



# food

New products, tasty tidbits, nutrition updates and a quick and easy recipe every week.

## Parents on the

Calling all organic-loving mums — the folk at dairy brand Glenisk have just started their iMoo (Irish Mothers Of Organic) parenting initiative. The interactive online community offers advice, support and information on parenting the organic way.

Contributors include internationally renowned US paediatrician Dr William Sears, nutritionist Siobhán Julian and childbirth expert and author Tracy Donegan. The site is a one-stop shop for all your organic food questions. Log onto [www.glenisk.com/imoo](http://www.glenisk.com/imoo) for information.

