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VITA



INSIDE *the* ISSUE

HOLIDAY Count down to *Christmas* with a *luxe* advent calendar

BEAUTY Make an *essence* your holiday skincare hero

SHOPPING Gifts *to give*, that give back

WINE Six *stellar* suggestions for après sipping

TECH Dive *into the* world of underwater watches



A rare discovery from Clarins: moonlight flower cryoextract, with the potency to restore skin's youth. Combined with revitalizing and replenishing peptides for rare results on the signs of aging. In only 7 days, women see firmer, smoother and more radiant skin.*

CLARINS
Precious
AS RARE AS YOU.

CLARINS

*Consumer test, 200 women using La Crème.



Editor's DESK

A Note From Noa

I'm ready to embrace the comfort of the holiday season. While my mind remains on the many crises occurring around the world, I'm also feeling the fatigue of worrying about it all. You see, it's personal. With family in Israel, and a child in (now a heavily guarded) Jewish school, I've felt a lot of stress and anxiety in the last few weeks. While I won't turn away from what's happening (and you can read reporting I've done online), I also recognize the need to give myself some grace; feeling helpless all the time isn't healthy. That said, this issue of VITA is full of holiday cheer, from a very merry content creator to an advent calendar extravaganza to gifts that give back. On my wish list? A cool hair-styling tool from Dyson's Ceramic Pop line—and peace on Earth, please.

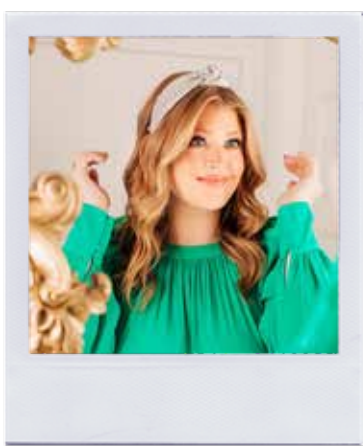
Noa Nichol EDITOR-IN-CHIEF



Talk about an inspiring woman! The name Meredith Shaw is synonymous with curve fashion, body positivity and female empowerment. From award-winning singer-songwriter to radio and TV host, on-air style expert and model, Meredith is fiercely passionate about inspiring and motivating women of all sizes to embrace their power and feel sexy, confident and fabulous in their own skin. Plus, she absolutely loves the holidays!

Meredith Shaw

@MEREDITHSHAW



Tell us a bit about yourself to start.

I'm a Toronto girl raised with a deep love for music, massive respect for the shoulders I stand on, obsession with those who show up fully as themselves and a commitment to always inviting everyone to the party.

How do you use your platform to impact those who follow you?

The biggest compliment I get when I meet someone in person is when they say, "OMG you're just like you are online!" I use my platform to impact others by being honest, present, curious and inclusive. If I'm invited to do something kinda cool, I show it—not to show off but to bring you into the experience as well. I hope my corner of the Internet makes you feel better when you watch it: inspired, connected, hopeful.

What's your personal style/beauty mantra?

Style is access to the possibility of who you are; I'm so passionate about inclusivity! If you don't make the size or the shade, you're not just denying someone an outfit or glam, you're denying someone what they are going to DO in it. That first date that could turn into the love of their life, the job interview into their dream job ... make the damn size, make the damn shade.

O, Christmas! Are you a holly jolly junkie?

I couldn't love this time of year any more than I already do! Holly jolly all the way! I'm also a Sagittarius (and am a big birthday person) so December is just the best. Who doesn't like life with a side of twinkle?!

How will you be spending the holidays this year?

We'll be home in Ontario visiting family and then taking off for a little sunshine after Santa does his work.

PHOTOS: BLUE ASPEN PHOTOGRAPHY

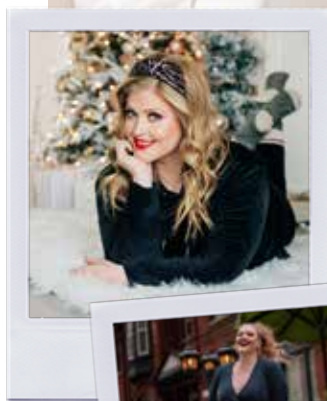


PHOTO: STEFANIE MAOZ

What's your fave type of gift to give, and do you give back in any way?

I love giving either experience gifts or customized prezzies. It's all about intention and thoughtfulness and one rule I have in my family is that we can only open one present at a time—because I don't want to miss any reactions! We give back as a family; it's so important to share that way of being with the kids. I am very grateful to be able to help as I can because that is the true meaning of Christmas.

Wish time: what is at the very top of your personal gift list?

