

Sunny travel destinations ♦ A taste for caviar ♦ Forest conservation

COSTCO **Connection**

THE MAGAZINE FOR COSTCO MEMBERS

Festive feasts

Professional chefs and
recipe developers share
tasty holiday recipes



DECEMBER 2023



**FOR YOUR
ENTERTAINMENT**

Joy of journaling

House concerts

Buyers' picks



Discover Costco Business Centres

OPEN TO ALL COSTCO MEMBERS

10310 186 STREET NW
EDMONTON, AB

50 THERMOS ROAD
SCARBOROUGH, ON

5025 BOUL. COUSINEAU
SAINT-HUBERT, QC

3 NORTH SERVICE ROAD
ST. CATHARINES, ON

1900 CYRVILLE ROAD
GLOUCESTER, ON

7373 RUE BOMBARDIER
ANJOU, QC

Next-day delivery 



Thousands of business products

Business-friendly hours 



COSTCOBUSINESSCENTRE.CA



- ✓ Non-GMO
- ✓ No artificial flavours or preservatives
- ✓ Great addition to your favourite recipe

At Ocean Spray, it's important that our Craisins® Dried Cranberries are made from 100% North American cranberries that have been grown using sustainable farming methods. We take pride in what we grow, and we're proud to have Ocean Spray's cranberry crop independently verified as sustainably grown based on audits of a representative set of our farms practices.

Ocean Spray is a farmer owned co-operative with 100+ cranberry farmers right here in Canada.

*Ocean Spray's cranberry crop is independently verified as sustainably grown based on audits of a representative set of our farms' practices.

COSTCO Connection *December*

December 2023

Volume 36

Number 11

Table of Contents

COVER STORY

28 Cook like a pro

Chefs who are Costco members serve up some of their favourite recipes.
by Jen Madera

◆ SPECIAL SECTION: FOR YOUR ENTERTAINMENT

35 Cool and creative

The benefits of journaling
by Wendy Helfenbaum

Making a mini media room
by Mali Anderson

Hosting a house concert
by Irene Middleman Thomas

Doggone fun
by Jennifer Mellace

Author spotlight:
Christmas by Candlelight
by Ellen Schwartz

Crafting with Cricut
by Christina Guerrero

Buyers' picks

Explore the world
around you with your
best friends this winter.

SPARKLING ICE

Cheers to
fizztitive times



24 PACK
4 FLAVOURS
1 - COCONUT PINEAPPLE
2 - PEACH MECTARINE
3 - ENERGY LIMEADE
4 - LEMON LIME

24 - 503 mL BOTTLES (NET 12 L)

ALSO ON COSTCO.CA
Various item numbers

Table of Contents *December*

Up Front

COSTCO LIFE

- 9 For December**
A season to smile, cold-weather fitness tips, holiday gift safety, a callout for member recipes and more.

DEPARTMENTS

- 7 Assistant Vice President's Note**
- 15 For Your Business**
Tips for career development.
by Fred Sievert
- 17 Financial Connection**
Tips from a money expert on investing for the future.
by Lana Sanichar
- 19 Tech Connection**
Keep your devices powered up with the right chargers.
by Andy Penfold
- 24 Travel Connection**
Enjoy the sun at these bright and beautiful destinations.
by Peter Greenberg
- 27 Member Poll**
What's the best place you've travelled to?
- 115 Member Connection**
Volunteers provide meals for neighbours in need through global non-profit Lasagna Love.
by Dan Jones



17

Lifestyle

FOR YOUR TABLE

- 52 Caviar dreams**
A true delicacy, roe is a treat for just about any occasion.
by Scott Jones
- 57 Supplier spotlight: Simple Mills**
Snacks that are good for you and the environment.
by Tim Talevich
- 62 Pearfection**
With so many different flavours and textures, there's a pear for every palate.
by Laura Langston
- 73 Feta is better**
This cheese's tangy taste and crumbly texture work in a variety of dishes.
by Milly Dawson
- 74 Rise of the leftovers**
Make the most of your holiday food surplus.
by Suja Natarajan
- 84 Dry these out**
Dried fruit has been around for centuries, and its popularity isn't withering anytime soon.
by Hannah Selinger

FOR YOUR HEALTH

- 94 Find your peace**
Causes and solutions for long-term chronic stress.
by Tina Haller
- 98 The sweet life**
Learn about blood glucose and how it affects the body.
by Dr. Andrew Abraham
- 103 Got you covered**
Applying moisturizer is key to healthy and hydrated skin.
by Debbie L. Miller
- 105 Ask the Pharmacist**
What causes heartburn and how it can be treated.
by Lawrence Varga and Joseph Hanna



73

Shopping

INSIDE COSTCO

- 107 Sustainability: Forest conservation**
Costco's commitment goes beyond warehouse walls.
by Sheri Flies
- 109 Costco Services: Insurance options**
A closer look at Manulife, Inova and Pets Plus Us.
by Sharon Chisvin
- 110 Treasure Hunt**
A sampling of what's in Costco warehouses and at Costco.ca.
- 113 Special Events**
Exciting products offered for a short time.



BELOW: © PAITTOON; RIGHT: © SEANPAVONEPHOTO / STOCK.ADOBE.COM

24



107



KIRKLAND
Signature

Holiday ESSENTIALS



**KIRKLAND SIGNATURE
COOKED SHRIMP AND
COCKTAIL SAUCE**
Itm. 1242712



**KIRKLAND SIGNATURE
DOUBLE CRÈME BRIE CHEESE**
Itm. 610845



**KIRKLAND SIGNATURE
THREE BERRY BLEND**
Itm. 410746



**KIRKLAND SIGNATURE
SPIRAL SLICED HAM**
Itm. 13689

Kirkland Signature
is more than just
a brand – it stands
for great value on
quality products.



**KIRKLAND SIGNATURE
ORGANIC MIXED VEGETABLES**
Itm. 1215098



**KIRKLAND SIGNATURE
WALKERS SHORTBREAD**
Itm. 158922



**KIRKLAND SIGNATURE
BELLAVITANO CABERNET
SAUVIGNON CHEESE**
Itm. 1668161



**KIRKLAND SIGNATURE
EUROPEAN COOKIES**
Itm. 131166

PUBLISHER Sandy Torrey storrey@costco.com

EDITORIAL DIRECTOR

Stephanie E. Ponder sponder@costco.com

EDITORS

Canada Christina Guerrero cguerrero2@costco.com

US Will Fifield wfifield@costco.com

REPORTERS

Shelley Crenshaw screenshaw@costco.com

Dan Jones daniel.jones@costco.com

Jen Madera jmadera@costco.com

FRENCH LANGUAGE EDITION

Jasmine Czaika, William Giroux, Céleste Savoie

COPY EDITORS Shana McNally, Whitney Seneker,

Alexandra van Ingen, Jodie Warren

CONTRIBUTORS

Dr. Andrew Abraham, Mali Anderson, Sharon Chisvin, Milly Dawson, Sheri Flies, Peter Greenberg, Tina Haller, Joseph Hanna, Wendy Helffenbaum, Scott Jones, Laura Langston, Jennifer Mellace, Debbie L. Miller, Suja Natarajan, Andy Penfold, Lana Sanichar, Ellen Schwartz, Hannah Selinger, Fred Sievert, Tim Talevich, Irene Middleman Thomas, Lawrence Varga

ART DIRECTOR Lory Williams lwilliams@costco.com

ASSOCIATE ART DIRECTORS

David Schneider dschneider@costco.com

Brenda Shectter bshectter@costco.com

GRAPHIC DESIGNERS

Ken Broman, Grant Collier, Isabelle Lafrance, Steven Lait, Megan Lees, Chris Rusnak, Jacob Walker

EDITORIAL PRODUCTION MANAGER

Antolin Matsuda amatsuda@costco.com

PRINT, PAPER AND PREPRESS MANAGER

MaryAnne Robbers mrobbers@costco.com

PRINT PRODUCTION SPECIALIST

Grace Clark graceclark@costco.com

PUBLISHING PRODUCTION SPECIALIST

Jodie Moy jodie.moy@costco.com

PUBLISHING PROJECT DIRECTOR

Shannon Ambrose shannon.ambrose@costco.com

PUBLISHING PROJECT MANAGER

Karine Lapointe-Moses karine.moses@costco.com

PUBLISHING PROJECT SUPERVISOR

Sophia Burgin sophia.burgin@costco.com

ADVERTISING AND EDITORIAL COORDINATORS

Danielle Eberley, Nathalie Fauteux, Christin Hudon, Solange Richer St-Jean, Tanya Zaatar

ADVERTISING COPYWRITER Bill Urlevich

BUSINESS MANAGER Jane Johnson

ONLINE PRODUCTION COORDINATOR Dorothy Strakele

COSTCO CANADA HEADQUARTERS

(Faisant affaire au Québec sous le nom Les Entrepôts Costco)

415 West Hunt Club Road, Ottawa, ON K2E 1C5

1-800-463-3783; service@contactcostco.ca; Costco.ca

Publication mail agreement number 40064929

Return undeliverable Canadian addresses to the address above.

PRODUCT SAFETY AND MEMBERSHIP CHANGES

In the event of a product recall, it's important for Costco to be able to reach you. Contact us or visit your local warehouse to keep your address up to date. Please allow four to six weeks for processing.

Membership Department

415 West Hunt Club Road

Ottawa, ON K2E 1C5

service@contactcostco.ca

CONTACTING THE CONNECTION

For information on product availability, our warehouse operations or changing your subscription information, contact service@contactcostco.ca. For comments about what you've read in the Connection: connection@costco.com.

PUBLIC NOTICE

COSTCO WHOLESALE, COSTCO, PRICE COSTCO, PRICE CLUB, CLUB PRICE and PRICE are trademarks owned by Price Costco International Inc., and are used under licence. KIRKLAND SIGNATURE is a trademark owned by Costco Wholesale Corporation and is used under licence.



The Costco Connection is published by Costco Wholesale. All editorial material, including editorial comments, opinion and statements of fact appearing in this publication, represents the views of the respective authors and does not necessarily carry the endorsement of Costco Wholesale or its officers. Information in the Costco Connection is gathered from sources considered to be reliable, but the accuracy of all information cannot be guaranteed. The publication of any advertisements is not to be construed as an endorsement of the product or service offered unless it is specifically stated in the ad that there is such approval or endorsement. The advertised dates indicating when products will be available are subject to change without prior notice. Products may not be available in all locations on the dates advertised. Publishing offices are located at 415 West Hunt Club Road, Ottawa, ON K2E 1C5. Copyright © 2023 Costco Wholesale.

ASSISTANT
VICE
PRESIDENT'S
NOTE

Season's greetings

Happy December everyone! As we head into the holiday season, we cannot help but think about food.

In this issue's cover story, you will find great recipes from professional chefs to delight your family and guests. You'll also find a host of other food stories with tantalizing ingredients. From dried fruit and pears to feta and caviar, Costco has lots of great ingredients at great prices to help you prepare these fantastic dishes. My mom had a love of cooking and that passion was passed down to me. Although I am not the culinary maestro that she was, I do love to try new recipes. And I am sure to try the many that are listed on these pages.

You will also want to dive into our Special Section this month, as we look at various forms of entertainment. From reading and journaling to house concerts and outdoor activities, there's a little something for everyone.

And if a winter wonderland isn't your ideal setting, how about a sunny vacation to San Diego, Phoenix or Miami? It is amazing what a little sunshine can do to raise our spirits and help us relax.

As our buying and warehouse teams are busy in our workshop getting ready for the season, we wanted to take time to reflect on how grateful we are that you have chosen to shop with us. Thank you! Our Costco family wishes you and your families a very happy and healthy holiday season. We are looking forward to what 2024 will bring our way. ■



© COSTCO CANADA

Sue Pudrycki
is Assistant
Vice President
of Marketing.

Correction

In the "Protect your tech" article in September 2023, AppleCare+ in Canada does not provide coverage for incidents of theft or loss for a fee.

Follow us on  

*Only Costco members in good standing may use instant savings featured in this issue of the Costco Connection. These instant savings are valid only at our warehouse locations in Canada unless an offer expressly specifies that the instant savings are: (1) also available on Costco.ca; or (2) exclusively available on Costco.ca. Some items may not be available at Costco Business Centre locations. The instant savings are valid for the specified periods only. Have no cash redemption value and may not be combined with any other offers or savings unless otherwise specified. Selection and pricing may vary by warehouse and/or on Costco.ca and are subject to change without notice. Offer limited to inventory in warehouse and/or on Costco.ca. Item colour may differ from picture. Prices may be subject to additional fees, such as environmental handling, recycling or disposal fees. Costco reserves the right to limit quantities purchased and to correct errors. Delivery charges for items purchased on Costco.ca are extra unless otherwise stated and may vary depending on item and delivery location.



KEURIG

Brew the love:

Brew up some holiday cheer!

K-Supreme Plus™

SINGLE SERVE COFFEE MAKER
SPECIAL EDITION



EXCLUSIVE COSTCO Bundle Offer

- Keurig® K-Supreme Plus™ Special Edition Coffee Maker
- My K-Cup® Universal Reusable Coffee Filter
- 2 Water Filter Cartridges
- Keurig® Water Filter Starter Kit For Tall Reservoir



VAN HOUTTE®

GIFT YOURSELF FLAVOUR THIS HOLIDAY SEASON



Van Houtte® 100 K-Cup® pods

ALSO ON COSTCO.CA
Item: 7881976 (Keurig brewer), 266556 (Van Houtte K-Cups)

- ◆ Costco news
- ◆ Member stories
- ◆ Timely tips
- ◆ And more



A season to smile

Gift-giving traditions abound this month. When you walk into a Costco warehouse or browse Costco.ca, you'll know you've come to the right place. From gifts for loved ones to food to share, we've got everything to make you smile this season and beyond.

© VLADISLAV NOSEK / STOCK.ADOBE.COM

Back- story

THE HOLIDAYS ARE a traditional time for giving and exchanging gifts, which may be one of the oldest of human activities. The reasons are many. For some, it's a religious or historic tradition. For others it's the magic of recapturing memories of youth and creating new memories for the next

generation. Wrapped up in those reasons are the love and affection we feel for each other, and the chance to express those emotions by surprising and delighting the people in our lives. The gift giver may also feel a sense of purpose and satisfaction, making this thoughtful act a win-win.



HAPPY HANUKKAH!

LEFT: © FANVELDMAN / STOCKADOB.COM; RIGHT: © COSTCO CANADA

The Jewish Festival of Lights

This year, Hanukkah begins at sundown on Thursday, December 7, and ends at nightfall on Friday, December 15. The festival is observed by lighting the candles of a menorah, singing Hanukkah songs, playing dreidel and eating traditional foods, such as latkes. Happy Hanukkah to all who celebrate!

COSTCO BAKERY

Goodies galore

Need some baked goods this holiday season? Check out Costco Bakery for freshly baked desserts, pastries, bread and more. Various options will be available throughout the month—stop into a warehouse or use Costco Grocery at Costco.ca to see what's new. From peppermint bark to raspberry cream cake, there's something for everyone.



Nanaimo Bars



The Children's Miracle Network Campaign supports organizations, such as the CHEO foundation.

CHILDREN'S MIRACLE NETWORK

The gift of giving

The 2023 Children's Miracle Network Campaign, which runs in May, raised more than \$13 million dollars in Canada. The contributions, which come from Costco members, vendors, employees and the Costco corporate match program, make a significant impact by supporting various children's hospital foundations across Canada. These efforts demonstrate Costco's commitment to making a difference in the lives of children and families in need through community support.

LEFT: LARSEN RAMIREZ; RIGHT: © DUSANPETKOVIC / STOCKADOB.COM



KEEPING ACTIVE

Winter fitness tips

Cold weather can be a deterrent when it comes to exercising and practicing good health habits. These tips can help you with your fitness goals, no matter the conditions.

- Take the stairs
- Trim down the amount of sugar- or calorie-heavy condiments you use
- Carry a water bottle to stay hydrated
- Get up and move during TV commercials

◆ HERE TO HELP

Televisions, computers and tablets purchased in Costco warehouses and at Costco.ca come with free tech support.



© ST.ART / STOCK.ADOBE.COM

'TIS THE SEASON

Product safety and recalls

Some toys are not safe. You can find information on product safety, recalls, holiday safety tips and more at Canada.ca. For recall information on items that were sold in Costco warehouses or at Costco.ca, go to Costco.ca, scroll down to "Customer Service" and click "Recalls and Product Notices." Stay informed this season and enjoy the holidays.



© GRGROUP / STOCK.ADOBE.COM

EASY APPETIZERS

Goat Cheese Stars with Pesto and Sun-Blushed Tomatoes

These can be made in a flash and they will disappear equally fast! You can try many different fillings, but these are particularly colourful and festive.

