



Karen Kingham

Our nutrition expert and mum of two shares her top tips for happy, healthy family living.

1 APPLE SLINKY-MAKER

It's much easier to convince children to opt for a healthy apple over lollies and processed snacks when they see this fun little retro gadget. It's easy to use and turns an apple into a springy slinky. (KitchenSmart Apple Peeler and Corer, \$29.99, 03 9474 1300)

2 POTATO RICER We just love great mashed potato at my place – and a ricer gives the fluffiest result. Use this once and I guarantee you'll throw away your old potato masher for good. (Chef'n Freshforce Potato Ricer, \$79.95, 1800 651 146)

3 BICARBONATE OF SODA There's always a shaker of bicarb under my sink because it's such a great kitchen cleaner. It makes stainless steel shine and, with a little vinegar, gets the burnt bits off the bottom of saucepans.

4 WOVEN FOOD COVER My hubby's dinner often waits for him under this cover when he's late home. You'll also find ours outside around the barbie keeping the bugs away from the food. (\$35 for two, www.thefairtradestore.com.au)

5 ROCKET I have a lovely sunny patch in my garden where I grow rocket all year round.

A handful of the peppery flavoured fresh leaves always lifts a salad – my favourite meal.

6 HERBIE'S SPICES' BALMAIN & ROZELLE SPICE I love this spice blend as a dry rub for barbecued chicken and fish, or to stir through couscous. It's colourful and fragrant, with lemon myrtle, kaffir lime leaves, turmeric, cumin, ginger, garlic, chilli, coriander, galangal, caraway and cayenne. (\$4/18g, www.herbies.com.au)

7 STICK BLENDER This tool has been my kitchen saviour. I have a Braun model that began its working life pureeing first foods for both my children, and since my oldest is now eight, it's a veteran! Today, it steps up to the plate for fabulous salsa verde or pesto made from fresh herbs from our garden. (Braun Multiquick 730CC, \$249.95, 1800 641 820)

8 COOL COOLER BAG When Nippers season is on and we're down at the beach every Sunday morning, the children get really hungry after a couple of hours of running and swimming, so I always take a cooler bag loaded with cut-up fresh fruit and cold drinks. (SunnyLIFE cooler tote, \$39.95, 03-9421 6325)