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CITISCOOP

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KITCHEN CULINISTA

JILL DONENFELD, THE DISH'S DISH

Sometimes cooking every night is an impossible task. Homework, dance class, karate, French lessons, playing dress up... it's hard to make it into the kitchen to prepare a complete meal.

The solution? Try cooking like The Dish's Dish Culinistas®. Once a week, the Culinistas come to your home with fresh groceries and prepare 6-8 dishes meant to be mixed and matched throughout the week. Here are some tips on how to do this yourself:

- Set aside 3-4 hours each week to cook. I like cooking Sunday mornings.
- Pick a selection of 6-8 recipes that offer variety but also complement each other.
- Choose dishes that will hold up for a few days in the fridge

like roasts and stews. If you want to make fish, you should eat it that night or the next.

- Select recipes that are varied in their cooking prep - some should be made in the oven and some on the stove.
- Select recipes that have resting or long cooking time in the instructions - you can prep other recipes while one dish is setting up, roasting or simmering.
- Consolidate ingredients for the shopping list, and highlight the produce so your shopping trip will be as efficient as possible.
- Print out, rip out or write out your recipes. Organize them in the order that you will start in on them, knowing that you'll be dancing around from one to the next. Good luck!

Fun:

FOREVER LILY

BETH NONTE, AUTHOR OF FOREVER LILY

Motherhood provides an extraordinary opportunity for personal growth because it triggers so many emotions that lay buried. In our busy lives as moms, the raw material of transformation must be found in the midst of our daily lives if it is to be found at all. Discover jewels of meaning in the chaotic jumble of life by:

- **Noticing everything.** Nothing - no thought, no feeling, no interaction - is unimportant. Your child's smile when you compliment her, the flutter in your stomach when you see a newspaper article...notice it all. You may be surprised later to find that a small moment had real meaning.
- **Going deeper.** In the moment you are feeling anger or frustration, ask yourself what is beneath that feeling. Perhaps you'll discover the real source is not what you assumed. Don't judge the feeling; find the source, understand it and let it go.

· **Observing the process.** Usually we see only discrete events and outcomes rather than the mechanisms behind them. A subtle shift from content to context makes a profound difference in how you experience life. Your child throws a tantrum in the grocery store...you get angry...what is actually happening? Can you identify triggers, things in the environment that supported this event, other issues that may relate? Things happen because conditions are right for them to occur.

Go beyond cause and effect and each experience becomes loaded with meaning.

Beth Nonte Russell is the author of *Forever Lily*, an account of the unexpected adoption of her daughter Lily from China. Her fragrance Forever Lily, inspired by the experience, is launching in April.

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