Flour, for the work surface

340 g (¾ lb) puff pastry, thawed according to package instructions if frozen

99 g (3.5 oz) fresh goat cheese

60 mL (¼ cup) basil pesto

60 mL (¼ cup) sun-blushed (semi-dried) tomatoes in olive oil, drained and finely diced

Fresh basil sprigs, for garnish

On a lightly floured work surface, unroll the sheet of pastry. Using a 7-cm (2¾-inch) star-shaped cookie cutter, cut out 24 stars. Carefully transfer each star to a cup in a mini-muffin pan, pressing it gently against the bottom and extending the points up the sides to form a tartlet shell. Spoon a generous 2 mL (½ tsp) of the cheese onto the bottom of each tartlet shell. Chill for 20 minutes. While the pastry is chilling, preheat the oven to 204 C (400 F).

Bake the pastry until golden and crisp, 12 to 15 minutes. Remove from the oven and spoon about 5 mL (1 tsp) pesto into 12 of the pastry shells, then divide the tomatoes evenly among the remaining shells. Arrange on a platter, scatter the basil around the stars and serve immediately. Makes 24 stars.

Recipe courtesy of Christmas at the Palace: A Cookbook by Carolyn Robb (Weldon Owen, 2022; not available at Costco)



JOHN KERNICK

CALLING ALL MEMBERS

Amazing holiday recipes

Have you developed a holiday food recipe that all your friends adore, or possess a tried-and-true family recipe that's been passed from generation to generation? If so, we'd love to hear from you for consideration in a future article. Send your story, recipes and high-resolution images to daniel.jones@costco.com.



© N.F/PEOPLEIMAGES.COM / STOCK.ADOBE.COM

Be yourself, *in style*



6.5-7 MM CULTURED FRESHWATER PEARL 18 IN. NECKLACE WITH 14KT YELLOW GOLD BEADS AND CLASP
Itn. 1751774



HIGH POLISH TRIPLE ROW HOOP EARRINGS IN 14KT THREE-TONE GOLD
Itn. 1748654



0.50 CTW ROUND BRILLIANT DIAMOND PENDANT ON 16-18 IN. CHAIN IN 14KT WHITE GOLD
Itn. 1749392



0.25 CTW ROUND BRILLIANT DIAMOND DROP EARRINGS IN 14KT WHITE GOLD
Itn. 1751786



0.28 CTW ROUND BRILLIANT DIAMOND RING IN 14KT YELLOW GOLD
Itn. 1748432



0.50 CTW ROUND BRILLIANT DIAMOND RING IN 14KT WHITE GOLD
Itn. 1751475



HIGH POLISH RHOMBUS LINK 18 IN.
CHAIN IN 14KT YELLOW GOLD
Itm. 1748631

HIGH POLISH AND DIAMOND CUT
3-ROW LOVE KNOT PENDANT
WITH 18-20 IN. CHAIN IN
14KT YELLOW GOLD
Itm. 1748719



HIGH POLISH AND DIAMOND
CUT 3-ROW LOVE KNOT
DROP EARRINGS IN
14KT YELLOW GOLD
Itm. 1748706



CUSHION CUT BLUE TOPAZ AND
0.04 CTW ROUND BRILLIANT
DIAMOND DROP EARRINGS IN
14KT WHITE GOLD
Itm. 2423041



CUSHION CUT BLUE TOPAZ
AND 0.04 CTW ROUND
BRILLIANT DIAMOND RING
IN 14KT WHITE GOLD
Itm. 2423043

**DIAMOND CUT
DANGLE EARRINGS**
in 14kt Gold

\$50 Off*
Valid from Dec. 11th
to Dec. 24th, 2023

ALSO ON COSTCO.CA
itm. 1755939 (yellow gold), 1755913 (white gold)

*See conditions on page 7.

**12
PAIRS** **WOMEN'S
LOW CUT SOCKS**

PUMA

EXTRAORDINARY COMFORT & PERFORMANCE

ALSO ON COSTCO.CA
itm. 9791213

\$150 OFF*
Valid from
Dec. 11 to Dec. 17, 2023

ALSO ON COSTCO.CA
itm. 1751884 (white gold), 1751885 (yellow gold)
*See conditions on page 7.

0.23 ctw Round Brilliant Diamond
Hoop Earrings in 14kt Gold

BULOVA
BOLD AT HEART

**AUTOMATIC
CLASSIC
COLLECTION**

These timepieces feature self-winding movements
that are powered by the motion of your wrist.

\$100 OFF*
Valid 12/11/2023 - 12/17/2023

*See conditions on page 7. itm. 1744180 (men's), 1744181 (ladies)

A Robert Half Canada Inc. survey found that 50% of Canadian workers were considering a job change in 2023.

FOR YOUR BUSINESS

by FRED SIEVERT

Whether you are starting a new business, embarking on an entrepreneurial venture or are part of a large corporation, certain key traits will serve you well.

As a seasoned manager at a life insurance company, I thought long and hard about what traits would help an employee be recognized as someone with high potential. I believe the following tips will put you in the right frame of mind to succeed almost anywhere.

Know your mission. Memorize the company's mission statement. Why? As you consider difficult decisions, you can instantly recall the mission and readily test your decisions against it. It is critically important that decisions align well with the company's mission.

Develop organizational awareness. Regardless of the size of the organization, develop a network of contacts across the company. Show an eagerness to learn and understand the culture, how the company operates, who does what and how things get accomplished.

Demonstrate strategic capability. An almost universal success factor for business leaders is their ability to think strategically. To do so, become familiar with your company's products, services and target markets. What is your company's edge over the competition? Can the company sustain it? Strategy is about beating the competition, so identify and learn as much as you can about the competition and their strategies.



Growth potential

Developing key traits can put you on the path to success in any endeavour

Understand the financial underpinnings of your business. Many business owners and leaders simply don't understand or appreciate the importance of financial results. This shortcoming is often a significant career blocker.

If you don't have adequate financial training or knowledge in this area, ask someone in the accounting department to help you gain a rudimentary understanding of the company's income statement and balance sheet. Once you have that understanding, start a quarterly tracking of the following six numbers:

- From the income statement: revenues, expenses and net profit.
- From the balance sheet: assets, liabilities and net equity.

Few among your peers, even those above you on your company's organizational chart, will track these key six metrics over time. Doing so will differentiate you. ■



Fred Sievert retired in 2007 as president of New York Life Insurance Company, a Fortune 100 company.

COSTCO CONNECTION

Costco Business Centres offer a variety of essentials for small businesses, from products to services, at great value. Learn more at Costcobusinesscentre.ca under "Services" at the top of the page.

Who are you?

It's important to note that not everyone thrives in leadership positions. Many people thrive in key support roles. Throughout my career, I have managed employees with

varied skill sets and career aspirations. Many people seek positions based largely on title and compensation. That approach often leads to stress, depression and even marital problems.

You will be the most

fulfilled if you first identify your passions and skills and then choose a career that will use your skills to fulfill your passion. That applies equally for entrepreneurs, executives, middle managers, skilled workers and technicians.—FS

 **HENCKELS**

HENCKELS
3-PC POLY CUTTING BOARD SET



ALSO ON COSTCO.CA
itm. 1740960

reduce

THE **PERFECT GIFT**
FOR ANY SLEIGH.



ALSO ON COSTCO.CA
itm. 1741784

 **FoodSaver**



Keep food fresh up to 5x longer with the FoodSaver® Vacuum Sealing System. This vacuum sealer's innovative technology creates an airtight seal, helping to prevent freezer burn and lessen food waste. Maximize freshness with four settings: Dry or Moist for different food types, Sous Vide for cooking, and Pulse for delicate foods.

ALSO ON COSTCO.CA itm. 3248298

BROCKHILL
Glass Drinking Set



 **ANCHOR
HOCKING®**

AMERICAN MADE GLASS SINCE 1905™

ALSO ON COSTCO.CA itm. 1630887

Fool.com says that Gen Z investors are more likely than other generations to own cryptocurrency rather than a retirement account.

by LANA SANICHAR

At *Canadian MoneySaver*, one of the most popular topics that investors seek advice about is understanding the steps to better help them invest for the future. While everyone's personal situation is different, and the topic is broad and very nuanced, there are some basic rules.

So, I reached out to Keith Richards, president and chief portfolio manager at ValueTrend Wealth Management, for insight on the subject. Here are his three tips for anyone investing for their future.

Asset Allocation

Asset allocation means dividing your portfolio's assets according to your goals, risk tolerance, time horizon and market conditions. The main asset categories are equities, commodities, fixed income and cash. Not all asset classes are appropriate for every investor. For example, an investor seeking income from their investments may want to focus on fixed income. A growth-seeking investor may want to focus on equities. The biggest mistake investors make is overconcentration.

Trend awareness

People say that you can't time the markets, therefore you should remain invested in equities. This advice is too simplistic. For example, what happens if life forces you to reduce risk? Moreover, if the market has been performing negatively, should you hold onto your stocks? Prolonged bear markets can result in long periods of poor performance. For example: Canadian and US markets only recently began recovering to levels seen two years ago. Who wants to earn



nothing from their investments for two years? All investors should learn the basics of trend recognition.

Discipline

Investing involves knowing what, and when, to buy. It also involves knowing when to sell. You need to have structure to help you identify when there is potential opportunity in an investment. Is now a good time to buy? Or are risk levels higher than normal? When is the right time to sell? When do you sell a losing investment? Cutting your losses is just as important as taking your gains!

When it comes to investing, every investor should exercise due diligence and seek professional advice before making any financial decisions. ■

Please do your own due diligence when making any financial decisions. This column is for general informational purposes only and may not apply to all provinces. It is meant to get the reader thinking about their finances; it is not meant to be used in lieu of advice from a professional.

No time to lose

What to consider when investing for your future

COURTESY OF LANA SANICHAR



Lana Sanichar

is president and editor-in-chief of *Canadian Money-Saver* magazine.

Through an exclusive arrangement, *Canadian Money-Saver's* experts partner with the *Costco Connection* to share advice about relevant financial topics.

Email topic suggestions to moneyinfo@canadianmoneysaver.ca.

Costco members are offered a one-year special introductory price with an online subscription. Go to Canadianmoneysaver.ca and click on "Subscribe," or call 519-772-7632. Online, use "Costco" for the discount code at the bottom of the page.

Future forward

According to the article "Best Long-Term Investments in Canada" on the website Milliondollarjourney.com, investors should keep in

mind these five key factors when looking at options for long-term investments:

- Understanding how much money you are willing to invest and, therefore, can live without for at least a year

- Deciding what your goals are
- Looking for options to diversify your portfolio
- Keeping costs low
- Knowing your risk tolerance—LS

Pekkle

PLUSH ROBE

70% Recycled Polyester
30% Polyester



ALSO ON COSTCO.CA
itm. 3416186

ELLE

BOUCLE FLEECE PULLOVER



ALSO ON COSTCO.CA
itm. 1034000 Item numbers vary by size

Microsoft Surface

Unwrap versatility

Save on Surface Pro 9 Bundles
with Microsoft 365



Terms and conditions apply.

Windows 11

Unwrap joy

Save more with select MSI laptops



Terms and conditions apply.

Various item numbers

Electricity pioneer Nikola Tesla first demonstrated wireless charging in the late 19th century, according to Computerworld.com.

by ANDY PENFOLD

Keeping your devices juiced up used to be a simple affair—you simply plugged your laptop or phone into an electrical outlet using the cable and plug supplied in the box. But these days, devices don't always come with chargers, as manufacturers seek to reduce their environmental impact through the reduction of plastic waste. And some companies say that most people already have several chargers. If they're sold separately, you need to get the right one. Add to that the rise of fast charging and wireless charging, and keeping your battery level up can be confusing and complicated.

Here's a look at today's landscape, to help you buy the most efficient chargers for your devices.

Watts the matter?

Before you buy a charger, it's important to know the power needs of the device you will be charging. Phones need between 18- and 120-watt chargers, though most will require between 20- and 30-watt chargers. Tablets tend to be similar, while laptop chargers will generally need to be at least 30 watts (more to be able to charge while you're using it). This information is usually listed on a device's specification sheet or in its manual.

Standards

You'll also need to know the charging standard your device supports. Most will support the power delivery standard (usually marketed as PD). If a device doesn't support PD, you'll need to buy a charger directly from



© CHALINEE / STOCKADOBECOM

the manufacturer. If it does support PD, you'll have a range of third-party options to pick from. Choose a charger that matches both the wattage and the charging standard of your device, otherwise it will charge very slowly.

Fast charging/wireless charging

USB PD is the universal standard for fast charging. Fast charging usually works best when the battery is closer to empty. As you get to 50% full, charging will slow down.

While wireless charging generally takes longer, that may not matter to you if you're charging a device overnight. And you'll be glad for the lack of cables cluttering up your bedside table. The standard to look for in wireless chargers is called Qi (pronounced "chee"). Most phones work with this standard.

It's a bit tricky to figure out what's best for your situation, but with this information, you won't get caught with a flat battery just when you need your device the most. ■

Power up

Tips to be sure that you have the right chargers for your devices

HUGH BURDEN



Andy Penfold

is a Bristol, England-based freelance technology writer whose work has appeared in *Macworld* and other national publications.

COSTCO CONNECTION

You'll find a selection of various types of chargers in Costco warehouses and at Costco.ca.

Portable power

A portable battery pack is a smart investment for peace of mind when you're out and about. These range from simple pocket-sized

power banks that store energy, to solar-powered battery packs and even portable power stations, which cost thousands of dollars and provide more than 2,000 watts. The latter

category can be bought in rugged designs and feature full wall-style plug ports—ideal for camping trips and parties.—AP



WEATHERPROOF VINTAGE
LADIES' COZY SHERPA SHIRT
SIZES: S-XXL
Itm. 1239000
Item numbers vary by size
ALSO ON COSTCO.CA

LOLE SHERPA
BELT BAG
ONE SIZE
Itm. 7744333
ALSO ON COSTCO.CA

BUFFALO LADIES'
STRAIGHT LEG DENIM
SIZES: 4-16
Itm. 2217100
Item numbers vary by size
ALSO ON COSTCO.CA



PAID ADVERTISING
Product selection may vary by location



BLACK BOW LADIES'
SUEDED LEGGING
SIZES: S-XXL, PACK OF 2
Itm. 1582760
Item numbers vary by size
ALSO ON COSTCO.CA



ROOTS LADIES'
COZY SOCK
ONE SIZE, PACK OF 6
Itm. 2244431
ALSO ON COSTCO.CA



SPYDER LADIES' LONG SLEEVE TOP
SIZES: S-XL
Itm. 1672323
ALSO ON COSTCO.CA



EDDIE BAUER
LADIES' HI-CUT BRIEF
SIZES: S-XXL
PACK OF 10
Itm. 1621070
Item numbers vary by size
ALSO ON COSTCO.CA



REFLEX LADIES'
KNIT PANT
SIZES: S-XXL
Itm. 7251000
Item numbers vary by size
ALSO ON COSTCO.CA



EDDIE BAUER
MEN'S LOUNGE SET
SIZES: S-XXL
Itm. 5253000
**ALSO ON
COSTCO.CA**



JOE'S BRIXX
MEN'S JEANS
SIZES: 30-40
Itm. 1735630
*Item numbers
vary by size*
**ALSO ON
COSTCO.CA**



32 DEGREES
MEN'S HEAT
LONG SLEEVE TEE
SIZES: S-XXL
PACK OF 2
Itm. 1868300
*Item numbers
vary by size*
**ALSO ON
COSTCO.CA**

PUMA MEN'S
ACTIVE BOXER
SIZES: S-XL
PACK OF 5
Itm. 4991000
Item numbers vary by size
ALSO ON COSTCO.CA



BULA UNISEX MERINO BEANIE
ONE SIZE, PACK OF 2
Itm. 1773003
ALSO ON COSTCO.CA



TILLEY MEN'S
TREK PANTS
SIZES: 30-40
Itm. 1598700
Item numbers
vary by size
**ALSO ON
COSTCO.CA**



CHAMPION MEN'S
CREW SOCK
ONE SIZE, PACK OF 8
Itm. 3952111
ALSO ON COSTCO.CA



GAP MEN'S
FLEECE HOODIE
SIZES: S-XXL
Itm. 1726365
Item numbers
vary by size
**ALSO ON
COSTCO.CA**

PUMA
MEN'S REPREEVE
LOW CUT SOCK
ONE SIZE
PACK OF 12
Itm. 1233473
**ALSO ON
COSTCO.CA**



GAP MEN'S
FLEECE JOGGER
SIZES: S-XXL
Itm. 1728855
Item numbers vary by size
ALSO ON COSTCO.CA



Happy places

Enjoy some unique outdoor experiences in these vibrant cities

by PETER GREENBERG



HANDE BAVAR

Peter Greenberg has won multiple Emmy Awards as the travel editor for CBS News and is host of *The Travel Detective* on public television (petergreenberg.com).