Travel, always. And, I can't believe I'm going to admit this (because you know you're a grown up when ...) but I really want a pressure washer. That back patio won't know what hit it in the spring! V

Liquid Asset

BY EMILY MACCULLOCH & INGRIE WILLIAMS @T.ZONEBEAUTY

As much as we don't want to believe it, winter is here, which means dry, irritated and itchy skin is imminent. While some things in the beauty industry seem like a gimmick, updating your skincare routine for colder weather isn't one of them. But, instead of doing a complete overhaul on every step of our daily regimens, we've found there's one product we can add into our AM and PM priming sessions that makes a big impact: an essence (sometimes called a toner). Originating in Korea, these skincare VIPs are water-based liquids that are applied to cleansed skin and seriously amp up hydration. Here's the intel on essences—a.k.a. the secret sauce to any winter skincare routine.

THINK: FLUID FIRST

Layering isn't just the smartest approach to dressing for winter—it's also an effective way to fortify skin against the drying effects of cold weather and arid indoor heating. An essence acts like that all-important, form-fitting lightweight base layer you reach for first before piling on a hefty knit. Due to its watery texture, these formulas can easily trickle below the skin's barrier level, infusing the epidermis with much-needed hydration, while bringing other key ingredients along for the ride.

KNOW YOUR TYPE

To find a good essence match for your skin, learn to scan labels for the right ingredients. Hyaluronic acid is a superstar active that all skin types can benefit from. It's plumping, hydrating and lightweight, which means it won't be too heavy for even the oiliest of skin. When it comes to curbing breakouts, salicylic acid is a champion to help clear out clogged pores and combat inflammation. If your skin is on the dry side, look for a formula with ceramides, which are ultra-nourishing,



strengthening and protective lipids found naturally in the skin. Lastly, if softening fine lines is your MO, choose an essence with peptides. These little amino acids help to rebuild and repair damaged skin cells for a smoother complexion.

CREAM CONNECTION

Whether for brightening, soothing, clarifying or strengthening, an essence can add an array of benefits to your skincare routine. But every juice has its limits. To prevent major moisture loss and protect the outermost layer (which helps keep skin feeling supple, calm and all-around

comfy), apply essence, serum and then face cream as a last un-skipable step. Moisturizer is made to sit on the skin, forming an occlusive barrier that will trap hydration for longer periods. Every skin type can also consider switching to a heavier formula once winter hits, even our naturally oily complexions appreciate more-buttery or balm-like textures during colder months.

TIP: DON'T WASTE A DROP!

Skip the cotton pad, and splash essence into palms before pressing onto the face. V

Get to know this winter skincare hero before the temperature dips



Best for ...

- 1 Oily Skin** Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant, \$49. [Sephora.com](https://www.sephora.com)
- 2 Sensitive Skin** Dr. Andrew Weil for Origins Mega-Mushroom Relief & Resilience Soothing Treatment Lotion, \$56. [Origins.ca](https://www.origins.ca)
- 3 Dry Skin** Belif Moisturizing Bomb Toner, \$41. [Sephora.com](https://www.sephora.com)
- 4 Mature Skin** Pixi Botanical Collagen Tonic, \$38. [Shoppersdrugmart.ca](https://www.shoppersdrugmart.ca)
- 5 Normal Skin** Caudalie VinoPerfect Brightening Glycolic Essence, \$73. [Caudalie.com](https://www.caudalie.com)

THE MAKING OF THE ONTARIO

Holiday Issue

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COUNTDOWN TO
CHRISTMAS

Holiday on the daily

with our favourite advent calendars



Sisley, \$980
 HOLTRENFREW.COM



Armani, \$500
 ARMANI-BEAUTY.CA



Pupa, \$150
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Riversol, \$240
 RIVERSOL.COM



Sephora Collection, \$40
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Dr. Hauschka, \$135
 DRHAUSCHKA.CA



The Body Shop, \$215
 THEBODYSHOP.COM



Benefit, \$200
 SEPHORA.COM



Clarins, \$155
 CLARINS.CA



L'Occitane, \$150
 LOCCITANE.COM



M.A.C., \$325
 THEBAY.COM



Soja & Co., \$129
 SOJACO.CA



Guerlain, \$850
 GUERLAIN.COM



M.A.C., \$325
 THEBAY.COM



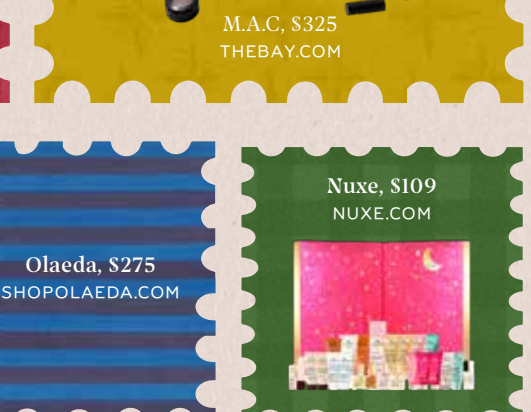
Yves Rocher, \$75
 YVESROCHER.CA



Shoppers Drug Mart, \$130
 SHOPPERSDRUGMART.CA



Olaeda, \$275
 SHOPOLAEDA.COM



Nuxe, \$109
 NUXE.COM



Hudson's Bay, \$249
 THEBAY.COM



Saje, \$121
 SAJE.CA



FLOWER POWER

French skincare brands are tapping exotic, rare and fascinating flowers for unique ingredients with remarkable properties

