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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're rich in nutrients. Mushrooms are packed with essential vitamins and minerals. Some key nutrients include:

- **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, stir-fries, 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.

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4 ways to protect yourself from car theft

NC) Auto theft has been on the rise in Canada and can affect both personal and commercial vehicle owners. Whether you drive a family car or manage a fleet of delivery trucks, taking proactive measures can help stop theft in its tracks and offer you greater peace of mind. Here are some simple tips to protect your vehicle from being stolen:

Take care when you park

The first step to preventing auto theft is to always lock your doors, close your windows and take your keys with you when parking. Be aware of where you're parking and be sure to park in garages or busy, well-lit areas whenever possible. Parking between other cars also makes you a lower target for theft. If you have a garage at home, be sure to use it.

Install an anti-theft device

More and more Canadians are

turning to GPS-enabled anti-theft devices to help protect their vehicles. Not only do these devices deter thieves, but they also help police locate your vehicle if it does get stolen. There are different options available in different provinces, so speak to your insurer to find out what device they recommend. Installing one will not only improve your vehicle's security, but may also help lower your auto insurance premiums.

Be aware of your belongings and key fobs

Never leave money or valuables in plain sight. Even items such as expensive equipment, tools or electronics can attract thieves to your vehicle. It's also important to keep your keys or keyless fob away from doors and windows. Thieves can use relay attacks to intercept signals from key fobs and unlock vehicles. There are signal-blocking

pouches and metal containers that can prevent this when your fob is not in use.

Use vehicle identification measures

Consider having your windows and other major car parts marked with your vehicle identification number (VIN). This makes it more difficult for thieves to sell them. If

you have a commercial vehicle, consider adding branding to deter theft by making your vehicle easier to track.

Learn more auto theft prevention tips at cooperators.ca.

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Social Media & Screen Time: Helping Youth Create Healthy Digital Boundaries

With so many Ontario kids spending hours online each day, the effects of social media and screen time on mental health have become more pressing. CAMH research shows that children **who spend more than three hours daily on screens** are at greater risk for mental health issues, including anxiety and depression. As a therapist, I see how easy it is for youth to feel trapped in a cycle of comparison and stress that comes with the pressures of online life.

At **Vault Mental Health**, we support youth and families in understanding how to set healthier digital boundaries. We offer practical strategies to reduce

screen time and focus on fostering self-esteem and confidence in a world that's so often dominated by unrealistic online standards. With 15+ therapists specializing in youth mental health, we offer individual therapy, family therapy, and virtual options to accommodate your family's schedule. Let us help your child find balance and well-being.

Visit: www.vaultmentalhealth.com to learn more or book a session in Whitby or online.

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About the Author
Jessica O'Connor, Director, Registered Social Worker, Psychotherapist and Clinic Owner.

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Ontario Shores
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- It also offers in-person or virtual cognitive behavioural therapy with a clinician in a one-on-one or group format
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How to build personal financial resilience

(NC) Financial resilience is just as much about health as it is about wealth. Studies show that those with a strong financial foundation are better prepared to handle crises, whether they be personal or a large-scale disaster.

Just as we would prepare for a flood or wildfire, financial resilience allows you to weather life's uncertainties with confidence. Here are a few ways to build your personal financial resilience:

Educate yourself

Understanding your personal finances is the first step to building resilience. Take time to invest in yourself and seek out resources to learn about budgeting, investing and risk management. Look into books, workshops or financial literacy programs that are in your area or available online. A financial advisor is also a great source of information and advice. The more informed you are, the better decisions you can make when facing financial uncertainty.

Build an emergency fund

A financial safety net can be the difference between reassurance and stress in an emergency. To create an emergency fund, work toward saving enough to cover living expenses for three to six months in an easily accessible account. This can help cover costs such as home repairs or expenses during a job loss.

Create a realistic budget

A proper budget is the foundation of financial resilience. A simple way to make a budget is by subtracting the cost of your monthly expenses from your after-tax income. This gives you a balance to contribute to your savings goals each month. You could also consider creating a spreadsheet or finding a budgeting app that ensures you're saving consistently and avoiding unnecessary spending.

Plan for retirement

It's important to think about life after you stop earning your regular wage. Contributing to retirement

savings and long-term investments ensures you're financially prepared for the years ahead. Consider speaking with a financial advisor who can help create a plan that considers your lifestyle and retirement goals.

Get insurance protection

Having the right insurance can prevent a financial crisis in the face of an emergency. Life insurance, for example, is the first line of protection

for your loved ones should the unthinkable happen. Review your home, auto and personal insurance policies regularly to ensure you're adequately covered, especially against climate-related risks such as floods and wildfires.

Explore financial solutions and resources that can help build resilience at cooperators.ca.

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May 3, 2025 – June 7, 2025



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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.

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