These dark winter days are an ideal time to enjoy the outdoors in a milder climate. Here are three of my favourite city destinations when I want to chase the sun.

San Diego

Balboa Park runs a sprawling 1,200 acres and holds a wealth of museums, theatres and cottages. But the gems of the park are its gardens, such as the Japanese Friendship Garden, the Sculpture Garden and the Desert Garden—the last of which contains more than 1,300 cacti, succulents and other drought-resistant plants, some of which seem to come from a Dr. Seuss book. Visit in January through March, during the peak blooming period.

Get up close and personal with leopard sharks, turtles and dolphins on a kayak tour of La Jolla. Weather permitting, you can kayak into the sea cave in La Jolla as well. (Another way to visit is through a tunnel and stairs accessible at the Cave Store on Coast Boulevard, which lead directly to the sea cave.)

One of my favourite ways to explore a city is on two wheels. Rent a bike in Coronado and pedal down the Bayshore Bikeway. Along the way you'll pass landmarks such as the legendary Hotel del Coronado, the US Naval Amphibious Base and Silver Strand State Beach.

Phoenix

Start your morning with a sunrise hike at Camelback Mountain, about 20 minutes from downtown Phoenix. The 4-kilometre out-and-back trail ascends 432 metres (1,417 feet), and along the way you'll have the chance to see wildlife such as desert tortoises, chuckwalla lizards and cottontail rabbits, with a reward at the top of panoramic views of the surrounding area.

With its calm, consistent weather, Phoenix offers a special way to experience sunrise: a hot-air balloon. These quiet early morning rides let you fly over the Sonoran Desert at a cruising altitude of 609 to 1,524 metres (1,998 to 5,000 feet), witnessing a sea of cacti, wild javelinas, quails and jackrabbits.



CLOCKWISE FROM LEFT: © JONATHAN ROSS / STOCK.ADOBE.COM; © FRIPHOT; © FELIX MIZIONIKOV

Clockwise from left: Camelback Mountain, Phoenix; Balboa Park, San Diego; Stiltville, offshore from Miami.

The art walk on the first Friday of the month in Roosevelt Row in downtown Phoenix features free admission to more than 70 galleries and studios, and a number of museums. You'll encounter live music as well as eclectic street art and murals on nearly every corner in one of the city's most vibrant neighborhoods. Quench your thirst at the beer garden at Arizona Wilderness Brewing Co.

Miami

My Sunday mornings start with a trip to the Surfside Farmers Market, open every Sunday from 9 a.m. to 3 p.m. just a block away from the beach. (Note: The farmers market is open seasonally from October to May.) First

stop: Conscious Brew, a mobile cafe serving coffee and wellness drinks, like the Cosmic Arnold, their spin on the Arnold Palmer.

Then go to the farmers market and have them pack some of their artisanal jams and spices, like the Pink Flamingo Jam, a guava-based jam with strawberry and pear, for your trip home.

At SoundScape Park, a massive 7,000-square-foot projection wall, known as WALLCAST, combines art and technology: As the symphony orchestra plays within the New World Center, their performance is filmed and broadcast on the projection wall, giving you perhaps the best seat in the house—outside of the house. Film screenings are held every Wednesday night as well. ■

COSTCO CONNECTION

Costco Travel offers vacation packages, as well as cruises, rental cars and hotel-only options, for destinations in Canada and around the world. To learn more, visit CostcoTravel.ca or call 1-855-863-0357.

Stiltville, Florida

Stiltville, 2,414 metres (7,920 feet) offshore from Biscayne Bay, was once a smuggler's paradise, with as many as 27 houses standing in the

shallow waters. With just six houses remaining, built on the water on large wooden stilts, it's a different way to learn about Miami's history of Prohibition-era bootleggers and rum runners. The houses

are now owned by the National Park Service but privately managed by the original owners, and there are tour companies with special permits to take you there.—PG



Caring for your baby and future generations



TENCEL® Sustainable Fibres are Gentle on Skin, Gentle on the Environment

Since 2010, Kirkland Signature™ Baby Wipes have been made with Tencel® fibres. These fibres are soft and gentle on skin and have botanic origin that offer an environmentally safer and more sustainable alternative to fossil-based synthetic fibres. Additionally, all Kirkland Signature baby wipes are made with Forest Stewardship Council (FSC)® certified fibres.

MADE IN THE USA OF DOMESTIC AND IMPORTED MATERIALS
Tencel® is a trademark of Lenzing AG.



ALSO ON COSTCO.CA
itm. 1493488

Follow us on



MEMBER POLL

What's the best place you've travelled to?

Costco members respond to our poll, posted to Costco's social media

Antarctica. The solitude and beauty are breathtaking. And who doesn't like penguins (*lots of penguins*)?

Sue Lazear

French Polynesia. We ... swam with sharks and stingrays in the most beautiful waters.

Monica Triplett Stuve

Thailand, the Land of Smiles (and tears from the delicious spicy food).

Judith Minkoff-Grey

New Zealand! Absolutely stunning and the whole country is beautiful. I cannot wait to go back one day!

Rachel Moran

Italy for sure! [We] stayed in a former castle ... and drank superb wine, all while enjoying the most breathtaking landscapes and history imaginable.

Laura Nausadis Bieber

Germany and all of Europe!

Larry Downs

So far? Great Smoky Mountains, Maui and New England top the list for me.

John H. Campbell

The Le Blanc resort in Cancun, Mexico, was a dream come true!

Amy Leach

My local Costco.

Mike Chin



According to Atlys.com, Hong Kong is the most visited city in the world.

Costco Travel's top travel destinations

Looking forward to travelling? You're not alone! If you are looking for some inspiration as to where to vacation, Costco Travel has you covered.

Bon voyage!

Top Costco Travel vacation package destinations

Caribbean
Mexico
Hawaii
Florida

Top Costco Travel cities in Canada

Montreal
Vancouver
Whistler
Calgary
Toronto

BELOW: STEVEN LAIT; RIGHT: © DABOOST / STOCK.ADOBE.COM



Watch for the poll at [Facebook.com/CostcoCanada](https://www.facebook.com/CostcoCanada) or Instagram: [@costco_canada](https://www.instagram.com/costco_canada).



Ty Kotz

© PAUL CHENEY

by Jen Madera

Cooking with Costco



T

he holidays often mean a surge in cooking and baking. Whether you're a professional chef, recipe developer or home cook, you need fresh, reasonably priced ingredients. Here's a look at some recipes from chefs and recipe developers who use Costco products. Try them out for your holiday table and discover a new favourite.

Looking for something new to cook this season? How about a gourmet meal made with Costco products, featuring curated recipes provided by Costco members. Plus, get to know the experts behind the recipes. Whether you're cooking for yourself, your family or a crowd, try a dish or two from food industry professionals.

Private dining

Ty Kotz, a professional chef based in Charleston, South Carolina, shops at Costco regularly for fresh ingredients to use in his cooking. "What I love about the Costco products is the quality. The price too, but mainly the quality," says Kotz. With more than 30 years of experience, Kotz has cooked in New York City restaurants, and now offers high-end dining experiences in people's homes as a private chef. "Costco offers some great items around this time of year," he adds.

Briny delights

Bryan Fordham of St. Andrews, New Brunswick, shops at Costco for salmon because of its size. "When selecting salmon to smoke, it is important you buy salmon that is thick," he explains. Now retired, Fordham has been a professional chef for 60 years. In 2010, he volunteered with the former Canadian Executive

Service Organization to teach students at the Nizhny Novgorod Hotel School in Russia. "I was assigned for three weeks to teach the culinary students Western culinary skills," Fordham adds. While there, Fordham taught the students his recipe for salmon brine. He promises the recipe will be a crowd-pleaser: "Friends will ask you for your method of curing."

The meat of it

"Costco often carries unique and specialty items that can add flair to my dishes," says Ilan Dagan, a chef based in Kanata, Ontario. "I usually find imported cheeses, gourmet sauces, international ingredients or specialty cuts of meat at Costco. These items can elevate my recipes and introduce new flavours and textures. The possibilities are endless. I love being creative and having fun experimenting," he says.

Dagan is an alumnus of Le Cordon Bleu in Paris, has 25 years of professional experience and has cooked in several five-star restaurants around the world. Dagan calls his recipe for lamb "a perfect cut for your holiday dinner ... the end result is a juicy piece of meat that's almost falling off the bone."

CONTINUED ON PAGE 30



From top: Ilan Dagan, Debra Borchert, Bryan Fordham, Kasyndra O’Kane



Good eats—and good reads

Debra Borchert praises one of Costco’s most popular items: the rotisserie chicken. After she’s enjoyed it as a meal, she repurposes what’s left: “I simmer the remains in water overnight in a slow cooker and strain the liquid for a rich, robust stock I use in most of my soups.”

Borchert is a novelist and cookbook author based in Bellevue, Washington. She even developed soup recipes to include in her book series, *Château de Verzat* (debraborchert.com/recipes; not available at Costco). “I rely on Costco for most of the ingredients,” Borchert explains, detailing how she roasts organic vegetables from Costco in Kirkland Signature™ Organic Extra Virgin Olive Oil to make a puréed base for her soups.

As sweet as pie

As a pastry chef with 11 years of experience, Kasyndra O’Kane says shopping at Costco warehouses ensures high quality—at an affordable price. “I can trust that the ingredients I purchase from Costco meet my stringent standards for taste and freshness. This assurance allows me to plan my holiday menu with confidence, knowing that I’m serving delicious dishes while staying mindful of my budget,” O’Kane says. “Costco’s dedication to affordability and quality aligns perfectly with my approach to budget-conscious meal planning during the festive season.”

O’Kane, a graduate of The Culinary Institute of Canada who lives in Rusagonis, New Brunswick, particularly enjoys using fresh fruit in her holiday baking: “From juicy berries and luscious stone fruits to zesty citrus varieties, Costco’s seasonal fruit selection offers both variety and affordability.” ■

© FROM TOP: © XAMTIV / STOCK.ADOBE.COM; ANDREW FOGG; BERRY EDWARDS; BRYAN FORDHAM; KATRINA BISSON

Salmon Brine

45 mL (3 Tbsp) coarse kosher salt
125 mL (½ cup) brown sugar
45 mL (3 Tbsp) fresh dill,
finely chopped
125 to 250 mL (½ to 1 cup)
apple juice
1 kg (2.2 lbs) Kirkland Signature
Atlantic salmon

Mix the salt, sugar and dill together. Add the apple juice to make a wet paste. Add more apple juice, if desired, to sweeten the brine. Rub the paste on both sides of the salmon. Place the salmon on a plastic wrap-lined tray, cover with plastic wrap and refrigerate to cure for up to 24 hours.

Thoroughly wash the brine off, then dry the salmon with paper towels before smoking. Smoke the salmon according to your favourite recipe, usually for up to 4 hours depending on your smoking method. Makes 12 appetizer servings.

Recipe courtesy of Bryan Fordham



“What I love about the Costco products is the quality.”

— TY KOTZ ◆

© M. STUDIO / STOCK.ADOBE.COM



Shaved Spinach Salad

908 g (2 lbs) baby spinach **180 mL (¾ cup)**
227 g (½ lb) pecorino **extra-virgin olive oil**
Romano cheese **500 mL (2 cups)**
500 mL (2 cups) pine nuts **dried blueberries**
3 lemons

Stack the spinach leaves, cut into thin strips and add to a large bowl. Using a microplane grater, grate the cheese into a bowl and set aside. Heat a large stainless steel or non-stick pan over medium. Add ½ of the pine nuts in a single layer. Cook and stir until pine nuts are golden brown, then place on a paper towel-lined plate. Repeat for the remaining pine nuts. Let the pine nuts cool completely. Juice the lemons and strain, then set juice aside.

In a large stainless steel or wooden bowl, combine the sliced spinach, cheese and pine nuts. Mix with tongs until well combined. Mix the olive oil and lemon juice. Drizzle ½ the dressing on the salad and toss, adding more dressing as desired. Top with the blueberries and gently stir in. Plate and serve immediately. Makes 10 to 12 servings.

Kotz offers these tips: “This is an incredible dish for the holidays and guaranteed to create spinach fans all around the table. The key to this dish is preparing the spinach. Use a sharp knife and cut it as thin as possible. It is also very important to grate the cheese using a microplane to give it a soft consistency that melts into the salad as you mix it. Lastly, do not mix the salad ahead of time. Once ingredients are prepped, set them aside and mix right before serving to keep the texture of the spinach intact.”

Recipe and photo courtesy of Ty Kotz

CONTINUED ON PAGE 32



Lamb Chops with Pomegranate Arils, Figs and Green Vegetables

MARINADE

500 mL (2 cups)
pomegranate juice
500 mL (2 cups) red wine
6 garlic cloves, chopped
125 mL (½ cup) vegetable oil
6 thyme sprigs
2 rosemary sprigs

1.5 kg (3 lbs) lamb loin or
saddle chops
250 mL (1 cup) small
white mushrooms
3 portobello mushrooms,
cut in ¼, stems removed
5 shallots, halved
8 garlic cloves, halved
Sea salt, to taste
Black peppercorns, to taste

GREEN VEGETABLES

1.5 kg (3 lbs) mixed
green vegetables
(asparagus, broccoli tenders,
French green beans)
45 to 60 mL (3 to 4 Tbsp)
olive oil
Sea salt, to taste
Black pepper, to taste
6 figs, halved
30 mL (2 Tbsp) brown sugar
400 mL (1⅔ cups)
pomegranate arils

Prepare the marinade: Mix all the marinade ingredients in a bowl. Refrigerate ½ the marinade in a sealed container.

Pour ½ the marinade over the lamb in a non-corrosive dish. Cover and refrigerate for at least 4 hours or overnight, turning the lamb over at least once.

Heat the oven to 180 C (350 F). Line a large dish with parchment paper. Add the mushrooms, shallots and garlic. Top with the reserved marinade not used on the lamb and 250 mL (1 cup) hot water. Add salt and peppercorns and mix well. Add the lamb, discarding the remaining marinade, and season with salt and peppercorns. Cover the lamb with parchment paper, then seal the dish with foil. Roast for 1½ to 2 hours, or until the meat is very tender and almost falls off the bone. Remove from the oven. Carefully transfer the marinade liquid to a pot. Cover the lamb and vegetables to keep warm and set aside. Cook the marinade over medium-high until reduced by ½, about 10 minutes.

Prepare the vegetables: Bring a large pot of salted water to a boil. Prepare an ice water bowl big enough to hold the vegetables. Add the green vegetables to the pot and cook in batches for 2 to 3 minutes, or until crisp-tender. When done, transfer the vegetables immedi-

ately to the ice water. Allow vegetables to cool and transfer to a paper towel-lined tray. Season with olive oil, sea salt and pepper and set aside.

Heat the oven to 220 C (425 F). Uncover the lamb and glaze with the reduced marinade. Add the green vegetables, top with figs and sprinkle with sugar. Roast uncovered for 10 to 15 minutes, or until the meat has a nice crust and the figs are caramelized. Top with pomegranate arils before serving. Makes 6 to 8 servings.

Recipe and photo courtesy of Ilan Dagan

“Costco often carries unique and specialty items that can add flair to my dishes.”

— IIAN DAGAN ◆

Holiday Spiced Apple Pie

- | | |
|--|--|
| 310 mL (1¼ cups) sugar | 1 mL (¼ tsp) ground nutmeg |
| 60 mL (¼ cup) cornstarch | 0.5 mL (⅛ tsp) salt |
| 15 mL (1 Tbsp) orange zest | 908 g (2 lbs) baking apples or pears, peeled and sliced |
| 15 mL (1 Tbsp) ginger, freshly grated | 30 mL (2 Tbsp) orange juice |
| 7 mL (½ Tbsp) ground cardamom | 2 (23-cm/9-inch) unbaked pie crusts |
| 1 mL (¼ tsp) ground cinnamon | 1 egg |
| 1 mL (¼ tsp) ground cloves | 15 mL (1 Tbsp) water |

Preheat oven to 220 C (425 F). In a large bowl, combine sugar, cornstarch, orange zest, ginger, spices and salt. Rub sugar mixture vigorously between hands to release the oils. Add apples and orange juice and toss to coat. Line a pie dish with one pie crust. Add the apple mixture, cover with the remaining pie crust, roll up edges to seal and crimp edges together. Beat the egg and water to create an egg wash. Brush the egg wash over the pie crust. Decorate with crust trimmings, then cut vents into the crust. Place pie on a baking sheet. Bake for 20 minutes, then cover edges with foil. Reduce heat to 180 C (350 F) and bake for another 30 to 40 minutes, or until the crust is a deep golden brown and the juices are bubbling. Transfer to a wire rack and allow to rest for 4 hours before slicing. Makes 6 to 8 servings.

