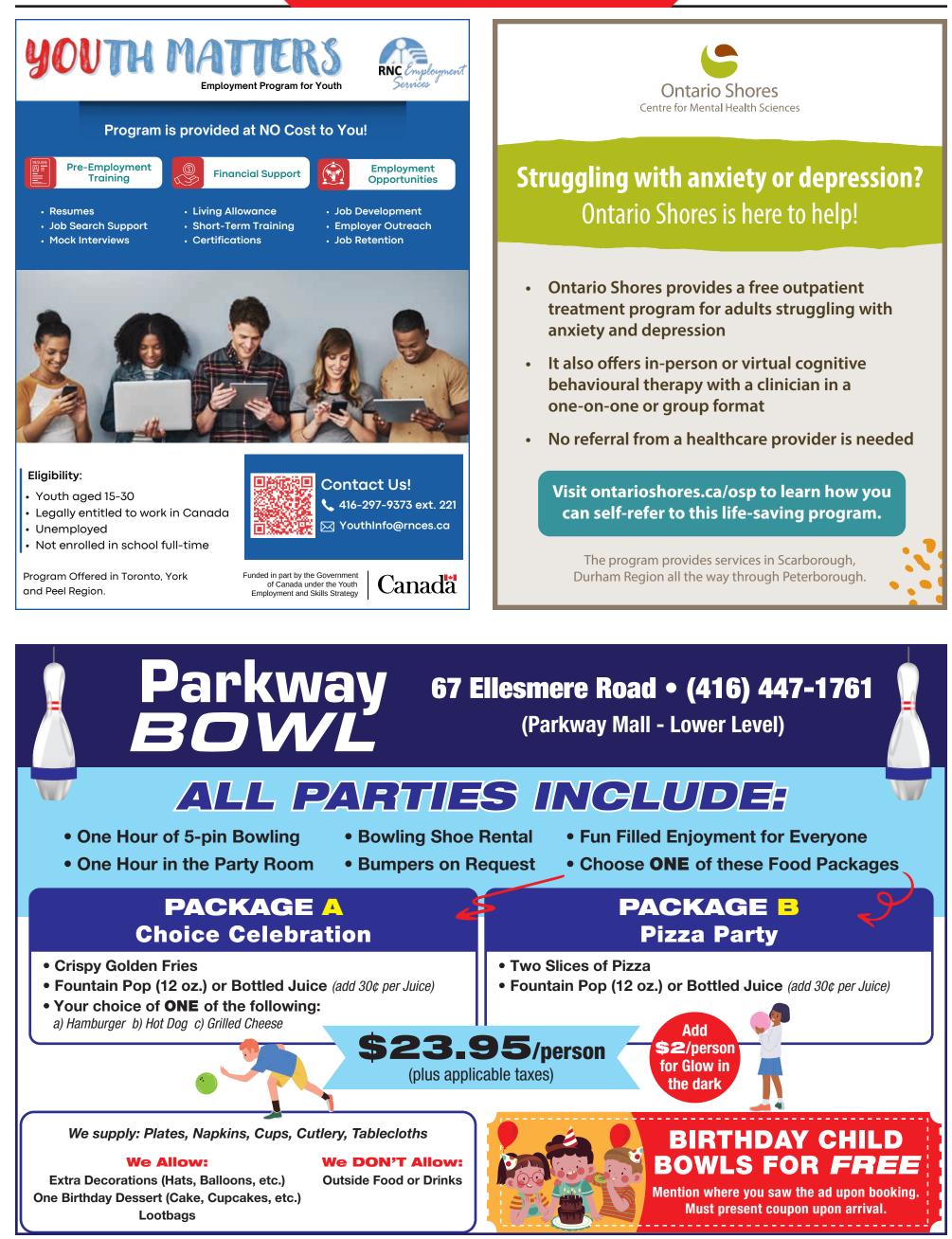


Canada Day Tuesday, July 1 7 - 10 pm • Kinsmen Park CONCERT • FIREWORKS • SNACKS



pickering.ca/events

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Summer BBQ's Start at Vienna Fine Foods. Introducing our new Meat Boxes. Stock Up and Save!