BY AILEEN LALOR



What is it with French brands and flower-based skincare? Barely a day passes without a new serum with a rare and precious bloom announced from la République. Clarins' director of responsible innovation, Marie-Hélène Lair, says it's cultural. "In Europe ... we have great traditional usage of essential oils and plants as medicine," the pharmacist and herbalist explains. "Previously it was empirical—you don't know why it works, but it works—but now we know the content of the leaves, stems and roots, and which part we have to collect and make extracts to produce specific drugs."

Caroline Nègre, YSL Beauté's scientific director, says there's also some *savoir faire* that comes from making perfumes. "For YSL because we are a fragrance brand and we have this long heritage with Monsieur Saint Laurent and the jardin, we have this expertise with botanicals and what we know on the science side is that certain things cannot be synthesized," she says. "And we know in the way we create our formula and blend, we tend to combine those botanical ingredients with what we called the dermactives—so, for example, saffron with hyaluronic acid."

Clarins' latest launch, Precious, has the moonlight flower, a type of cactus that's originally from Central America. "To be pollinated, these flowers need a specific bird coming at midnight, seduced by the scent of vanilla," says Lair. In the wild, these plants bloom rarely—sometimes just once every 20 years.

It's in Brittany that Clarins' moonlight flowers are organically cultivated, in greenhouses that contain cacti and birds too, so that the entire ecosystem is reproduced. Immediately after harvesting, the plants are frozen to a temperature of -196 C in order to preserve the key ingredient, a protein called FOXO, which is encoded by the FOXO gene.

"There have been many scientific publications about the FOXO gene—a longevity gene," Lair says. "It works in very young skin and doesn't in older skin, so we tell the gene, 'Hey ... you have to work as if the skin is 20 or 30 years old.'" This leads to an increase in production of collagen, which keeps the skin firm, plump and unlined. The range includes a serum, lotion, cream, rich cream and eye cream, and you can also buy an application tool that helps the cream be better absorbed. The moonlight flower is complemented by peptides to help the production of elastin and fibroblasts, both of which help skin behave younger.

In its Or Rouge range, YSL uses saffron, which is the dried pistils of the crocus flower. This contains crocin, an antioxidant and anti-inflammatory. "It's a bizarre molecule and cannot be synthesized by humans or substituted," says Nègre. "We searched for different sources that would have the most naturally high level of this molecule."

Having found this variety, the brand cultivated it in its garden in the Ourika Valley of Morocco—a garden that Nègre built. "This region has a huge variation in temperature—from summer to winter and day to night," she says. "It gives a kind of stress to the plant and the plant synthesizes crocin in response to that." The plant is cultivated under regenerative agricultural practices, harvested before sunrise and then dried in order to preserve the crocin's anti-inflammatory powers. "Low and chronic inflammation—"inflammaging"—damages year-after-year the production of skin's youth factors. These are really the natural response of cells to produce youth molecules that will maintain the skin in a healthy way. The more skin is affected by inflammation, the more signs of aging will appear," she explains. "The objective of Or Rouge is to slow down this inflammation process and to support the skin in restoring its fight against wrinkles, sagging and so on." The Or Rouge



collection consists of mask, cream (in a refillable jar), serum and cleanser.

Another French brand, L'Occitane, uses the immortelle flower, which can grow in rocks and withstand strong sunlight and sharp winters. "It has been known for over 2,000 years for its healing, anti-inflammatory and pain-relief properties," says Vandana Tandon, chief marketing officer, North America. The brand has identified seven extracts from the plant, used in multiple products including the Immortelle Divine Cream, which Tandon says has the strength of retinol and vitamin C. L'Occitane first explored organic farming in 2004 and now all its ingredients are produced thusly.

Other French brands that use precious flowers are Chanel, which incorporates Gabrielle Chanel's favourite flower, the camellia, in its Hydra Beauty and N°1 De Chanel range. Dior's Capture Totale Le Sérum includes extracts of longoza and iris flowers, cultivated in the brand's gardens in Tuscany, Italy. And Guerlain's Orchidée Impériale range has an ebony-coloured orchid that flowers once a year and can adapt its metabolism to its environment.