Tip: Use cookie cutters to create topping designs out of extra pie crust.

Recipe and photo courtesy of Kasyndra O'Kane



COSTCO CONNECTION

Most ingredients to make these recipes can be found in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.



© FAHRWASSER / STOCK.ADOBE.COM

Cranberry Sauce with Orange Liqueur

- 500 mL (2 cups) orange juice**
- 250 mL (1 cup) frozen apple juice concentrate**
- 1.5 L (6 cups) cranberries**
- 1 orange, skin and pith removed, coarsely chopped**
- 1 Granny Smith apple, coarsely chopped**
- 30 to 45 mL (2 to 3 Tbsp) orange liqueur**
- 2 mL (½ tsp) cinnamon**
- 1 mL (¼ tsp) nutmeg**
- 1 mL (¼ tsp) cloves**
- 1 orange peel, finely grated, optional**

Bring orange and apple juices to a simmer over medium in a large, heavy pot. Add cranberries and stir occasionally. When cranberries begin to pop and mixture begins to foam, stir in the orange and cook for 10 minutes. Add the apple and cook for about 30 minutes, stirring occasionally. When all cranberries have popped, the foam has subsided and mixture has thickened, add orange liqueur. Cook the sauce down on very low heat until mixture is thick and a deep, shiny red. Remove from heat and stir in spices and orange peel, if desired. Allow to cool, then refrigerate. Makes about 750 mL (3 cups).

Recipe courtesy of Debra Borchert

"I rely on Costco for most of the ingredients."

— DEBRA BORCHERT ◆

Bring home the delicious taste of

McCafé

Premium Roast Coffee



McCafé and the McCafé Design—use of these trademarks is licensed from McDonald's Corporation. Keurig and K-Cup are registered trademarks of Keurig Green Mountain, Inc., used with permission.

McCafé® Premium Roast Coffee K-Cup® Pods, 80ct

ALSO ON COSTCO.CA
Item 1477486



Amplify the joy this
holiday season
Save 20% on Beam

SONOS

Valid 12/14/23 - 12/18/23
While quantities last

ALSO ON COSTCO.CA Various item numbers

Folgers

LOVED BY MILLIONS. **TASTE WHY.**



ALSO ON COSTCO.CA
Item 1169847



Tail-waggin' winters



© VVVITA / STOCK.ADOBE.COM

Make a media room



© MACROVECTOR / STOCK.ADOBE.COM

Joys of journaling



© IMPACT PHOTOGRAPHY / STOCK.ADOBE.COM

Celebrate the moment

With festive fun at its crescendo this time of year, our For Your Entertainment Special Section celebrates a range of activities and ideas to enrich your holiday experience.

Read up on the value of writing, specifically journaling. Discover how to make a mini media room and savour the sound of music from your home by hosting a concert. Learn more about ways to safely enjoy the outdoors with your dog(s) before kicking back, relaxing and reading our author spotlight book, *Christmas by Candlelight*. Or become a crafting star with a Cricut cutting machine, and make sure to check out our list of buyers' picks featuring even more items to improve the ways you entertain yourself and others.

-
- 36 Power of journaling
 - 39 Mini but mighty media rooms
 - 41 Concerts at home
 - 42 Outdoor fun with dogs
 - 45 Author spotlight:
Christmas by Candlelight
 - 47 Craft with Cricut
 - 49 Buyers' picks



Write on

The benefits of journaling include reducing stress and boosting creativity

by WENDY HELFENBAUM



COSTCO CONNECTION

Notebooks, pens and more are available in Costco warehouses and at [Costco.ca](https://www.costco.ca).

Journaling can be a powerful tool to express our thoughts and feelings while expanding our creative skills. Plus, studies have shown that journaling helps people manage or reduce stress, anxiety and depression by allowing us to process and release emotions. Expressive writing following traumatic events can improve overall physical and mental health, according to a study at Cambridge University, and assist in performing difficult tasks better, as Michigan State University research showed.

Various types of journaling focus on different outcomes, explains Costco member Susan Borkin, Ph.D., a San Francisco Bay Area-based psychotherapist who specializes in helping people use writing to heal, evolve and transform their lives.

“Some people just want to keep track of their lives—‘I went here. I did this.’—or what I think of as the ‘Dear Diary’ method. But I see it as a tool for personal and professional growth, and

for awareness and understanding,” says Borkin, the author of several books including *When the Going Gets Tough, the Tough Get Journaling* (Write Now, 2021; not available at Costco).

Often, the very act of writing something down helps you process feelings or let go of negative thoughts, adds Costco member Lynda Monk, a registered social worker living on Salt Spring Island, British Columbia. Monk is the director of the International Association for Journal Writing (iajw.org), which offers many free journaling resources.

“There are many proven benefits to journaling, which is what I love about it,” says Monk, who has kept a journal since childhood.

“Research done on the ... benefits of journaling shows improved immune function, healing trauma and increased emotional self-awareness, which helps us deepen our relationships with others,” Monk adds. “Journaling is that place you can turn to for your own replenishment and self-care. It’s a mindfulness practice.”



Just jump in

There is no right or wrong way to journal; simply sit down and write, says Borkin. “However, there are guidelines. The primary one is do what works. Many people can only do a handwritten journal. My personal journal is a Word doc, which I’ve had for years,” she says.

Those who enjoy being online may find journaling apps like Day One or Penzu helpful. Journaling can involve long entries or bullet points, doodling or bits of poetry. Some people start journals to create legacy projects such as a memoir, notes Monk.

“Your journal can be a very creative, eclectic space. I fill mine with quotes,

and I’ll glue inspiring things; you can really make it your own,” she adds.

Make time for you

Monk says figuring out why we want to journal motivates us to do it regularly. “You’re engaging in self-reflection in the pages of your journal, and what’s key is knowing your own rhythms,” she explains.

“Some people love to do ‘morning pages’—a technique [introduced by] Julia Cameron—by filling three pages with stream-of-consciousness writing first thing in the morning before you’ve done anything else,” says Monk.

Or write on your lunch hour, coffee break or in the evening if that works better. “One of the beautiful things about journaling is you don’t need to write for hours to gain benefit; five to 10 minutes on a regular basis can have [a] huge benefit,” says Monk.

Above all, give yourself permission to write freely. While journals can be a place for a catharsis of emotion, says Monk, it also allows us to cultivate positive feelings, like gratitude and joy, which are crucial to mental health.

“We want to balance perspective in our journals. We don’t want to only write about the negative because that can activate even more stress inside. It’s just as important to write about what makes us happy, what brings us comfort, and what our hopes and dreams are,” says Monk. ■

Wendy Helfenbaum is a Montreal-based writer and TV producer.



FROM LEFT: © WAYHOME STUDIO; MIKO / STOCK.ADOBE.COM

Journaling prompts

Staring at a blank page can be daunting. Whether you prefer starting your day with an aspirational affirmation or documenting your triumphs before bed, prompts can get creative juices flowing, says avid journal writer Susan Borkin.

Registered Social Worker Lynda Monk suggests completing these sentences:

- What would happen if ...
- I am looking forward to ...
- Right now, I notice ...
- My favourite memory of ... is ...

For free monthly journal prompts, visit iajw.org and click on “Free Resources” and then select “Monthly Journal Prompts.”—WH

Journaling habit

These tips will help you make journaling a habit.

- Decide on the format that works best for you: a handwritten notebook, a

typed document on your laptop or an app on your smartphone.

- Commit to a specific time for journaling.
- Start writing. Try stream-of-consciousness

writing, bullet points, drawing or jotting down memories, goals, affirmations or quotes.

- Think of journaling as a safe space to record accomplishments or unload your fears or doubts.—WH



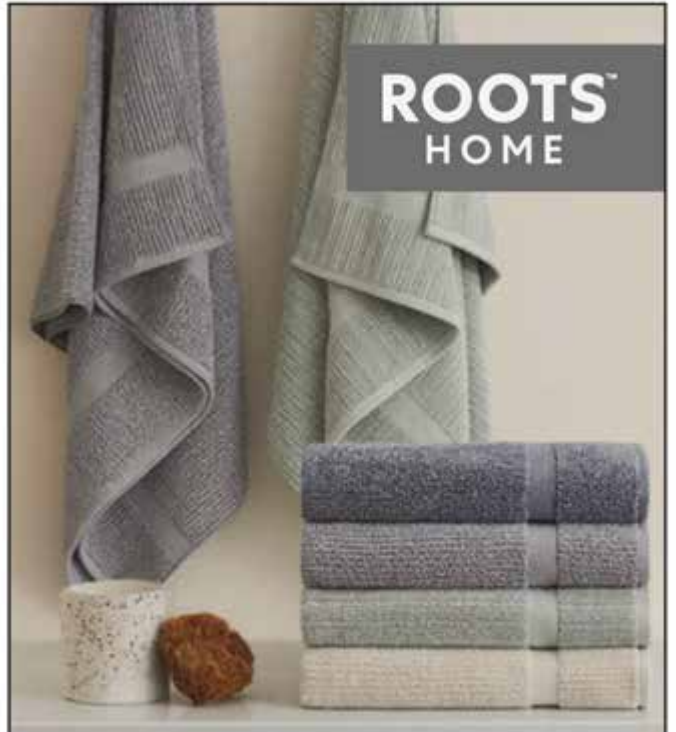
FIELDCREST.
EST 1893
FLOOR RUNNER
24 in x 84 in

- Machine Washable
- Stain and Fade Resistant
- Non Skid Backing
- Anti-Shed
- Pet Friendly



Also available in the following designs:

itm. 1669887



**ROOTS™
HOME**

BATH TOWELS

100% COTTON 76 cm x 142 cm | 30 in. x 56 in.

™Roots Home is a trade mark of Roots Corporation used under license

ALSO ON COSTCO.CA
itm. 3426890



**ROOTS™
HOME**

SHERPA THROWS

127 cm x 177.8 cm | 50 in. x 70 in.

™Roots Home is a trade mark of Roots Corporation used under license.

itm. 2620482



Mini media rooms

Home theatre ideas for small spaces

by MALI ANDERSON



© TINYLUK / STOCK.ADOBE.COM

COSTCO CONNECTION

Costco warehouses and Costco.ca carry a variety of electronics and furniture items to help you set up a mini media room.

Though your family may love movie nights and a space for teenagers to play video games, you likely don't want these activities to take up your whole living room all the time. Thankfully, you can transform an underutilized space in your home, such as a spare bedroom, into a designated media room. Any room that is self-contained and isn't in the path of daily activities could be a possibility.

"You can achieve an amazing home theatre in a small space," says Melissa Tossell, a registered interior designer and owner of Sanura Design in Toronto. "To save space, mount your TV on the wall. When you choose a high-definition TV, you will enjoy much blacker blacks and get a great picture."

Sound is a key part of the home theatre experience, but when choosing speakers recognize that technology will change over time. A soundbar is a great start for your sound system. Then, you can add a subwoofer or other components as your needs grow and new advancements are introduced.

When selecting seating, remember that watching shows and playing games requires

everyone in the group to have a clear view of the screen. Costco member Breegan Jane, a Los Angeles-based interior designer and lifestyle expert, suggests a chaise lounge as your main theatre seating, which "can be a grand seating space for one person or a nice place for a couple to cuddle."

Then, if you are hosting a game day celebration or a movie-themed birthday party, arrange bar seats in stadium style behind your chaise lounge to maximize seating without obstructing anyone's view.

The next step is to decorate the room. Jane uses shades of deep royal blue, purple and red because they remind her of rebuilt theatres. Add these hues and movie posters to bring cinema style to the space.

And if you want to improve the sound in your media room, consider sound-absorbing acoustic panels that can double as artwork. Sound panels will enhance your audio experience when you are in your media room and reduce the likelihood of sound effects spilling into other areas of your home. ■

Costco member Mali Anderson is a freelance writer based in Chicago.

The right lighting

Adding light can enhance some areas of your home, but in your media room you want to block light for optimal

viewing. That said, you still need light in order for guests to safely come and go. The following are a few options to choose from.

- Put lighting on a remote-

controlled dimmer.

- Use fibre-optic strips along baseboards.
- Place task lamps on side tables.—MA

Hisense

AVAILABLE IN
43"/50"/55"/58"/65"



UNWRAP THE JOY OF HOME ENTERTAINMENT

A6KV SERIES 4K UHD VIDAA TV



4K
UHD



DOLBY
VISION



BLUETOOTH

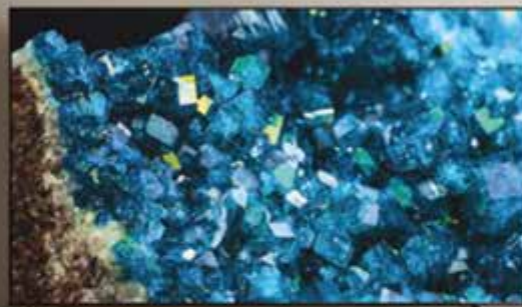


VOICE
REMOTE

Various item numbers.

SONY

Pristine OLED picture. Premium sound.



BRAVIA XR A80L OLED 4K HDR Google TV

Exceptional OLED picture and rich sound in perfect harmony, powered by the intelligent Cognitive Processor XR™. Billions of accurate colours and pure black make everything you watch and play come to life with natural hues and shades. Hear sound from the entire screen for a truly immersive experience.

Google operating system terms and conditions apply.
© 2023 Sony Electronics Inc. All rights reserved. Screen image simulated.

Google TV

Various item numbers.



House band

In-home concerts let you experience live music your way

by IRENE MIDDLEMAN THOMAS



© ANNASTILLS / STOCK.ADOBE.COM

COSTCO CONNECTION

A variety of food and beverages for hosting a house concert is available in Costco warehouses and at Costco.ca. A selection of musical instruments is available at Costco.ca.

House concerts have been around since at least the 1800s, but they've recently found new popularity.

As the name implies, house concerts are musical events in homes, rather than public performance spaces. They usually have small audiences sitting close to the musicians, who don't use microphones.

"We love the intimate setting of house concerts," says Costco member Mare Wakefield of the married musical duo Mare Wakefield & Nomad, based in Nashville, Tennessee. "The house concert setting allows us to laugh and joke with the audience, and also to be 'real' about the songs and our music journey."

Fran Snyder, a musician and founder of the Listening Room Network (listeningroomnetwork.com), based in Florida, adds: "Most house concerts feature original music. Independent artists can share music and experiences directly [with] their fans."

Judith Milliken, a Costco member in Victoria, British Columbia, has hosted more than 30 home concerts since 2007. She became a host for Home Routes (home

routes.ca), which organizes tours for featured musicians from Canada and the US, but she also hosted musicians from Cuba.

"Initially I invited friends and family, but others soon joined the guest list," Milliken says. "Guests had the chance to hear musicians in an intimate home setting. My reward was the knowledge I had created a joyful evening for musicians and audience alike."

"One of the main reasons I started hosting was because I got tired of paying to attend shows and then having people around me talk through them," says Andria Brown of Memphis, Tennessee. "The artists I most enjoy have words that matter. At a house show, I'm curating an unusual setting for most people—one where they really get to connect with the artist."

Wakefield adds, "Every audience member leaves a house concert feeling like they've had a backstage pass." ■

Irene Middleman Thomas is a Colorado-based freelance writer.

Sound advice

Whether you're hosting or performing at a house concert, here are a few things to keep in mind.

For performers. Most

house concerts are in living rooms, with little or no amplification. Attendees want to talk to you and will be very close to you. It's best to create an acoustic show.