1) BBQ Starter Box (\$65)

- 1 x 6 Pieces Chicken Legs 1 x 4 pack Burgers (Beef, Turkey or Pork) 1 x 4 Pack Fresh Sausages
- 2 Pieces NY Striploin Steak (8oz)

2) BBQ Premium Box (\$100)

- 2 Pieces NY Striploin Steak (8oz)
- 2 Pieces Rib Eye Steaks (8oz)
- **4** Pieces Boneless Chicken Breasts
- 2 Pieces Pork Tenderloins 1 Rack Back Ribs

3) Low & Slow Smoker Box (\$100)

2 Rack Back Ribs 1 x 3lb Pork Shoulder Butt 1 x 4lb Beef Brisket, 1 Whole Chicken

4) Frozen Beef Burgers (\$60)

40 pieces @ 4oz OR 25 pieces @ 6oz



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YOUTH



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Businesses hate uncertainty; unfortunately, the world has become very uncertain. The risk of tariffs, recessions or layoffs is a reality. Does your business have a plan to navigate the risks? Reach out to us, we can help. Our focus is helping companies understand their costs and adjust their pricing. We will create a budget, as well as a forecast, plus perform data analysis to help you manage your business in a professional manner.



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💿 416-297-9373 ext. 221 🝙 YouthInfo@rnces.ca

RNC Employment

Employment Program for Youth AT NO COST TO YOU

SECURITY GUARD TRAINING

- Financial Support for Eligible Participants
- Resume Preparation
- Employment Opportunities

Funded in part by the Government of Canada under the Youth Employment and Skills Strategy