To seal the French connection, Clarins Precious has a moonlight-flower-inspired scent developed by master perfumer Dorothee Piot in Grasse, France. It's vanilla-ish, with notes of peony and musk—floral, luxurious, elegant, and very, very French. V



VITA X WALMART

Gifts for Every Name on Your List

@ WALMART

It's officially the holiday season, and your calendars might already be filling up with corporate work parties, white elephants or Secret Santas and festive family get-togethers. Indeed, we're all looking to find that perfect gift or stocking stuffer, without breaking the bank. Walmart Canada is the one-stop-shop for Canadians this season, offering trendy, fun and stylish gifts at affordable prices, both online at Walmart.ca and in-store.



1. MADDEN NYC WOMEN'S HAT AND SCARF 2-PIECE GIFT SET (\$25) This colour-coordinating accessory set includes a knit hat with a pompom and a folded cuff. The scarf has a super-soft feel and a trendy all-over print. Made to keep you warm throughout the cold season, it makes the perfect gift for yourself or someone else.

2. GEORGE WOMEN'S FLANNEL PAJAMAS 2-PIECE SET (\$19) Everyone needs classic and cosy PJs for those cool nights! Pick up this George women's flannel pajamas set, made from 100 per cent cotton for a comfortable feel.

3. ONN. 10.1-INCH 1280 X 800 LCD TOUCHSCREEN 32 GB 2.0 GHZ QUAD-CORE TABLET GEN 3 (\$100) Take it with you: mobile computing has never been easier than with the onn. 10.1 in. tablet. Great for everyday use, onn. provides a crystal-clear display and up to 17 hours of battery life. Surf, work, socialize play or even stream content from the web. Onn. has also added the Camera from Google app for taking high-quality images! Running the Android 11 operating system, this tablet has a familiar smartphone-like feel, with added kick for all of your surfing needs.

4. NYX PROFESSIONAL MAKEUP HOLIDAY LIP LINER TRIO (\$40) The perfect gift to smooth talk your way into any holiday party this szn! The trio includes a sharpener and three shades of the Line Loud Lip Liner: Ambition Statement, Total Baller and On A Mission.

5. CANADIANA WOMEN'S CLOG SLIPPERS (\$25) Featuring a soft suede upper and a rubber outsole, these slippers are styled with a round toe and faux fur at the collar and insole. Easy to slip on and off, it's the perfect pair for chilly mornings and late nights spent lounging around.



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*Share the
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SQUARE ONE

Presents of a Kind

Make this holiday season count with gifts that give back

BY ALEESHA HARRIS

In 2013, Holt Renfrew launched an in-store department called the H Project. Spearheaded by Alexandra Weston, the now-VP of brand and creative strategy, the space aimed to promote products and brands “helping to drive positive change within the industry.”

“H Project’s purpose is to connect customers with causes and communities to inspire a new generation of purposeful luxury that’s helping to drive positive change within the industry,” Weston says. “[It] provides a platform for these brands and their makers to support their products and tell the story behind them.”

The initial selection was driven by a single question: “If the fashion industry was so influential that it could cause such negative social and environmental impacts, then was it not possible to push that pendulum in the other direction and use that same influence to be a catalyst for good?”

A decade later, the assemblage of artisan offerings and sustainable brands has positioned Holt Renfrew as a leader in eco-conscious luxury with company-wide programs and commitments within the Holts Sustainable Edit, “science-based targets” within its corporate community investment strategy, a charity partner program with WWF-Canada and more.

The H Project offering has expanded to include 292 independent artisans and brands from more than 40 countries, representing 150-plus artisan communities, says Weston. Artisan partners are chosen for the aesthetic appeal of their products and positive impact that they carry. “With a decade of experience under our belt, we’re pretty good at knowing where to look and what questions to ask,” she says of the selection process. “The other way we find products is through partnerships with incredible organizations and people, like Obakki and Treana Peake, who dedi-



cate their lives to create positive impact by supporting artisan communities.”

Peake is the founder of the “purpose-led lifestyle brand” and foundation Obakki, which works with thousands of artisan partners in countries like Uganda, Kenya and Mexico. The artisans earn fair compensation for their products and additional support offered with the goal of ensuring a sustainable working environment. Peake travels to each community to establish long-term connections with the makers, ensuring “sustainability, traceability and ethical production,” according to the brand. “Where all our product comes from, it’s not made in factories. It’s small

batch, made by humans,” Peake has said of the curated artisan selection.

The idea of conscious consumerism—buying and using products with a mindful and intentional perspective—has increased recently. A March 2021 survey from Statista showed 46 per cent of Canadian shoppers said they purchased more “biodegradable and eco-friendly products,” with 49 per cent saying they supported and were eager to support companies and retailers offering more eco-friendly options and perspectives.