For hosts. Performers may

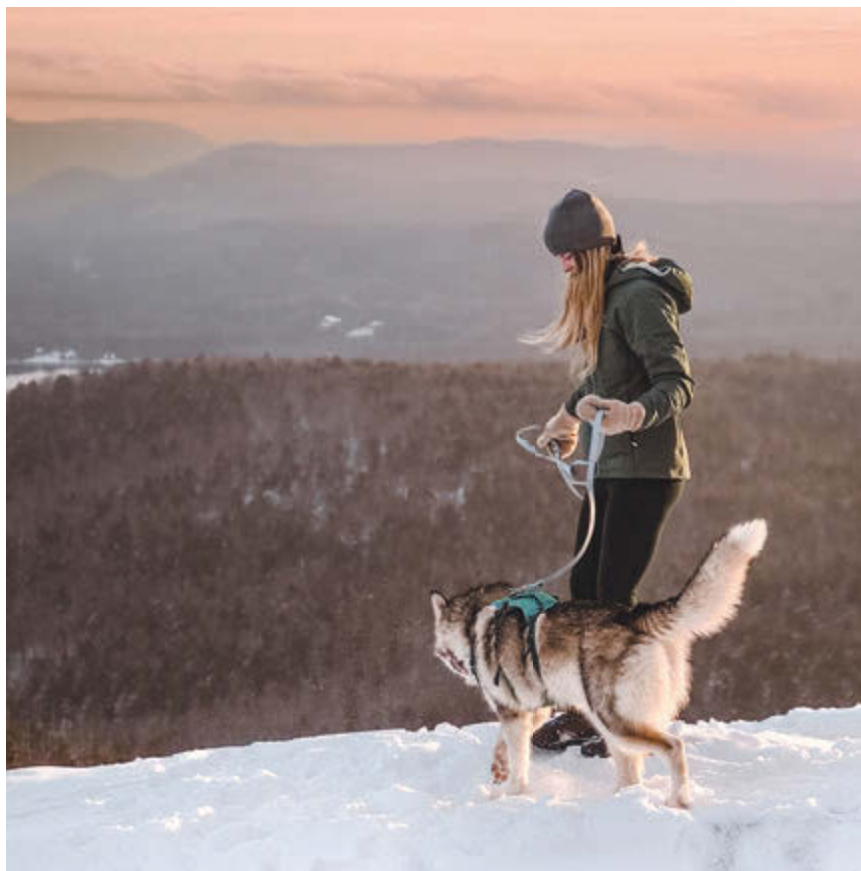
stay overnight to save money. There may be a potluck, a full meal or just dessert. Fran Snyder of the Listening Room Network recommends a "suggested donation" model.—*IMT*



Fun with your Fido

Tips for enjoying outdoor winter adventures with dogs

by JENNIFER MELLACE



COSTCO CONNECTION

The Kirkland Signature™ Pet Logo Hoodie (Item 1731628) can be found in Costco warehouses. Costco offers a variety of gear and other products for outdoor enthusiasts and their pets in Costco warehouses and at Costco.ca.

Are you looking to take your pup on some fun explorations this winter? Maybe a hike in the mountains, cross-country skiing on your favourite trails or even a snowshoe trek in your own backyard? Here are a few things you need to know before you go.

Know your dog's breed

Not all dogs are created equal. Before heading out, consider your dog's breed and whether or not they can adapt to the colder temperatures.

Costco member Adele Ng from Squamish, British Columbia, adventures with her two short-haired vizslas. They can often be found hiking in the mountains and cross-country skiing. Part of her routine requires a dog wardrobe that varies with the temperatures and precipitation. "I pay attention and know that if they're slowing down, they're probably getting cold and I need to add a layer," she says.

Smaller dogs can enjoy the winter action, too. Ngaio Hotte, also from

British Columbia, enjoys winter hikes, snowshoeing and cross-country skiing with her pug and older Labrador-mix rescue. "I have to be sure [the pug] is well-dressed because his tolerance of the cold is much less," Hotte says. "Usually, the hike up keeps him warm, but if we stop for a while, he gets cold. So, I bring a doggie sleeping bag and a backpack so I can carry him down."

Brittany Cummings lives in upstate New York with her six pups, four of which are Northern breeds that can withstand colder temperatures. "They were built to endure long days and extreme temps, and some days they are the ones motivating us to get out there," she says.

Train a solid recall

A reliable recall is important for safety purposes.

"Obedience training is a big part of what we do so we can go out safely," Ng says. "We have bears, cougars and wolves where we hike. If I want to go out, I still take my dogs and I expect them to listen."



“One of our biggest fears is ice—the dogs falling through on lakes or slipping on scrambles during hikes,” Cummings adds. “For this we make sure we have solidly trained commands for recall and wait, and we leash the dogs in areas of concern.”

Know your dog’s limits

“When temperatures fall below -6.7 C (20 F) it’s best to limit exposure to the elements for extended periods,” says Dr. Liam Bisson of the Shelburne Veterinary Hospital in Shelburne, Vermont. It’s also important to protect sensitive paws with dog boots or a layer of petroleum jelly or wax made specifically for dog paws. “Also be sure to



Left to right: Adjust the length of your hike to your dog’s fitness level; being prepared ensures a fun time for everyone.

inspect your dog’s feet after time spent outside and wash off any salt or chemicals,” the Costco member says. “Ingesting those chemicals can make your dog ill.”

Knowing your dog’s level of fitness is key. If you’ve ever hiked through the snow, you know the extra energy it takes, and it’s no different for your dog. It’s also a good idea to carry treats and water so that your dog can replenish calories and stay hydrated.

Ng uses canine conditioning exercises to help her dogs stay strong. She also takes preventative measures by feeding them a joint supplement.

“Don’t push a dog [that] is too old or too young,” she adds. “And if you have a puppy, wait until they’re fully grown—at least 1 year old—before you start anything strenuous; especially skiing.”

Ng’s best advice is to listen to your dog. “Try different things and see what they like. If your dog is happy, that’s what matters in the end.” ■

Jennifer Mellace is a freelance writer in Frederick, Maryland.

Adventuring with a reactive dog

Ngaio Hotte of British Columbia adopted her Labrador retriever mix and quickly learned that he was reactive to other dogs. Instead of forcing him into situations, here are a few strategies she uses to get him on the trails safely:

- Choose trails with good visibility and no surprises.
- Bring a friend and their dog to intercept and distract off-leash dogs.
- Consider popular on-leash trails.
- Embrace the muzzle—a signal to other people that your dog wants space.
- Know your dog’s limits and choose trails accordingly.—JM

FROM LEFT, BRITTANY ALLEN; ADELE NG

Caution in the cold

If your dog goes into the water, don’t panic. Many breeds have thick coats, which give them added protection against the

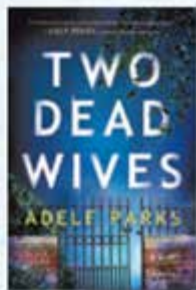
elements. However, prolonged exposure for these breeds, or for breeds with short coats, may lead to hypothermia. It’s important to get them inside and dried off. Making sure your dog is

well-hydrated before an outing can also help head off hypothermia. Things to watch out for include shivering and lethargy, says veterinarian Dr. Liam Bisson.—JM

PULL UP THE COVERS WITH THESE GREAT READS



The newest gripping thriller from #1 bestseller Darby Kane.
Item: 1773611



Lost. Missing. Murdered? How do you find a woman who didn't exist?
Item: 1773623



A charming and witty exploration of friendship, reckoning and hope.
Item: 1773621



Between life and death there is a library. From bestselling author Matt Haig.
Item: 1773617

Product selection may vary by location

HarperCollinsCanada



Item: 2023009



Story Reader Go puts YOU in the story! Listen to the story as you follow along in the book

Look, find, and learn with this big box set! Search for surprises in the book's busy scenes

Item: 2023988



Item: 2084933



Little ones love listening to these sweet stories and rhymes, all read aloud at the touch of a button!

Product selection may vary by location

PHOENIX International Publications, Inc.

Experience
ACCOLADE
Freedom 4.0

Optimal visual comfort at any distance, leading to a feeling of fluidity and freedom.

The perfect intermediate between you and life.
Proudly available at Costco®

COMFORT



EASE

FREEDOM



Various item numbers

BOOKS MAKE MAGICAL GIFTS

Raincoast Books



The only official companion to the Harry Potter stories—the ultimate compendium of wizarding lists, charts, maps, and all things magical!

Item: 2023723

The first three novels in bestselling author Elle Kennedy's Avalon Bay series together in one boxed set!

Item: 2023724

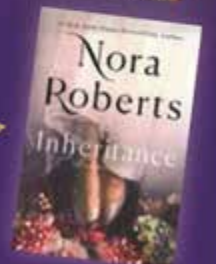


The first in an electrifying new spy thriller series featuring Special Agent Alexandra Martel

Item: 2023726

The first in The Lost Bride Trilogy by #1 NYT bestselling author—a tale of tragedies, loves found and lost, and a family haunted for generations

Item: 2023725



Product selection may vary by location



Snowed in

Danger and romance mingle in Karen Swan's latest Christmas saga

by ELLEN SCHWARTZ



Christmas by Candlelight (Item 2023981) will be available in December in most Costco warehouses.



Karen Swan

© ALICIA CLARKE

As snow falls, Libby and her new boyfriend travel to meet old friends at Archie Templeton's grand family estate. Stranded by a snowstorm, the group is forced to spend the night. When the power goes out, secrets from the past begin to unravel, old antagonisms resurface and Libby is confronted with a truth she has long tried to deny.

That's the psychological roller coaster that UK-based Karen Swan takes us on in her latest romance novel, *Christmas by Candlelight*. Swan writes two novels each year, one for the summer and one for the Christmas season.

Swan says that her success is surprising. "I'm something of an accidental author. I started out as a fashion journalist," she says. "After I co-authored a self-help book, a literary agent urged me to try my hand at fiction. So, I wrote a scene and—eureka! It felt right, and I immediately knew that this was what I was meant to do."

Swan has had more than 20 books published—both contemporary and historical fiction. "I love doing research, especially for the historical novels," she says. "I dig into the culture, politics and lives of the era, and then create my own world within that sphere."

Swan is more interested in the connections among her characters than just the "boy meets girl" part of the story. This was particularly true with *Christmas by Candlelight*. "Because there is a large cast of characters, and because the story unfolds in a claustrophobic setting, it was like writing a movie to be filmed entirely in close shots. I had to know all the characters very well, and it took several drafts to get there."

Swan is strict about her daily writing regimen. "I can write anywhere because I learned to be flexible when my children were small. But when it comes to output, I aim to produce 15,000 words over five weekdays," she laughs. "That might sound like torture, but knowing that I'm making steady progress actually calms me down as I work through the book."

Swan is now finishing work on the third book in a historical series. Then it will be onto the next Christmas book for this productive "accidental" author. ■

Ellen Schwartz is the author of 19 books. She lives in Burnaby, British Columbia.

KIDS' PICK

BOOK *Cat Kid Comic Club: Influencers*

AUTHOR Dav Pilkey

This funny and thought-provoking graphic novel finds the Cat Kid Comic Club in the middle of a crisis.

The baby frogs are plagued with self-doubt and anxiety after learning that one of their comics will be published. Will they be able to get their creative groove back? Will either Naomi or Melvin emerge as a leader? And will Flippy be able to convince them to straighten up and fly right?

For ages 7 and up.
—Stephanie E. Ponder



COSTCO CONNECTION

Cat Kid Comic Club: Influencers (Item 1767777) will be available in December in most Costco warehouses.

Books that educate, entertain, and delight children of all ages!

Listen & Learn Sound Books

Press the buttons
to hear ABCs,
numbers, and first
words read aloud.



Item #1667236



Family Fun Write & Wipe Fun with Santa

Packed full of
Christmas-themed
activities, kids of all
ages will enjoy this
wipe-clean floor pad.



Item #1700247



Item #1352153



Jiggle & Discover Plush Books with Sound

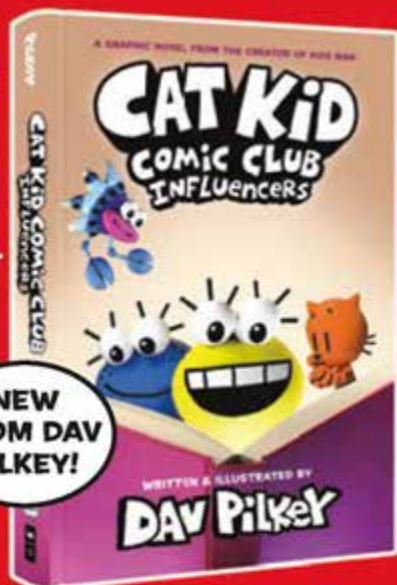
Little ones will love to
cuddle with these soft
books that play a classic
nursery rhyme melody.

Product selection may vary by location.

Kidsbooks
PUBLISHING

GIFTS WITH SHELF LIFE

books they'll read again and again (and again)



**NEW
FROM DAV
PILKEY!**

Item #1767777



Item #1712278



Item #1582147



Item #1767073



Item #1767078

FOR TEENS

SCHOLASTIC

Product selection may vary by location.



Cutting edge

Tips for making holiday magic

by CHRISTINA GUERRERO



PHOTOS COURTESY OF CRICUT



COSTCO CONNECTION

You'll find the Cricut Explore 3 Smart Vinyl & Iron-On plus Digital Content Bundle (Item 5490883) in select Costco warehouses and at Costco.ca. Additional project inspiration and Cricut bundles are also available at Costco.ca.

Not being crafty when it comes to the holiday spirit, I rely on purchased cards and gifted ornaments. However, it feels like everyone I know—from my best friend to my boss—swears that an electronic cutting craft machine that cuts through paper, card stock, vinyl and even iron-on transfers is the way to go to create a festive vibe at home. I decided to investigate and put together this list of ideas that even I could manage.

Greeting cards. Learning to design holiday cards (and envelopes) will become the gift that keeps on giving. This skill will come in handy for birthdays, invitations or any of your other greeting card needs throughout the year.

Home décor. Holiday countdown calendars are a must-make to keep you and your family on track. If you don't have a fireplace, create a vinyl one that can be used year after year—and you won't ever have to clean up the soot. In addition to hanging handcrafted stockings and wreaths, you can change the mantle for the different seasons. Put together a winter wonderland with a variety of snowflake designs to decorate the windows.

Gifts. Make custom ornaments, pillows, wine bags, T-shirts and drinkware, such as mugs, water bottles and wine glasses. And don't forget matching gift tags, bags, boxes and gift wrap. Send guests home with homemade leftover food in handmade to-go containers.

Tablescapes. Paper flowers for centrepieces look just as beautiful as real flowers and you never need to water them. Personalized place settings are a nice touch and you can even turn this into a fun activity for children by setting them up to colour their own. Spiff up old cloth or paper napkins with monograms or seasonal decorations. And don't forget to mark dishes with custom food labels for guests with dietary restrictions.

New year. Ring in the new year with party hats, masks, banners and fun photo props. Custom-made stemware name tags are a must for that special toast.

Wishing you happy holidays and an amazing new year! ■



Use your Cricut to create holiday items and décor.

Download the **Costco App!**



Membership card

View and manage your account

Warehouse and online savings

Offers at your fingertips

Access your receipts

For in-warehouse and online purchases



1123-22

Dawnrise
by Salomon Design

**LED
Table Lamp
with Touch Switch**

- Rechargeable Cordless Lamp
- Touch Dimming
- 3 Brightness Levels
- 50%, 100%, Mood Light
- Metal Construction

Finish: Gun Metal /
Brown Patina



2 PK

ALSO ON COSTCO.CA Item: 1753677



A whole day of
winter wonder.
Costco has that.

Mastercard® is accepted at
Costco warehouses and on Costco.ca



*: Mastercard and the circles design are registered trademarks of Mastercard International Incorporated. © 2021 Mastercard. All rights reserved.

** Registered trademark of Price Costco International, Inc. used under licence.



Buyers' picks

Product selections from
Costco's buying team



Tom Waloszek

Eric David

Hape Learn with Lights Piano with Stool

This 25-key piano is designed to teach children ages 3 and older how to play music by following the lighted keys. When a child feels more confident, they can add one of six tunes or eight drum beats. The compose button gives children the freedom to create and record their own music, while the smart play function enables them to always hit the right note. The piano is powered by either four AA batteries or a USB cable; both are included. Item 1601294. Warehouses/ Costco.ca.—*Tom Waloszek*



Sno-Storm Children's Snowboard

It's all downhill fun from here with this multi-purpose snowboard, which accommodates one standing rider or two sitting riders ages 5 and up. Built to take on winter conditions, it features a tow rope and a slick bottom for smooth riding. Made of foam in eye-catching colours, the board measures 122 centimetres (48 inches) and can hold up to 86 kilograms (190 pounds). Warehouses only. Item 2001128.

—*Eric David*



Eurographics puzzles

What better way to spend quality time with friends and family—or get some serious alone time—than by assembling one of Eurographics' 1,000-piece puzzles? The range of images in the Eurographics puzzle assortment includes The Cat Nap, Surf Shack, Lake Como, Delicious Goodies, Garden Birds and Planets of the Solar System. The images are sure to appeal to a variety of interests. Item 2147905. Warehouses only.—*TW*



Create *memorable* Holidays

with our delicious pure butter croissants
and our delightful artisan-style demi-baguettes.



itm. 402498 (croissants), 1360978 (demi-baguettes)



PIZZA SINGLES



WE DID IT! WE PACKED
BIG PIZZA
FLAVOUR
INTO A SMALLER SIZE.