• One-to-One Support

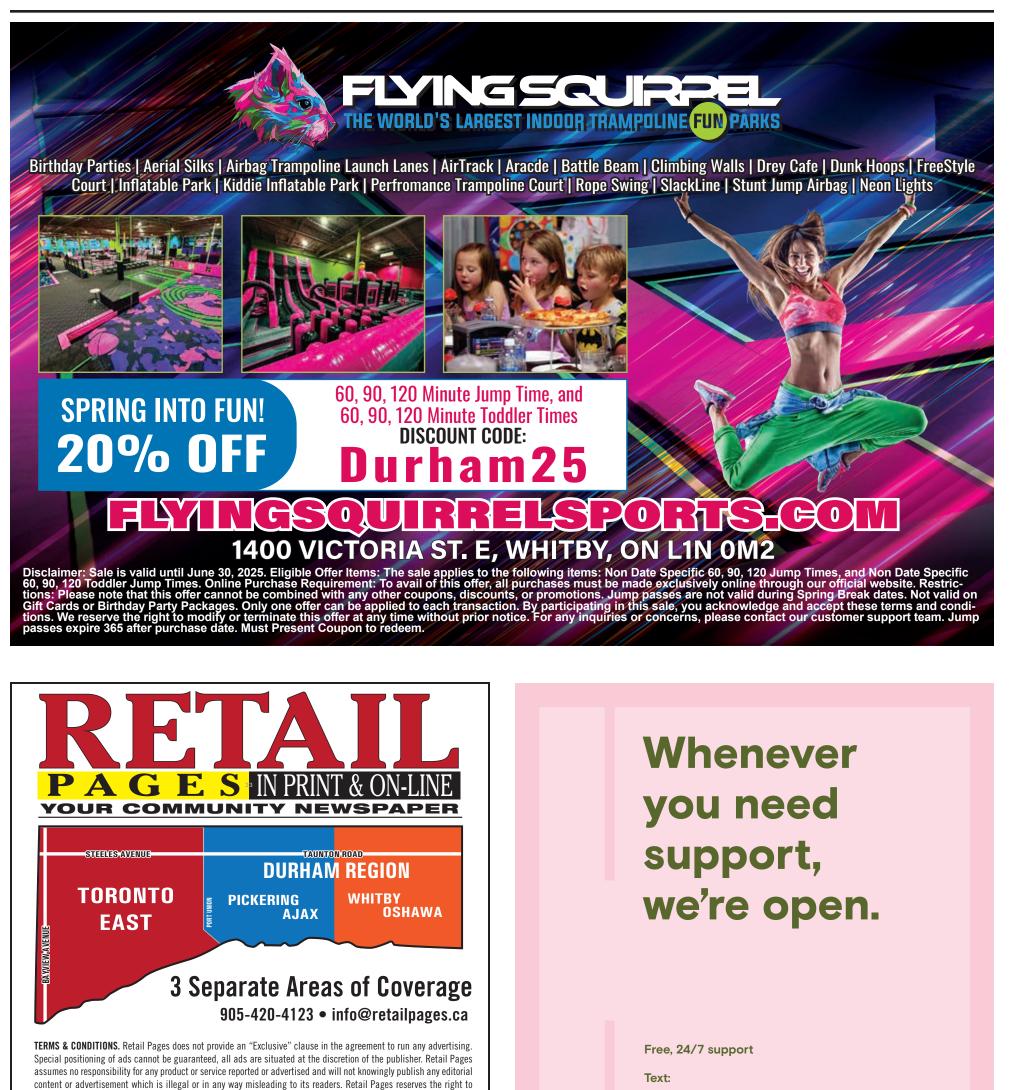
Eligibility

Youth aged 18-30 Legally entitled to work in Canada Unemployed Not enrolled in





Canada



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May 3, 2025 - June 7, 2025

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- Our Central Intake team will review the referral and recommend the best service for your needs.

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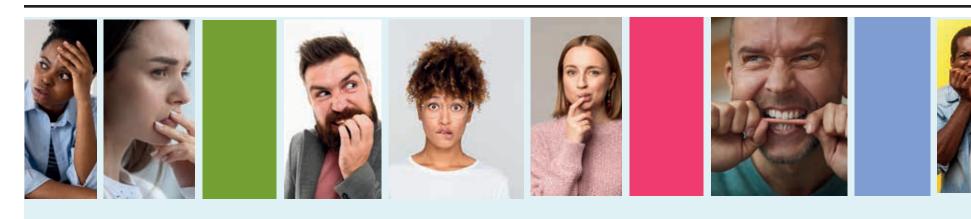




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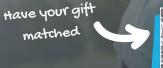
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May 3, 2025 - June 7, 2025

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- info@accesemployment.ca



Looking for support in your career journey? ACCES Employment can help

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ACCES Employment supports over 56,000 jobseekers annually, to overcome barriers and find suitable employment. A Canadian non-profit organization with decades of experience, ACCES provides a wide range of specialized programs, services, and resources tailored to the unique needs of their clientele.

Through strategic partnerships with employers, government agencies, and community organizations, ACCES facilitates job placements, skills training, network building, mentorship opportunities, and additional resources aimed at helping jobseekers achieve their professional goals.

In this current uncertain job market, individuals looking to find work or upgrade their skills may find themselves overwhelmed. ACCES can make a difference, by helping them overcome employment barriers and reach their goals through their services.

ACCES Employment Services

- Job Search Support: Including resources and information, job search workshops, and employment counselling, as well as job placement and retention services.
- Employer Connections: Connecting jobseekers with a network of employers to provide opportunities for job placements via direct referrals, exclusive hiring events, job fairs, etc. ACCES also provides retention services to help individuals succeed in their new roles, even after being hired.
- **Skills Development:** Facilitation of online workshops and training programs designed to enhance jobseekers' professional skills during their employment journey including resume development, interview best practices, program information sessions, and more.
- Industry-Specific Programming: Sector-specific bridging programs

are available to support jobseekers in finding work that aligns with their past experience. Each program provides customized sector specific training, covering industries like healthcare, engineering, agri-tech, etc.

Networking Opportunities: Mentoring support programs are available to connect jobseekers to professionals that will support them in their career growth and development, an important aspect of a successful job search.

Why Choose ACCES?

www.accesemployment.ca

ACCES Employment understands the challenges facing jobseekers today and is here to help. To learn more, visit accesemployment.ca to explore resources and schedule an appointment. Call 416-921-1800



Jobseekers and employers network at ACCES Employment's Speed Mentoring Marathon®