“More and more, customers are making purchasing decisions based on a brand’s values,” Weston says. “This is amazing.

And a lot of brands are making changes to their production and sourcing to align with those demands.”

With the goal of supporting makers closer to home, retailer Simons launched an initiative called Fabrique 1840 in 2018. The digital platform offers access to an ever-growing list of goods by Canadian designers and artisans. What started as 50 handpicked makers has grown to include more than 400 from “all four corners of the country” with goods spanning homewares and furniture, ceramics, accessories and even modern art.

“The motivation ... is to create a mutually beneficial ecosystem,” says Cecile Branco, director of vision, sustainable development and circular economy at Simons. “The road to Canadian economic success is rooted in co-operation and community. With the goal of supporting gifted creators, we wish to ensure they can make a living from their craft and contribute to the local economy.”

It’s an effort that Branco says Canadian shoppers are stepping up to support. “The success of Fabrique 1840 relates to our customers’ interest in high-quality design and materials. This is the main reason we keep growing our Fabrique 1840 portfolio with creativity, quality, beauty and authenticity.”

As the interest in sustainable options grows, shoppers can expect to see a further evolution of the eco-conscious offering in stores. And, according to Weston, that evolution includes innovation.

“There is an incredible merging between fashion and science happening that is resulting in an explosion of innovative materials, ways of production, and circular concepts all aimed at minimizing the impacts of fashion and consumerism in general,” she says. “This is an exciting space we are hoping to support as we evolve.” v

VITA X WALMART

Find *Top Toys*

@ WALMART

The kids are starting to pen their holiday wish lists and many of us are gearing up to do a mad dash trying to find the latest and most talked about toys—for our own children, nieces, nephews and friends! Walmart Canada is the one-stop-shop for kids’ gifts at great and affordable prices, both in-store and online at [Walmart.ca](https://www.walmart.ca).



1. UNO QUATRO (\$32.48) Fans of UNO card games will love the UNO Quatro family game. It combines the challenge of getting four-in-a-row with the strategy of matching colour or number.

2. HOT WHEELS MONSTER TRUCKS HW TRANSFORMING RHINOMITE RC (\$69.97) This 1:12 scale remote-control Monster Truck features massive tires, authentic decos and Dynamite Mode. It transforms into a motorized booster for smaller, 1:64 scale Monster Trucks and can launch them up to three feet! Perform cool tricks like 360-wheelies and reach speeds up to 6 mph.

3. Pictionary VS. AI (\$34.97) What is known and loved about Pictionary is elevated to a new level when its human sketches are pitted against AI guesses. But the real points are earned by predicting which sketches the AI will guess correctly. Pictionary vs. AI is packed with hilarity and surprises, making it a perfect board game for family night!

4. VTECH STORYTIME WITH SUNNY™ INTERACTIVE STORY TELLING FRIEND & FOUR ACTIVITY DISKS (\$59.97) Meet a bright, entertaining friend with Storytime With Sunny™! Sunny’s expressive personality engages kiddos as she tells stories with plot twists to keep them hanging on her every word. Sunny invites participation in 300+ activities with four disks and more than five hours of fairy tales, classic songs, guessing games, a poem creator, silly jokes, tongue twisters, daily routines and more.

5. FURBY PURPLE INTERACTIVE PLUSH TOY (\$69.97) This curious creature is an incredibly interactive toy friend with five voice-activated modes and over 600 phrases, jokes and songs. The more they play, the more fun they can unlock! Care for Furby by feeding them and combing their hair. Dress them up with the clip-on beads and make fashion accessories that kids can wear, too.



Searching for a gift that pays it forward? Look no further than these six products with ethical sourcing, fair-trade practices and philanthropic initiatives.

1 Cute, cosy and crafted in Canada, these adorable crocheted socks from the Quebec-based small artisan brand Les Petits Tousi (from \$43 at [Simons.ca](https://www.simons.ca)) offer handmade footwear options for newborns up to age 24 months.

2 This Women’s Asilah Cropped Sweater (\$225 at [Kotn.com](https://www.kotn.com)) from Canadian brand Kotn is even sweeter thanks to its organic cotton-responsibly sourced wool blend and ethical creation in Portugal.

3 Not your everyday advent calendar, this charity-linked creation from 24 Good Deeds (From \$24 at [Donate.24gooddeeds.ca](https://www.donate.24gooddeeds.ca)) sees a charitable project behind each “door” of the calendar that shows exactly where your donations are going to work.

4 Handmade in Oaxaca, Mexico by artisan Julio Martinez Diaz, this clay Liso Corazon Vase (\$135 at [Obakki.com](https://www.obakki.com)) is elegant and earthy—as well as eye-catching.