SABATASSO'S® AVAILABLE ONLY AT COSTCO

C4 ENERGY

ENERGY THAT HITS



EXPLOSIVE ENERGY



ENHANCED ENDURANCE

ZERO SUGAR



JUSTIN FIELDS
PRO QUARTERBACK
@justnfields



itm. 1750346



Our green tea, your Four O'clock moment

Organic



Four O'Clock, proudly Canadian.



itm. 40645

Know your roe

Try this tender, briny delicacy with these tips and serving suggestions

by SCOTT JONES



Fettuccine with Caviar

LEFT: © MARCO MAVER; ILLUSTRATIONS: © DARIAUSTIUGOVA / STOCK.ADOBE.COM



LIESA COLE

Scott Jones (@JonesIsThirsty) is a food and wine writer living in Birmingham, Alabama.

Throughout the ages, caviar has been associated with luxury and opulence. While caviar is not an everyday food, it's a special occasion treat that's worth the splurge and can be enjoyed at home without pomp or fussiness.

For those new to this delicacy, caviar is sturgeon's salt-cured eggs (roe), historically from the Black and Caspian Seas. Today, the most widely available types—beluga, oscietra and sevruga—are produced from farm-raised sturgeon. The tender eggs, ranging in colour from black to steel grey to amber to golden, are salt-cured and then hand-packed into tins.

Sold in sizes ranging from 28 grams (1 ounce) to an entire kilogram (2 pounds), a good rule of thumb for buying caviar is to

plan for 28 grams (1 ounce) per person. If you want to entertain a large party of 25 to 30 guests, go for the kilogram (2 pounds). If you're counting calories, caviar has about 74 calories per 28 grams, along with 6 grams of fat and 7 grams of protein.

Caviar is highly perishable. Store it in the coldest part of the refrigerator and, once open, eat it within 24 hours. To serve, place the tin or jar in a bowl of crushed ice to ensure the caviar stays cold.

When eating caviar, keep it simple. Scoop out the tender eggs with a mother-of-pearl, bone or wooden spoon rather than stainless steel, which adds an unwanted metallic flavour. Roll the briny, nutty-flavoured eggs between your tongue and the roof of your mouth, allowing them

Fettuccine with Caviar

Salt, to taste
200 g (7 oz) fettuccine
or pasta of your choice
30 mL (2 Tbsp) extra-virgin olive oil
Black pepper, to taste
50-g (1.7-oz) tin of fresh caviar

Add salt to 2 L (8½ cups) water and bring to a boil. Cook the fettuccine according to package directions. Reserve 60 mL (¼ cup) of the cooking water from the pasta. Drain the fettuccine then drizzle with oil, pepper and the reserved cooking water. Toss with tongs to coat pasta evenly. Arrange on 4 plates, top with caviar and serve immediately. Makes 4 servings.

Recipe courtesy of Quintessence Caviar



to soften slightly. Then break them against the roof of your mouth for the full flavour experience.

If you want to up your serving game, use warm blinis (tiny buckwheat-flour pancakes) or low-salt potato chips as a base, then top the caviar with just a touch of crème fraîche or sour cream. Other serving options include eggs (hard-boiled, soft-scrambled), thinly sliced salmon (smoked, cured), brie and milk chocolate.

Don't forget the drinks. Chilled vodka and brut-style Champagne are classic caviar pairings. Both cleanse the palate, readying you for another bite. Dry white wines (Chablis, Albariño) and German-style Pilsner beer also work well. ■

Caviar with Homemade Blini and Crème Fraîche

CRÈME FRAÎCHE
250 mL (1 cup)
heavy cream
30 mL (2 Tbsp)
cultured buttermilk

180 mL (¾ cup)
heavy cream
45 to 60 mL
(3 to 4 Tbsp) water
1 large egg
15 mL (1 Tbsp)
butter, softened

BLINIS
250 mL (1 cup)
all-purpose flour
2 mL (½ tsp)
baking powder
Pinch of sea salt

TOPPING
Caviar of your
choice, chilled
Sprigs of dill or
chopped chives

Prepare the crème fraîche: Mix cream and buttermilk and seal in an airtight container. Let rest for about 8 hours, then refrigerate for 2 days, or until thick and creamy.

Prepare the blinis: Mix the dry ingredients in one bowl and the wet ingredients in another bowl. Mix the wet ingredients into the dry ingredients. Preheat a non-stick skillet over medium heat. Using a tablespoon, spoon small circles of the blini batter into the pan. Once bubbles appear in the batter, flip each blini. Continue until all the batter is cooked.

Prepare the topping: Once the blinis have cooled, spoon a dollop of crème fraîche on top. Top with caviar. Garnish with dill or chives. Makes 15 servings.

*Recipe and photo courtesy of Rachel Galvin
(themaplecuttingboard.com)*



COSTCO CONNECTION

Beluga, oscietra and sevruga sturgeon caviar are available for delivery through Costco Grocery at Costco.ca.

Ocean's™

More Than A Can

- Certified sustainable
- Packed with protein and Omega-3s
- Easy to use in recipes



ALSO ON COSTCO.CA

Item: 260591 (wild sockeye salmon), 146549 (wild pink salmon)



Rodelle
SINCE 1938



- Organic dutch processed cocoa powder
- Perfect in desserts, homemade hot cocoa, and even smoothies
- Value-sized 700 g resealable packages available at your local Costco Warehouse

Item: 1099642

NADOR
MOULIN ROUGE
 HERBES AND SPICES BLENDING ET ÉPICES

Pepper, considered the king of spices, is the most widely used spices worldwide. Enhance your dishes with our premium-quality four-peppercorn blend and be impressed by its generous amount of the most expensive varieties of peppercorns.



NADOR A FAMILY-OWNED BUSINESS SINCE 1908

ALSO ON COSTCO.CA
 Item 1300895

Enjoy Canada's #1 Earl Grey Tea*



TWININGS
 EST. 1706 LONDON

Drink in Life

* Based on refrigerated pasta sales in Italy.



New in the refrigerated section of your Costco!

Item 8882348



**EASY PREP
QUICK CLEANUP
PERFECT
HOLIDAY MEALS**



NEW CLASSIC PLUS+

Thicker and Stronger
Than Our Classic Foil

ALCAN
THE STRONG ONE

ALSO ON COSTCO.CA
Item 127993

Smarter snacks

Simple Mills provides healthy ingredients, sustainably sourced

by TIM TALEVICH



Katlin Smith

© COURTESY OF SIMPLE MILLS

Simple Mills makes crackers and snacks using nontraditional ingredients, with a goal of being healthy not only for people but for Earth. *The Connection* recently chatted about sustainable food-sourcing practices with CEO Katlin Smith, who started the company in her kitchen a decade ago.

COSTCO CONNECTION

You can find Simple Mills Almond Flour Sea Salt Crackers (Item 1400953) in Costco warehouses and at Costco.ca.

Costco Connection Simple Mills doesn't focus on being sugar-free or fat-free. Instead it focuses on the ingredients it includes. Can you elaborate?

Katlin Smith There are so many items out there that are made with things that we want to be eating less of, instead of things we want to be eating more of. Our products [include] only carefully selected, natural ingredients, nothing artificial ever.

CC The ingredient lists on your products reflect that. Rather than wheat and corn, we see buckwheat, watermelon seed and arrowroot, to name a few. Why are these ingredients important?

KS These ingredients help people diversify their diets. And having those diverse ingredients is really important for our broader agricultural system.

I started this company after cleaning up my own diet and taking out a lot of the processed food and sugar, and realized how much of an impact that eating healthy foods can have on our bodies. And from there, I realized food has a really large impact on our planet as well. In using all these different ingredients, we're supporting regenerative agriculture (see "Diverse ingredients"), which is designed to be a self-feeding system where you don't need chemical inputs to grow your food, and where you don't have to continually replant food.

CC Working closely with farmers is very important to you. How do you achieve that?
KS We believe farmers are key to transforming our food system, so we have forged direct contracts and share with them our vision to build more sustainability into how we feed people. Also, we actively support partnerships that promote farming practices that have the potential to improve soil health and food safety. It's really remarkable how different the land looks when you see these practices implemented. ■

Diverse ingredients

Sugar cane, corn, rice and wheat are the mainstays of many foods today. Simple Mills uses over 40 unique

crops beyond those. Growing a diverse variety of crops is a cornerstone of regenerative agriculture, which strives to improve soil health, provide

pollinator habitat and increase soil carbon storage through steps such as no-till farming, planting cover crops and avoiding pesticides.—TT

nature's touch

Chocofruit

The perfect pairing of 2 ingredients!



+



=



Juicy bite-size strawberries.

100% sustainably sourced cocoa.

Found in your frozen aisle.



itm. 4517285



DELICIOUS MEXICAN MEALS & SNACKS!

Available Exclusively at Costco



Enjoy Mexican favourites in minutes – inspired by authentic family recipes and made with fresh-baked tortillas.



CHICKEN & CHEESE FLOUR TAQUITOS



EGG, SAUSAGE, CHEESE & POTATO BREAKFAST WRAPS

itm. 393667 (taquitos), 1226702 (breakfast wraps)



Bring our great
CHALET TASTE home.



itm. 1051964



START YOUR MORNING
with a smile

Certified vegan margarine, blended in Canada
from only the best plant-based ingredients.

- ✓ SOURCE OF OMEGA 3
- ✓ ZERO TRANS FAT
- ✓ GLUTEN FREE
- ✓ LACTOSE FREE

itm. 1316819



 Made with only
4 ingredients

Bonne Maman®

*Colour your
Breakfast*



ALSO ON COSTCO.CA
itm. 1390535



BRING GOODNESS HOME



ALSO ON COSTCO.CA

Item 262282 (Cranberry Almond Crunch), 1073000 (Honey Bunches of Oats)

LETTUCE NEEDS ALL THE EXCITEMENT IT CAN GET



ALSO ON COSTCO.CA

Item 3875466



paysan

Slowly and naturally smoked

Canadian Product

Family business

Item 1218130

HO-YA

Pho

READY IN **3** MINUTES









itm. 1093253

FLORISH

PANCAKES THAT FUEL YOUR DAY!

 PROTEIN PACKED
  NO ADDED SUGAR
  HIGH IN FIBRE



ALSO ON COSTCO.CA
itm. 1397227

FEVER-TREE





IF $\frac{3}{4}$ OF YOUR DRINK IS THE MIXER, MIX WITH THE BEST




FEVER-TREE PREMIUM TONIC WATER




FEVER-TREE PREMIUM GINGER BEER



Selection may vary by location




itm. 1479742 (tonic water), 1429744 (ginger beer)



Upside Down Spiced Pear Cake

LEFT: © CAYLIE CROSSLAND (BAKERSTABLE.NET); DRIED FRUIT AT RIGHT: PIXIBANK; DIANA TALUIN; KRAFLA / STOCK.ADOBE.COM
© SONIA LACASSE (EVLTKITCHEN)

Pearing up

The fall fruit that pairs well with sweet and savoury recipes

by LAURA LANGSTON

Delicious pears used to be called butter fruits because of their soft, butter-like flesh. Native to Asia, Europe and North Africa, this popular fruit is now grown and enjoyed all over the world.

Pears are rich in nutrients. They're an excellent source of fibre and vitamin C, and they also contain potassium, phytonutrients and other antioxidants.

While there are more than 3,000 pear varieties, some are more common than others. The Bartlett (sometimes called Williams) pear is extremely juicy with the classic pear flavour. Bosc pears are crisp and

woody with a honey sweetness. The Rocha variety is mild, moderately sweet and crunchy.

Firmer pear varieties, such as Bosc, are excellent for poaching, baking or grilling because their dense flesh holds shape when heated. They're also good canned or in chutneys and jams, as is the slightly softer Bartlett variety, which is sometimes called the canning pear. Rocha is a little drier than some varieties, which makes it ideal for poaching, for lunchboxes and for storing.

Pears are incredibly versatile. Serve them with yogourt, granola or pancakes, or bake them into hearty muffins for breakfast. At lunch, add pears to a salad, turn them into pear and cheddar soup, or top crostini with pears, prosciutto and goat cheese. Pears add surprising depth to entrees, especially chicken and pork. They're a natural dessert choice in cakes, crisps and pies.

Pears are harvested when they're mature but not ripe. Leave firm, unripe pears at room temperature to ripen. Bartlett pears change from green to yellow when ripe, but most varieties don't change colour. Check for ripeness every day by applying a little pressure to the neck or stem end of the pear. If it yields to pressure, it's ripe and ready to eat. Once the pear is ripe, refrigerate and eat it within five days. If you find yourself with a few too many ripe pears, blend them into smoothies, soups, sauces or purées. ■

Laura Langston lives and writes in the Pacific Northwest, and her favourite way of preserving pears is in pear chutney.

Upside Down Spiced Pear Cake

60 mL (¼ cup) butter, melted
250 mL (1 cup) light brown sugar, packed and divided
4 ripe pears, peeled and thinly sliced
375 mL (1½ cups) unbleached all-purpose flour
5 mL (1 tsp) baking soda
5 mL (1 tsp) baking powder
15 mL (1 Tbsp) ground ginger
5 mL (1 tsp) ground cinnamon
2 mL (½ tsp) ground nutmeg
2 mL (½ tsp) salt
1 mL (¼ tsp) ground cloves
125 mL (½ cup) butter, softened
2 large eggs, at room temperature
250 mL (1 cup) unsweetened applesauce
125 mL (½ cup) blackstrap molasses
Vanilla ice cream
Nuts, chopped
Honey

Preheat oven to 180 C (350 F). Grease a 23-cm (9-inch) springform pan.

In a small bowl, mix melted butter and 125 mL (½ cup) brown sugar. Spread mixture evenly in the pan. Top evenly with pears, covering the entire mixture.

In a large bowl, whisk dry ingredients. In a stand mixer bowl, beat softened butter and remaining sugar with the paddle attachment on medium-high until fluffy. Add eggs and beat until airy. Mix in applesauce and molasses. Mix in dry ingredients on low until just incorporated. Pour evenly over the pears.

Place aluminum foil under and around sides of pan. Bake for 60 minutes, or until a toothpick inserted in the centre comes out clean. Cool until safe to handle, then flip onto a plate. Serve with vanilla ice cream, nuts and honey. Makes 8 to 10 servings.

Recipe courtesy of Sonia Lacasse (eviltwin.kitchen)

Pear Brie Flatbread

2 naan flatbreads, approximately 125 g (4.4 oz) each
Olive oil, for brushing
227 g (8 oz) brie, rind removed and sliced
2 medium pears, thinly sliced
5 mL (1 tsp) rosemary, chopped
15 to 30 mL (1 to 2 Tbsp) honey
Kosher salt and black pepper, to taste

Preheat oven to 205 C (400 F). Place the naan on a large baking sheet. Use two baking sheets if needed. Brush lightly with olive oil. Top evenly with brie, sliced pears and rosemary. Place in the oven and bake for 7 to 10 minutes, or until brie is melted. Remove from the oven and drizzle with honey. Season with salt and pepper. Cut the flatbread into pieces and serve immediately. Makes 8 appetizer servings.

Recipe and photo courtesy of Maria Lichty (twopeasandtheirpod.com)



© DARIAUSTIUGOVA / STOCK.ADOBECOM

COSTCO CONNECTION

Bartlett and Bosc pears can be found in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

PAID ADVERTISING
Product selection may vary by location.

A GALLERY

of flavours for any taste



TOM AND OLLIE
SLOW ROASTED TOMATOES
Itm. 1760366



CRUMMASTER
MULTI-GRAIN
BAKED CRACKERS
Itm. 144571



JARLSBERG
CHEESE
Itm. 83481



DIAMOND HARVEST
SHRIMP PLATTER
Itm. 1167759



CAPPOLA PROSCIUTTO
Itm. 163810



CAPPOLA SALAMETTI TRIO
Itm. 5052755



SIMPLE MILLS
ALMOND FLOUR CRACKERS
Itm. 1400953



SKOTIDAKIS TZATZIKI
Itm. 107725



PLAISIRS GASTRONOMIQUES
BRUSCHETTA
Itm. 2223266



BALDERSON 2-YEAR ROYAL
CANADIAN CHEDDAR
Itm. 88964



LA TERRA FINA ARTICHOKE AND
PARMESAN GARLIC DIP
Itm. 366615



CELEBRITY
CRANBERRY GOAT LOG
Itm. 771839

FESTIVE HUMMUS

- 1 container **Fontaine Santé Traditional Hummus**
- 10 grape tomatoes, halved
- 60 mL (¼ cup) green onions, chopped
- 375 mL (¾ cup) parsley, chopped
- 125 mL (½ cup) feta, crumbled
- 15 mL (1 Tbsp) extra virgin olive oil

Place **Fontaine Santé Traditional Hummus** in a serving dish. Decorate with a mix of tomatoes, green onion, parsley, and feta. Serve with olive oil drizzle.



