

# MARKET MUSINGS

**By Jan Freedman**

After a winter that almost wasn't, it appears that a similar fate has befallen our spring. The weather has been so unpredictable that there are few of the famous cherry blossoms to be seen in High Park.

I hope that there won't be a significant impact on our crops.

The first new vendor I'd like to introduce to you this season is called Guilt Free Goodness, who joined us at the final indoor market at the Armoury. It is a collaboration between three nutritionists: Laura Gambin, Vita Pantaleo and Nyla Chaudry. After working in the field of holistic health, they decided to come together to make tasty food which is also healthy and nutritious. All their baked goods are gluten free, dairy free and free of refined sugar. Their salads and smoothies are made with fresh ingredients, sourced locally whenever possible.

Laura became passionate about nutrition and living a healthy lifestyle at a young age, growing up with grandparents and parents who raised her eating whole foods and fresh vegetables from the garden. Her grandfather was ahead of his time and urged her to read books about nutrition and vitamins.

Laura earned her degree in Psychology and Biology at Wilfred Laurier University. She then pursued her dreams and attended the Canadian School of Natural Nutrition where she received her designation as a Registered Holistic Nutritionist.

Knowing that there was a lack of healthy food on the market, she created her own brand where every ingredient is completely natural and healthy. She tested her product first at a Collingwood market to great success.

Laura believes in and enjoys a balanced lifestyle of healthy food, the great outdoors and travelling the world with her Australian fiancé.

Vita is a Certified Nutritional Practitioner. After years as an accounting professional, she left the rat race to spend more time with her children. Soon after, she realized the impact of proper food choices on one's overall health by observing her children's reaction to the food they consumed. This awareness led her to change the way she viewed nutrition.

One of Vita's passions is teaching her children to lead healthy, vibrant lives and to nurture their bodies with wholesome food. Vita leads an active lifestyle with her family while travelling, practicing yoga and going for long walks with her husband.

Nyla is also a Registered Holistic Nutritionist and currently a student at the Ontario College of Homeopathic Medicine studying Homeopathy. Her passion for healthy food began when she became a mom. She consciously made efforts to prepare homemade nutritious food for her children and, as a result, her children now eat a wide variety of foods and are open to trying new things. This led her to pursue her interest in nutrition so she undertook studies at the Canadian School of Natural Nutrition and obtained her degree. As a co-founder of Guilt Free Goodness, her goal is to inspire people to make healthy food choices and treat their bodies holistically.

All of Guilt Free Goodness' delicious options are made with high quality ingredients (often organic) and super foods to nourish your body. You won't feel guilty eating them!

Their hope is that you will find them as nutritionally delicious as they do. They are as excited to be a part of the Aurora Farmers' Market as we are to welcome them and they look forward to meeting new people and having them become devotees of their wonderful and healthy baking. I encourage you to visit their booth on Wells Street.

See you at the Market!