5 Give the gift of selfcare with this Lulum Bath and Body Oil (\$54 at [Holtrenfrew.com](https://www.holtrenfrew.com)) from the Indigenous-owned brand Skwalwen Botanicals, which features calendula and plantain to nourish and soften skin. Handcrafted in Canada, the brand’s small-batch offering ranges from bar soaps to soothing bath salts.

6 For the kids, meet this year’s Holiday Bear, hand-crafted by Nepalese artisans for Hazel Village and Holt Renfrew (\$65 at [Holtrenfrew.com](https://www.holtrenfrew.com)). Every bear provides hours of meaningful work for underserved communities. Plus, \$5 from each full-priced purchase will be donated to WWF-Canada’s Regenerate Canada plan to recover at-risk species, restore habitat across the country and fight climate change.

Waste Not, Watch Not

Food for thought as you
binge your favourite
cooking show

BY JILL VON SPRECKEN

Pulling back the *Iron Chef* curtain on the world of cooking shows may raise a few burning questions—like what happens to the leftovers? “Food media can generate a lot of waste,” says Desiree Nielsen, a registered dietitian, podcaster, author and past host of *The Urban Vegetarian*. “But it also just as easily can manage and harness that waste in order to feed more people.” However, even when intentions are good, sometimes the food on cooking shows never ends up on someone’s plate—or even the compost bin.

And while composting isn’t exactly captivating TV audiences, it’s a big (and expensive) issue here in Canada, where more than 50 million tonnes of food waste are created each year. Sixty per cent is avoidable due to poor planning and food storage—with the majority occurring at the household level.

But first: a quick refresher. There are a few varieties of cooking shows, and each approaches and treats food differently, both on and off camera. Educational shows à la Julia Child make only a few dishes, but do several takes of each. “Usually it’s one to five versions of that recipe, or one to five takes,” says Ned Bell, chef, sustainability advocate and guest on *Cook Like a Chef*, *It’s Just Food*, *Iron Chef Canada* and various news segments. “Sometimes people eat it on set, and sometimes it’s thrown away.”

Television segments that appear on local networks like Global or CTV are in a league of their own. “Sometimes they don’t even have a kitchen that works,” says Bell. “The daytime shows, they’re usually so fast and so furious that you’re ushered in, you’re kind of barely cooking, and then you’re ushered out. You don’t always know what happens to the food.”

If that’s not fast-paced enough, there are competition-style shows—Mijune Pak’s specialty. The Vancouver-based food blogger is a judge on both *Top Chef Canada* and *Iron Chef Canada*. “I don’t do cooking shows where they have like three versions of that cookie baked at different stages to finally present the final one,” Pak says. “So it’s very different. There’s very little [waste] on ours because we’re eating it. They’re only making four or five plates.” Those plates go to the judges and a few select staff, and even if there are leftovers, they often still get eaten. “Most of the time the crew, they want to eat it,” Pak says. “Unless it’s just not tasty.”

While households are on the hook for the majority of food waste, cooking shows encounter a unique set of challenges that households do not. For one, ensuring that anything served is food safe, especially if it’s been sitting out under hot studio lights. “In my world, we’re taught to really worry about food safety,” says Bell. “So if food has sat out for, let’s say, an hour, I don’t want to really feed it to somebody.”

That concern is echoed by Pak. She says that she’d love to see shows share leftover food more widely. “But I’m sure there’s some kind of legal implications.” Though, she admits she’s unclear on the particulars. She also filmed during COVID, which came with its own food safety restrictions. “Nobody wanted to share plates,” she says. “So then whatever you had left, you just left it.”

In 2017, when Nielsen was filming *The Urban Vegetarian*, her show encoun-



tered a unique problem. “In the jurisdiction that we were filming in, there was no composting,” she says. To combat that, Nielsen and other crew members would bring food home after a long day of shooting. But even that didn’t fully solve the problem. “When you are processing such a large volume of food every day, there’s always going to be a little bit of waste.”

Across the board, all agreed that the person—or in some cases, team—in charge of the pantry and groceries significantly reduced food waste. “They don’t want food going to waste. They’re managing the inventory,” says Nielsen. “When the groceries are done for the next day, they’re going through their current inventory, purchasing only what’s necessary.”

On competition-style shows, the pantry seems especially difficult to manage—picture those huge displays that contestants dash to, before hastily grabbing ingredients. “There’s a kitchen team that replenish that, and makes sure there’s enough,” says Pak. “But at the end of the day, whatever is starting to go off or getting old or whatever, that’s just up for grabs. So we will literally rampage those kitchens at the end of the show and take it all home with us.”

Bottom line: cooking shows seem to be earning a passing grade, food waste-wise. But that doesn’t mean there isn’t room for improvement. Nielsen would like to see production companies take a more active role. “They are often situated in a place, and have the ability to, build relationships with local organizations to help distribute the food,” she says.