STUFFED HUMMUS CANAPES

- 1 container **Fontaine Santé Roasted Red Pepper Hummus**
- 8 tomatoes on the vine
- 1 English cucumber
- 45 mL (3 tbsp) pinenuts, lightly toasted
- 45 mL (1tbsp) fresh dill or chives
- Freshly ground black pepper

Cut tomatoes in half and cucumber in thick slices and lightly scoop out the middles to form a cavity.

Stuff the tomatoes and cucumbers with **Fontaine Santé Roasted Red Pepper Hummus**.

Garnish with pinenuts, dill and chives.

Season with pepper to taste.



FONTAINE SANTÉ
TRADITIONAL HUMMUS
Itm. 358234



FONTAINE SANTÉ
ROASTED RED PEPPER HUMMUS
Itm. 240154



DELICI SEA SALT CARAMEL,
WHIPPED MOUSSE AND COOKIE CRUMBS
Itm. 376337



EGGO WAFFLES
Itm. 391166



WILDROOTS COASTAL
BERRY TRAIL MIX
Itm. 234745



PRÉSIDENT
PETIT BRIE CHEESE
Itm. 1188673



VERY BERRY MOUSSE

250 mL (1 cup) **Nature's Touch Frozen Organic Very Berry Burst**

250 mL (1 cup) 35% whipping cream
80 mL (1/3 cup) granulated sugar
5 mL (1 tsp) vanilla extract
250 g (1 cup) cream cheese
15 mL (1 tbsp) lemon juice
Zest of 1/2 lemon

Grated chocolate or shredded coconut, optional

In a glass bowl, defrost **Nature's Touch Frozen Organic Very Berry Burst** in the microwave for 2 minutes or set out to thaw. Let cool then mash evenly with a potato masher.

Add sugar and vanilla extract to a bowl of whipping cream. Whip until stiff peaks form. Store in the refrigerator.

In a separate bowl combine cream cheese, the lemon juice and zest. Beat with a mixer for a few seconds or until the preparation is smooth.

Add the mashed berry mixture to the cream cheese. Blend evenly. Finally, add the whipped cream, mixing gently with a spatula.

Store in the refrigerator 3 hours before serving. Divide the preparation into beautiful dessert cups, garnishing each portion with berries, grated chocolate or shredded coconut, if desired.

SERVES
6 TO 8



LINDT PRALINÉS CLASSIQUES
ASSORTED FINE CHOCOLATES
ltn. 1646161



CÉLÉBRATION ASSORTED
BUTTER COOKIES
ltn. 1539458



NATURE'S TOUCH ORGANIC
VERY BERRY BURST FROZEN FRUITS
ltn. 1180127

KIRKLAND *Signature*

TUXEDO
CAKE

NANAIMO
BARS

VARIETY BARS

FRUIT
CAKE

BISCOFF
CAKE

YULE
LOG

TOFFEE
CHEESECAKE

RED VELVET
CHEESECAKE

TIRAMISU
CAKE



JOIN THE PLANT-BASED REVOLUTION!

Certified



Corporation



VEGAN



3 SIMPLE
INGREDIENTS



MADE WITH
WHOLE GRAIN



MOUNTAIN
WATER



NON GMO

Suzie's NOW IT'S **NATRUE**

ALSO ON COSTCO.CA
itm. 1329267



BEEMSTER
PREMIUM DUTCH CHEESE

CLASSIC
Gouda

AGED 18 MONTHS

- Rich and complex flavour with notes of caramel & pecan
- Firm texture
- Enjoy with full-bodied wines and beer or port
- Pair with fresh & dried fruits, garden vegetables





© ZI3000 / SHUTTERSTOCK

Better with feta

This tangy, creamy, crumbly textured Greek cheese can live up more than just salads

by MILLY DAWSON

When you hear feta, do you immediately think Greek salad? It's likely, as that is where most feta winds up. But creamy feta, with its tangy, slightly salty profile, can play a starring role in many more dishes. It brings a burst of flavour not only to cold dishes but also to cooked ones.

Feta belongs to a family of young white cheeses. These varieties are aged from at least two months to approximately a year, and they have no rinds. Although feta is a young cheese, its origins date back to ancient Greece.

In *The Odyssey*, Greek poet Homer mentions Odysseus and his men noticing the delightful smell and sight of woven baskets full of feta in the cave of a Cyclops, who was a shepherd.

The Greek word feta means slice. Originally, feta came only in blocks for slicing or crumbling just before use, but it is now available in crumbles. Authentic Greek feta comes with the Protected Designation of Origin certification, which

identifies it is made in a specific geographical area in Greece. Traditional Greek feta is made from sheep's milk steeped in brine, although many contemporary feta cheeses combine sheep's milk and goat's milk. What sets feta apart is its distinctive flavour and crumbly texture.

When Greeks put feta on their salads, they lay it in thick slices across a mix of tomatoes, cucumbers and Kalamata olives, with no lettuce or leafy greens involved. Try feta crumbled onto a bowl of tomato, vegetable or lentil soup. Add small chunks to tabbouleh. Stuff a pita with roasted vegetables and feta, or scatter some on salmon before baking.

Versatile feta is flavourful no matter how you serve it. ■

Milly Dawson is an Orlando, Florida-based food, health and medicine writer.

Feta pairings

Looking for an easy way to enhance the flavour of feta? Try these specially selected food and beverage pairings.

Beer

Hefeweizen
Pale ale
Witbier

Condiments and spices

Chives
Honey
Maple syrup
Mint
Parsley
Rosemary

Fruits and vegetables

Cantaloupe
Cucumbers
Green beans
Honeydew melon
Olives
Onions
Peppers
Strawberries
Tomatoes
Watermelon

Grains, nuts and starches

Almonds
Crostinis
Pasta
Pita chips/bread

Protein

Anchovies
Chicken
Hamburger
Lamb
Shrimp

Wine

Pinot noir
Sauvignon blanc
Soave
Zinfandel

Courtesy of Président, brand of B.S.A.

COSTCO CONNECTION

Kirkland Signature™ Feta (Item 555301) is available in your local Costco warehouse. Groceries are available for delivery through Costco Grocery at Costco.ca.

Love your leftovers

Tasty transformations to use up your holiday foods

by SUJA NATARAJAN

The holiday season is the joy of coming together with loved ones and indulging in festive meals. Yet, as the holiday cheer settles, do you wonder what to do with all the leftovers? With some planning and a dash of creativity, you can turn those ingredients into delicious meals for your family. Here are some delightful ways to use up the remaining food.

Savoury flavour

Not sure what to do with all the turkey or ham? Wraps, pot pies, sandwiches, fried rice, calzones, salads, casseroles, lasagna rolls and enchiladas can put a delicious twist on leftover meat. Hamilton, Ontario-based recipe developer Kris Osborne suggests pairing turkey with shawarma-style pita, yogurt sauce and veggies.

Or, cook a hearty turkey [or ham] soup with sweet potatoes and peas, recommends Seattle-based recipe developer, cookbook author and Costco member Alyssa Brantley. If you have extra mashed potatoes, Brantley has a suggestion for those, too: Pan-fry them into patties with egg, cheese and your favourite seasonings.

Keep it sweet

Dessert and drink leftovers can be reimagined, too. Use extra eggnog instead of milk for pudding, coffee, hot cereal, cakes and more. London, England-based recipe developer Lucas



Ham and Cheese Quiche with Spinach

© KRISTY MURRAY (LINGERLITTLE.COM)

Guizo recommends using eggnog to make a richer batter for golden-fried French toast.

Repurpose leftover fruitcake into various delights such as cake pops, yogurt toppings, bread pudding, ice cream or cookies. Guizo suggests a fruitcake trifle layered with cream, fresh fruit and nuts for a delectable dessert.

Leftover cranberry sauce can make a delightful addition to sweet rolls, waffles, pancakes or sandwiches. Add cranberry sauce to overnight oats or smoothies for a burst of flavour, or use it as a tangy glaze for grilled meats. New York-based recipe developer Jessie

Johnson recommends whipping up a cranberry-mayonnaise vinaigrette-style salad dressing.

Wondering how to store your leftovers? Keep them in shallow, airtight containers or airtight packaging in the refrigerator. Freeze the leftovers for up to four months and always reheat to 74 C (165 F) before eating. Keep the festive vibes going after the holidays by creating delicious dishes with cleverly repurposed leftovers. ■

Suja Natarajan is a writer based in Virginia.

Ham and Cheese Quiche with Spinach

4 large eggs
125 mL (½ cup) heavy cream
125 mL (½ cup) whole milk
2 mL (½ tsp) salt
2 mL (½ tsp) black pepper
250 mL (1 cup) ham steak, cubed
250 mL (1 cup) Parmesan cheese, grated
500 mL (2 cups) baby spinach, loosely packed
1 (23-cm/9-inch) par-baked pie crust in a pan

Preheat the oven to 200 C (400 F). In a medium-size bowl, beat 4 large eggs for 2 to 3 minutes, or until well blended and fluffy. Add cream, milk, salt and pepper. Continue to beat until fully blended, about 1 minute. Stir in ham, cheese and spinach. Stir until everything is combined.

Pour the egg mixture into the pie crust and bake for 40 to 50 minutes. The edges of the filling should be firm but the middle should still slightly jiggle. Remove from the oven and place the pie pan on a cooling rack for 15 to 20 minutes to continue to cook and firm up. Serve warm. Makes 8 servings.

Recipe courtesy of Kristy Murray (lingeralittle.com)

Cranberry Coffee Cake

560 mL (2¼ cups) all-purpose flour
2 mL (½ tsp) baking soda
2 mL (½ tsp) kosher salt
250 mL (1 cup) unsalted butter, softened
430 mL (1¾ cups) cane sugar
3 large eggs
Zest of 1 large lemon
10 mL (2 tsp) pure vanilla extract
250 mL (1 cup) sour cream or Greek yogourt
250 mL (1 cup) leftover cranberry sauce, at room temperature

GLAZE

250 mL (1 cup) icing sugar
30 mL (2 Tbsp) fresh lemon juice or milk
2 mL (½ tsp) pure vanilla extract, optional

Preheat the oven to 180 C (350 F). Grease and flour a 2.5-L (10-cup) Bundt pan. In a bowl, whisk flour, baking soda and salt. Using a mixer, cream butter and sugar in a separate bowl until light and fluffy. Beat in eggs one at a time. Beat in lemon zest and vanilla. Alternate mixing in the flour mixture and sour cream on low until combined. Spoon ½ the batter into the pan. Add cranberry sauce and top with the remaining batter.

Bake for 55 to 60 minutes, or until a toothpick inserted comes out clean. Cover loosely with aluminum foil if needed. Remove from the oven and cool for 10 minutes inside the pan. Invert the cake onto a wire rack over a plate or serving dish. Allow cake to cool completely.

Prepare the glaze: In a bowl, whisk the icing sugar, lemon juice and vanilla. Drizzle over the cake. Slice and serve. Makes 10 servings.

Recipe and photo courtesy of Katya Kurmayev (littlebroken.com)



COSTCO CONNECTION

You'll find turkey, ham and other ingredients for holiday recipes in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.



FEAST

IN A WINTER

Wonderland

The holiday season is finally here. You will discover a combination of sweet and savoury flavours. From the

perfect side dishes to some great recipe meal ideas. Find these products at your Costco warehouse.



FRENCH
GREEN BEANS
Itm. 400615

SWEET BABY
CARROTS
Itm. 400576

PAID ADVERTISING. Product selection may vary by warehouse.





Apple and Pear Salad

Serves 4-6

Salad

7 ounces mixed greens

1 pear, thinly sliced

1 apple, thinly sliced

180 mL (½ cup) crumbled feta

180 mL (½ cup) dried cranberries

45 mL (3 Tbsp) sliced almonds, toasted

4 slices of bacon, cooked and chopped

Balsamic Vinaigrette

45 mL (3 Tbsp) balsamic vinegar

30 mL (2 Tbsp) olive oil

15 mL (1 Tbsp) dijon mustard

15 mL (1 Tbsp) minced shallot

15 mL (1 Tbsp) maple syrup

Salt and pepper to taste

Preparation

Add the spring mix to a serving bowl. Top it with the sliced apple and pear, crumbled feta, bacon, dried cranberries and almonds.

Add the ingredients for the vinaigrette in a glass measuring cup and whisk until combined.

Serve the vinaigrette next to the salad to keep the ingredients from becoming soggy.

ORGANIC GALA APPLES

itm. 969425

BOSC PEARS, BARTLETT PEARS

31167, 71278

PORK, BEEF AND VEAL TOURTIÈRE PLAISIRS GASTRONOMIQUES

itm. 403653

Lobster Pasta

Serves 3

320g Imperial Seafoods Lobster

Meat, thawed

45 mL (3 Tbsp) butter

125 mL (½ cup) shallots, thinly sliced

30 mL (2 Tbsp) tomato paste

1 garlic clove, chopped

1 bay leaf

80 mL (1/3 cup) brandy or cognac

80 mL (1/3 cup) white wine

500 mL (2 cups) 15% cream

(250 g) spaghetti, cooked (Reserve ½

cup (125 mL) of pasta cooking water.)

Chives or tarragon, finely chopped

(optional)

Preparation

In a large pot, add the butter over medium-high heat. Add the shallots,

tomato paste, garlic and bay leaf. Cook until the shallots start to brown, about 5 minutes.

Deglaze with the brandy. Add the white wine and let reduce by half. Add the cream and simmer for 10 minutes.

Strain the sauce through a very fine sieve set over a skillet. Season the sauce with salt and pepper.

Add the pasta and lobster meat to the sauce. Reheat for 2 minutes; add some of the reserved pasta cooking water as needed if the sauce is too thick. Sprinkle with chives or tarragon, if desired. Enjoy!

IMPERIAL SEAFOODS LOBSTER MEAT

itm. 400615

Rainier
FRUIT


STARR
RANCH





Honey Lemon Vinaigrette

- 30 mL (2 Tbsp) Wolfe Creamed Raw Organic Honey
- 2 cloves garlic, minced
- 30 mL (2 Tbsp) apple cider vinegar
- 30 mL (2 Tbsp) Dijon Mustard
- 5 mL (1 tsp) dried oregano
- 2 mL (½ tsp) kosher salt
- 1 mL (¼ tsp) ground black pepper
- 125 mL (½ cup) olive oil
- Juice of 1 lemon

Add all ingredients to a food processor or use a mason jar and whisk or shake until everything is emulsified.

Adjust seasonings to taste and serve with your favourite salad.

The vinaigrette can be stored in the fridge for about 7 days in an airtight container.

WOLFE CREAMED RAW ORGANIC HONEY
Itm. 1572878



ASPARAGUS
Itm. 94676

KALETTES
Itm. 1559671,
1272406



LILYDALE OVEN ROASTED TURKEY BREAST
Itm. 356026



Mini Cherry Galettes

Crust:

430 mL (1 ¾ cup) flour
160 mL (⅔ cup) butter
30 mL (2 Tbsp) sugar
45 mL (3 Tbsp) cold water

Filling:

250 mL (1 cup) cherries
5 mL (1 tsp) lemon zest
5 mL (1 tsp) lemon juice
15 mL (1 Tbsp) cornstarch
5 mL (1 tsp) vanilla extract

Crust

Pour flour and sugar into the food processor and pulse. Then add cold butter into pieces and mix. Add cold water step by step until the dough is consistent. If a ball forms in the food processor, don't add more water. Wrap the dough and place in the fridge for 30 minutes.

In a bowl, add fruits, lemon zest and juice, cornstarch, and vanilla, and stir.

Preheat the oven at 180 C (350 F). Line a baking sheet with parchment paper.

Divide the dough into 4. Sprinkle some sugar on your work surface. Take one piece and roll it into a circle. Then, transfer on the baking sheet. Add fruits in the middle. Fold edges in the middle. Repeat with the rest of the dough.

Brush the edges of the dough with milk.

Bake for about 20-30 min or until the crust is golden brown and crispy.

Let cool, decorate and enjoy!

CHERRIES
Itm. 2534

**CAULIFLOWER FLORETS,
BROCCOLI FLORETS**
Itm. 760770, 426192

**BRUSSELS
SPROUTS**
Itm. 15764



Honey mustard dipping sauce

Serves 1 cup

125 mL (½ cup) mayonnaise
30 mL (2 Tbsp) honey
30 mL (2 Tbsp) prepared yellow mustard
15 mL (1 Tbsp) dijon mustard
1 pkg MINH Pork Egg Rolls (8 count)

Not-so-secret dipping sauce

Serves ¾ cup

60 mL (¼ cup) soy sauce
60 mL (¼ cup) sriracha
60 mL (¼ cup) sugar
1 pkg MINH Pork Egg Rolls (8 count)

Prepare MINH Pork Egg Rolls as directed on the packaging.

While MINH Pork Egg Rolls are baking, combine the remaining ingredients for each dipping sauce in 2 separate small bowls and whisk together. Enjoy!

