

THE BEST  
BABY GEAR

KITCHEN RENO  
ON A BUDGET

OLYMPICS-INSPIRED  
WINTER FASHION

# CANADIAN family

Annual  
**FOOD**  
ISSUE

family  
tested

53 easy  
dinner ideas

GROCERY FAVES!

**OUR FOOD  
AWARD  
WINNERS** P.85

HOW TO  
OUTSMART  
PICKY  
EATERS P.26

18 YUMMY WAYS TO

use up all  
of the food  
in your fridge

plus **BOOST THEIR  
BRAINPOWER!**

foods that pack smarts & nutrition

WINTER 2010

# Olympic Legacy

How hosting the Olympic Winter Games is changing B.C. for the better, one community at a time

BY TIM JOHNSON  
PHOTOGRAPHY BY JOHANN WALL



THE *Picher family*  
Able to afford their first home, thanks to the Olympic village construction.

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## if you go

Combining sea and sky, Vancouver and Whistler make a great vacation destination, even more so now that you will be able to relive your favourite Olympic memories while you're in town. Here are a few suggestions on where to stay and what to do on your next visit to the West Coast.

### Whistler

#### WHERE TO STAY

**Hotel Adara** Seconds from the Village Stroll but in a quiet corner of town, Adara offers the best of both worlds, in one charming little boutique hotel. Check into one of their loft suites, which features a bedroom, living room and kitchen on the main floor, plus a separate second floor bedroom with its own private terrace. **The**