“Consumers have so much power to communicate with businesses in general, but also media, to say this is how we should be operating in 2023,” says Nielsen. “And it’s always good to apply positive pressure to create the world we want to see.” ▽

Go food-waste free

Ready to go zero-waste in your own kitchen? The pantry and refrigerator are the best places to start. “One of the biggest things that I tell people again and again, is to start with what you have,” says Nielsen. “Shop your fridge, and particularly your fridge, because it’s perishable.”

Both Pak and Bell are in agreement: learn to eat leftovers. “I think we have to get used to eating leftovers as a small part of combating food waste,” says Bell. “I personally get a pretty good kick out of not wasting food at home, because I love to eat the things that are in my fridge.”

Nielsen notes that many ingredients can be swapped out for ones we already have. “Oftentimes people may not feel confident to go off-script with a recipe,”

she says. “But there are lots of foods, particularly vegetables, that you can swap in without dramatically overhauling the recipe.”

“Teach people how to cook with their entire ingredient,” suggests Pak. “The challenge is to make sure that you use the parsnip tops, the ugly carrots and all that stuff.”

And here’s a hot tip: “Use your freezer,” says Nielsen. Have a bunch of fresh herbs, and you only needed a sprig? “It can be as basic as puréeing those herbs with a little bit of oil, popping them into ice cube trays, and then freezing so you can have these little herb starters.” Or, add in some greens to make a quick pesto, then freeze. Your future self, and compost bin, will thank you.

Après Ski Sips

Whether you’ve just swished in from the slopes or are simply there for the after-party, we’ve got six stellar suggestions for après sipping, all available at LCBO. Lcbo.com



1 Castello Di Gabbiano Riserva Chianti Classico 2016 is a deep, ruby-red wine offering lovely red-fruit notes with hints of tobacco. Earthy and spicy, serve with charcuterie. Castellogabbiano.it

2 Celebrated as the world’s best liqueur, Amaro Montenegro is Italy’s most iconic amaro. Serve neat or on the rocks, or try it in one of the cocktails featured online. Amaromontenegro.com

3 Louis Latour’s Bourgogne Pinot Noir 2020 has a ruby hue and a nose revealing notes of cherry and liquorice. Its mouth, slightly spicy, is the perfect match for a post-slope cheeseburger. Louislatour.com

4 Let dreamy dark-red cherries, forest floor and cedar aromatics grab your attention. Pairings for Liquidity Reserve Pinot Noir include chile rellenos, a mushroom burger and a fireside seat. Liquiditywines.com

5 Big, fruit-forward aromas of raspberry and goji berry are layered with smooth tannins in Road 13’s 2020 John Oliver Malbec. Order beef empanadas or baked eggplant parmesan with this one. Road-13vineyards.com

6 Come in from the cold to a warming Irish Coffee. Pour four ounces freshly brewed coffee into an Irish coffee cup or glass. Add two teaspoons demerara sugar and one-and-a-half ounces Glendalough Double Barrel Whiskey. Stir; top with fresh heavy cream and garnish with coffee beans. Glendaloughdistillery.com

Deep Dive

Into the wonderful, highly technical world of underwater watches

BY ALEESHA HARRIS

Sixty feet below the ocean's surface, my knees resting on the soft sand, I thought—not for the first time—whether I was crazy for saying yes to this. Situated around a half-circle delineated by small, purposefully placed rocks, I joined a handful of other scuba divers similarly perched on their knees.

Waiting on the outskirts of what's referred to by the divers of Nassau's Stuart Cove's Dive Bahamas as the Shark Arena, we waited for "the show" to begin. A professional diver, wearing a suit fitted with chainmail for protection, eased himself into the centre of our circle accompanied by a silver box full of bait. The sharks weren't far behind.

My early concern soon gave way to wonder as the big fish swirled around us eager for a bite of bait. This shark experience—the final in a string of scuba dives in The Bahamas, with a goal to become open-water-dive certified—was the first instance in which I completely forgot about time. Because time, I learned during my training, is an essential element of scuba diving. In addition to ensuring divers have enough oxygen in their tank for a planned dive duration, time matters when it comes to ascension and decompression as well. While digital dive computers have added a technological element to the space, many divers still rely on an analog option, too: dive watches.

In fact, these technical works of art are also coveted by many timepiece collectors. In addition to offering water resistance to depths of up to 200 metres, water-worthy watches increasingly feature sleek silhouettes that have garnered them a dedicated fanbase beyond the scuba-diving set. Here are five stunning dive watches that are sure to make a splash.

ROLEX The most advanced dive-oriented timepiece currently on offer from Rolex, the Oyster Perpetual Rolex Deepsea (price by request at Global Watch



PHOTOS: KRISTIN PATERAKIS

Company) is waterproof to a depth of 3,900 metres along with a 60-minute graduated monobloc to ensure exact monitoring of underwater time. A calibre 3235 self-winding mechanical movement powers this watch, which looks as good in the water as it does on dry land.

CITIZEN Created with pro divers in mind, Citizen's Promaster collection boasts approachably priced timepieces featuring technical elements such as 200-metre water resistance, luminosity for ease of reading and the brand's light-powered Eco-Drive technology to keep it running right on time. Available in a variety of sizes, materials and colours, this 44-millimetre Promaster Dive design (\$575) is a cool classic to don in the deep.

OMEGA The first Omega Seamaster timepiece was launched in 1948. Seventy-five years later, the Swiss luxury watchmaker's line of sea-worthy timepieces continues to evolve—and go ever deeper. An example of this advancement, the Omega Seamaster Ultra Deep (\$17,700) honours the watch brand's participation in the world-record Challenger Deep dive to the Mariana Trench. Waterproof to an impressive 6,000 metres, the 45.5-millimetre model is powered by the Omega Co-Axial Master Chronometer 8912.

LOUIS VUITTON Diving takes a stylish spin with the Tambour Street Diver Chronograph (\$13,600). Designed for an active lifestyle, the sporty, 46-millimetre style brings bold diving luminosity to the everyday thanks to a colour-contrasting crown and Super-LumiNova coated numbers, indexes and hands. Available in a range of cool colourways, this luxury timepiece is secured to the wrist with a boldly branded strap.

LONGINES Adding a cool, neutral hue to the mix, this Longines Hydroconquest GMT (\$3,600) is a sport style available in eight colours ranging from earthy brown to a deep green, each offered with either a tonal textile Nato or stainless-steel strap. The unisex-appropriate 41-millimetre creation boasts water resistance and anti-magnetic design elements to provide precise timekeeping while in action.

RADO The "culmination of decades of research and development," the Rado Captain Cook High-Tech Ceramic Diver (\$5,000 at Rado.com) was ultimately designed with changing environments in mind. And that includes under water. The high-tech ceramic style, available in six variations, stays true to the benchmarks of the Captain Cook design, while also featuring updated aspects such as a Nivachron anti-magnetic hairspring, 80-hour power reserve, and water resistance up to 300 metres. **V**

PHOTO: CAROLINE BERGERON

VITA X LONGINES

One Watch, Three Ways

Longines' newest Spirit Zulu Time 39 mm is a tribute to some of the world's greatest air, sea and land explorers. This mid-sized, sporty timepiece features state-of-the-art anti-magnetic technology. With resistance to fields of 600 to 800 gauss, its performance will be unaffected by the many magnetic fields that are an increasing part of our daily lives. A true hybrid of function and versatility that compliments all wrist-sizes.



TRUE BLUE: The stainless-steel bracelet and sunray blue dial work with everything from a classic navy or grey suit to a white dress shirt and jeans. **\$3,950**

FALL IN LOVE: When it comes to notable neutrals for fall, brown and green are having a moment. This combination has a green ceramic bezel insert, a sandblasted anthracite dial and a brown leather strap with contrasting cream stitching. Pair it with textured fabrics like corduroy or tweed for a rich autumn look. **\$3,950**

GOOD AS GOLD: Gold accents and accessories have seen a surge in popularity, as have mixed metals. Moving beyond basic black, the matte black and 18K yellow gold version of the Longines Spirit Zulu Time 39 mm features a bi-directional rotating bezel and crown, a brown ceramic insert and a gilt GMT track. **\$5,250**

Shop the Longines Spirit Zulu Time 39 mm at [Longines.ca](https://www.longines.ca).



PHOTO: KRISTIN PATERAKIS

Paul Nicklen and Cristina Mittermeier boast a combined social media following of more than 8.9 million. Offering a unique, up-close glimpse, the renowned photographers, conservationists and biologists highlight the impact that climate change and human interaction have on the natural and, specifically, underwater world. To date, the duo has participated in more than 45 expeditions, documenting 765-plus species through over 7 million images, bringing viewers with them on their awe-inspiring adventures. SeaLegacy, the non-profit organization co-founded

by Nicklen, Mittermeier and filmmaker Andy Mann, aims to emphasize and inform about the "critical challenges" facing the planet, its oceans and animals. Their ambition to promote the protection of nature is one luxury watchmaker Rolex has pledged to support as part of its Perpetual Planet Initiative since 2022. Launched in 2019, the Perpetual Planet Initiative sees Rolex support a variety of rewarding and conservation initiatives in effort to protect the planet and help to "understand and devise solutions to today's environmental challenges." **Rolex.com**

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