MINH PORK EGG ROLLS
Itm. 1210029



STROMBOLI TRIPLE MEAT PIZZA
Itm. 1260829

PILLAR'S CORNMEAL BACK BACON
Itm. 47343





Loaded sweet potato nachos with black beans, avocado and Beyond Burger

Serves 2-4

Sweet potato

- 1 large sweet potato, sliced
- 10 mL (2 tsp) chili powder
- 5 mL (1 tsp) cumin
- 2 mL (½ tsp) paprika
- 2 mL (½ tsp) cayenne pepper
- 30 mL (2 tbsp) olive oil
- Salt and pepper to taste

Crumble

- 2 Beyond burger plant-based burgers
- 5 mL (1 tsp) olive oil
- 5 mL (1 tsp) chili powder
- 5 mL (1 tsp) cumin

Topping

- ¼ can black beans, rinsed and drained
 - 60 mL (¼ cup) shredded cheese
 - 60 mL (¼ cup) diced red onion
 - ¼ avocado, sliced into cubes
 - 60 mL (¼ cup) grape tomatoes
 - Small handful of microgreens
 - lime wedges for servings
- Preheat oven to 220 C (425 F)

In a medium bowl, add the sweet potatoes and combine chili powder, cumin, cayenne pepper, paprika, salt, pepper and olive oil.

Arrange the sweet potatoes on the baking sheet and bake for 20 minutes. In a medium skillet, heat 2 tsp of

olive oil and add the Beyond burger plant-based burgers patties and crumble with a spoon; season with chili powder, cumin, salt and pepper as desired. Cook for 5-7 until browned. Set aside.

Lower the oven to 180 C (350 F) and take out the potatoes and top with black beans, cheese and the cooked Beyond Meat crumble. Bake for an additional 15 minutes or until the cheese is melted. Top with diced grape tomatoes, red onion, avocado and microgreens. Serve with lime wedges and enjoy!

BEYOND BURGER PLANT-BASED BURGERS
Itm. 2338620



Festive Taquitos Casserole

Serves 6

12 El Monterey Chicken and Cheese Taquitos

- 1 (398 mL) can refried beans
- 250 mL (1 cup) sharp cheddar cheese, grated
- 250 mL (1 cup) sour cream
- 250 mL (1 cup) guacamole
- 250 mL (1 cup) salsa
- ½ head iceberg lettuce, chopped
- 1 large ripe tomato, chopped

Preparation

Preheat the oven to 205 C (400 F), then fill the bottom of an 8x8 square baking dish with frozen El Monterey Chicken and Cheese Taquitos and place in the oven. Bake for 12 minutes.

Remove the taquitos from the oven and spread the beans over them in an even layer. Then sprinkle ¼ of the cheese over top. Return the dish to the oven for about 5 minutes or until the cheese is melted and the beans are heated through.

Top the beans and cheese with a layer of guacamole, sour cream, salsa, lettuce, tomato, and the remaining cheese. Serve immediately and enjoy!

EL MONTEREY CHICKEN AND CHEESE TAQUITOS

Itm. 393667





Veggie Burger Quesadillas

Serves 4

2 Dr. Praeger's Organic California Veggie Burgers
4 medium flour tortillas
7 mL (½ Tbsp) butter (or coconut oil)
250 mL (1 cup) corn
125 mL (½ cup) mixed hot peppers, diced finely
250 mL (1 cup) cotija cheese
125 mL (½ cup) cilantro

Preparation

In a non-stick pan cook burgers approximately 7 minutes until browned. Flip and cook an additional 5 minutes until well browned. Transfer to a cutting board and roughly chop each burger. Wipe down the skillet and return to the stovetop. Assemble quesadilla with a tortilla, cheese, peppers, corn, veggie burger pieces, and a second tortilla. Add butter to the skillet and fry the quesadilla for 4-5 minutes on each side until tortillas are browned and slightly crispy. Slice in half, top with cilantro and serve.

DR. PRAEGER'S ORGANIC CALIFORNIA VEGGIE BURGERS
itm. 1135557



Grilled Chicken and Broccoli Pasta

Serves 4-5

½ box of Sunrise Farms Grilled Chicken Breast Strips (frozen)
15 mL (1 Tbsp) oil
salt to taste
2 cloves of garlic, minced
1 medium onion, chopped into 1 inch pieces
1 jar of Marinara Sauce
500 mL (2 cups) of broccoli florets, chopped into bite sized pieces
1 package (400 g) of spaghetti noodles, cooked
Chopped parsley and basil, or herbs of choice, for garnish

Making the sauce:

In a large saucepan, heat oil on medium low and sauté garlic and onion, until fragrant and onions turn golden.

Turn heat to medium, add marinara sauce, chopped broccoli and Sunrise Farms Grilled Chicken Breast Strips (add them frozen).

Stir sauce occasionally, for approximately 13 minutes until chicken is warmed through. Putting it all together:

Add pasta to sauce and stir for approximately 2 minutes, or until everything is hot. Serve right away and garnish with fresh chopped parsley and basil, or herbs of your choice.

SUNRISE FARMS GRILLED CHICKEN BREAST STRIPS
itm. 5175722



NATURONEY

Sweeten your favourite recipes naturally with Naturoney



Organic honey with floral and exotic flavours.
TASTE NATURE!

ALSO ON COSTCO.CA itm. 130958

A NEW, MORE SUSTAINABLE PACKAGING

BOX MADE FROM
100%
RECYCLED PAPER.



itm. 1183613

Cheers!

WITH GOODNESS
THIS HOLIDAY SEASON



Made by a
**PROUD CANADIAN
COMPANY**

itm. 975579 (orange), 1207046 (guava), 410555 (mango orange)



Chocolate Dried Fruit and Nut Bark

LEFT: © CAYLIE CROSS/AND (BAKERSTABLE.NET); DRIED FRUIT AT RIGHT: © PIXIBANK; DIANA TALUN; KRAFLA / STOCKX DOBE.COM
© SONIA LACASSE (EVLTVINKITCHEN)

Drier power

Dried fruit gives recipes added oomph

by HANNAH SELINGER

Dried fruit, preserved in the hot sun, dates as far back as 12,000 BC, according to the National Center for Home Food Preservation. Although dates and figs were some of the first fruit to be cultivated and dried, now a host of different offerings, from blueberries to mangoes to apricots, are available.

Dried fruit is a nutritional superstar, says Costco member Rosie Schwartz, a registered dietician, food writer and author based in Toronto. “They offer an abundance of nutrients, such as vitamin C and fibre,” she says. The fruit is also packed with antioxidants, and may protect against cardiovascular disease, certain cancers and even cognitive decline, Schwartz adds.

Dried fruit is also a holiday workhorse, useful in everything from savoury stuffing to an accoutrement accompanying appetizer cheese boards.

“I can’t think of a dried fruit that isn’t good for baking, although some should be reconstituted—or plumped—beforehand,” says New York-based cookbook author Charlotte Druckman. She steeps dried fruit in sweet fortified wine, fruit juice or water so they don’t dry out during baking.

To rehydrate dried fruit, bring your liquid of choice to a boil, then pour it over the fruit to soak for 10 to 15 minutes. “This allows you to infuse them with flavour and, at the same time, to plump them up and bring them back to life,” she says.

Cathy Barrow, a food writer, cookbook author and recipe developer based in Frederick, Maryland, says that dried fruit is full of baking potential. “One of my favourite things to do with dried fruit is to add it to my pie fillings,” she says. She replaces a quarter of the total fruit with dried, which helps firm the filling. She also uses dried fruit in cookies—apricots with pecans, for instance, and plums with almonds—and makes breakfast breads and holiday scones.

“The same spices we associate with the holiday season are the same ones that complement the concentrated flavours and sweetness of dried fruit,” Druckman adds. Warm, woody spices, she says, like cinnamon, nutmeg, cardamom, star anise and ginger, pair with them naturally.

The best way to store dried fruit, Schwartz says, depends on how you intend to use them. “Dried fruit that will be eaten over a relatively short period of time, such as a few weeks, can be stored in containers or packaging in a dry, cool place.” If you plan to keep your fruit for longer, she suggests refrigerating—for up to six months—or freezing it for up to one year. ■

Hannah Selinger is a James Beard Award-nominated food and travel writer.

Dried fruit is a nutritional superstar.

— ROSIE SCHWARTZ ◆

Registered dietician, food writer,
author and Costco member

Chocolate Dried Fruit and Nut Bark

500 mL (2 cups) dark or semisweet chocolate
30 mL (2 Tbsp) dried cranberries
30 mL (2 Tbsp) dried cherries
30 mL (2 Tbsp) dried apricots, chopped
30 mL (2 Tbsp) coconut flakes
30 mL (2 Tbsp) sliced almonds
30 mL (2 Tbsp) sea-salt cashews
30 mL (2 Tbsp) pumpkin seeds, roasted and salted

Temper or melt the chocolate. Pour onto a parchment paper-lined baking sheet. Spread into a 30 x 23-cm (12 x 9-inch) rectangle. Sprinkle the top with dried fruit, nuts and pumpkin seeds. Allow to set. Cut or break the bark into pieces. Makes 18 servings.

Recipe courtesy of Traci Crossland (bakerstable.net)

Lemon Blueberry Granola

625 mL (2½ cups) old-fashioned oats
250 mL (1 cup) unsweetened coconut flakes
250 mL (1 cup) almonds, chopped
30 mL (2 Tbsp) brown sugar
1 mL (¼ tsp) sea salt
80 mL (⅓ cup) pure maple syrup
80 mL (⅓ cup) coconut oil, melted and cooled
Zest of 2 lemons
30 mL (2 Tbsp) fresh lemon juice
250 mL (1 cup) dried blueberries

Preheat the oven to 165 C (325 F). In a large bowl, combine the oats, coconut, almonds, brown sugar and salt. In a small bowl, combine the maple syrup, coconut oil, lemon zest and lemon juice. Pour the liquid ingredients over the dry ingredients and stir to combine. Pour the mixture onto a large parchment-lined baking sheet. Bake for 30 minutes, or until granola is lightly golden, stirring halfway through. Remove from the oven and let cool completely. When cool, stir in the dried blueberries. Makes 15 servings.

Recipe and photo courtesy of Maria Lichty (twopeasandtheirpod.com)



COSTCO CONNECTION

You'll find a variety of dried fruit in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

iöGO

**Your
snacks
best
friend**

- ✓ **No artificial colours or flavours**
- ✓ **No preservatives**
- ✓ **No gelatin**





THE Pleasure OF PASTA



Itm. 1192366 (spaghettini), 122348 (macaroni)



EST. 2011 PROUDLY CANADIAN

NO MORE Milk & Cookies

SANTA GETS STEEL CUT

It's out with the cookies, and in with the steel cut oats. Stoked Oats creates the most nutrient dense, high protein, and lowest sugar oat-based superfoods on the market. The North Pole's got a new MVP - Most Valuable Porridge!



GLUTEN FREE



ORGANIC INGREDIENTS



HEART HEALTHY

Itm. 1680886

Entertain in style this Holiday Season



EricMeats
EST. 1977



100%
Canadian
Owned



Look for Chicken Nuggets and Our Jumbo Chicken Breast Bites in the frozen department

Item: 154479 (nuggets), 2000658 (bites)



BRING HOME THE
FLAVOUR
— YOU LOVE —

PAQUET DE
2
PACK

- 79mL (1/3 c.) Olive Garden® Italian Dressing
- 142 g (5 oz) mixed salad greens
- 118mL (1/2 c.) shredded provolone
- 118mL (1/2 c.) black olives
- 237mL (1 c.) sliced tomatoes
- 59mL (1/4 c.) sliced red onion
- 177mL (3/4 c.) croutons
- 2 pepperoncini

Combine all ingredients into a bowl and toss together. Serve.

2 x 709 mL bottles/bouteilles



HAMPTON HOUSE

Premium Quality. Simply Delicious.



Try our
CHICKEN STRIPS
MADE WITH
WHOLE BREAST FILLETS

QUALITY COOKING MADE EASY

itm. 371863



OUR WAY OF PRESERVING NATURE!™

EST. 1979



 **MADE IN CANADA**
with domestic and
imported ingredients

ALSO ON COSTCO.CA
itm. 1113108

THINADDICTIVES
CRANBERRY ALMOND
THIN COOKIES
Itm. 311860
ALSO ON COSTCO.CA

DARE BEAR PAWS CHOCOLATE CHIP
Itm. 4428146
ALSO ON COSTCO.CA

CLIF BUILDERS PROTEIN
BARS VARIETY PACK
Itm. 1374017
ALSO ON COSTCO.CA

SNACK
FACTORY
PRETZEL
CRISPS
Itm. 262313
ALSO ON
COSTCO.CA

YUPIK
RAW
CASHEWS
Itm. 1059668
ALSO ON
COSTCO.CA

ENJOY
**SNACK
TIME**

from Costco

CASCADE BROWNIE
FUDGE THINS
Itm. 1713958

SEEDWISE GRAIN
FREE COOKIES
Itm. 1753915

BASSÉ EXTREME
PEANUT BUTTER MIX
Itm. 1756008



Bouchard
 THE DARK CHOCOLATE EXPERTS™

BITE-SIZED CHOCOLATES
 SNACK AT HOME OR ON THE GO

MADE WITH PREMIUM
 DARK CHOCOLATE



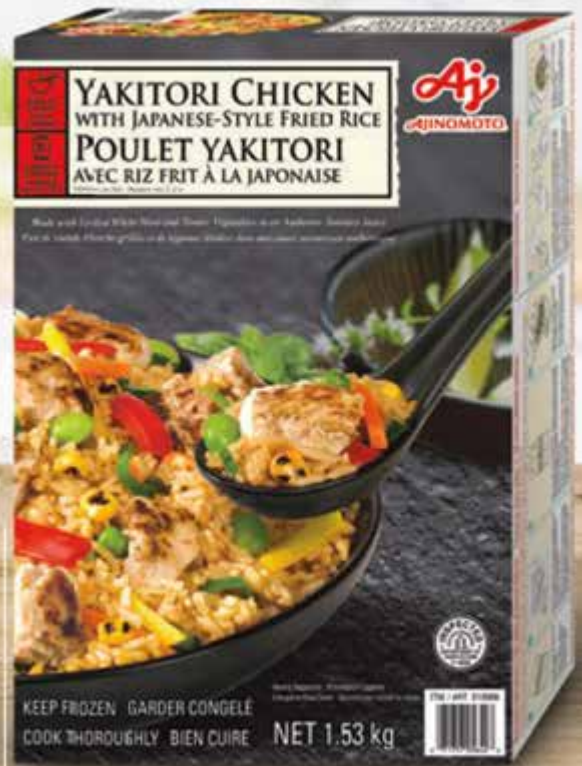
ALSO ON COSTCO.CA
 itm. 1323795 (dark), 1748054 (mint)

Eat Well, Live Well.



Bringing you the authentic taste of Japan with AJINOMOTO® Frozen Foods.

We craft our foods with the utmost care and respect, using only the finest ingredients for an everlasting flavour and memory.



Item 819988



**A KOREAN RESTAURANT
OPENED
IN YOUR FREEZER.**

Go bold. Go Bibigo.



**Quick & Easy Preparation
Savoury & Juicy Filling
Fully Cooked**



© 2025 CJ FOODS, Inc. All rights reserved. 098

Item 1276212

KIRKLAND
Signature

ENJOY MORE PEACE OF MIND
WITH ULTRA-SOFT, STRONG
& ABSORBENT TISSUES.



For All Your Family Needs.

ALSO ON COSTCO.CA
Item: 313740

KIRKLAND
Signature

REACH FOR THE STRENGTH,
THICKNESS & ABSORBENCY
you can trust.



For All Your Family Needs.

ALSO ON COSTCO.CA
Item: 580517

HAPPY DOG HAPPY EARTH

Now in
Recycle
Ready
Packaging



EST. 2006
The Dog DELIGHTS™

ALSO ON COSTCO.CA
Item: 1744769 (chicken), 1744809 (beef)

Overcoming the burden

Exploring effective stress-management techniques to find what works for you

by TINA HALLER



MARY CECALA PHOTOGRAPHY

Tina Haller, a burnout coach (renewyoucoach.com), offers a holistic approach to help avoid burnout and regain balance.

COSTCO CONNECTION

Healthful foods are available in Costco warehouses. Exercise gear is available in Costco warehouses and at Costco.ca throughout the year.

Stress is an inevitable part of life, but when it goes beyond a certain level, it can negatively affect our mental and physical well-being. Therefore, it is important to recognize when stress becomes too much so that we can take the necessary steps to manage it.

Chronic stress, caused by prolonged exposure to stressful situations, differs from short-lived acute stress, which is caused by a one-time event. Chronic stress can often be difficult to identify because it can manifest in so many ways. According to the Mayo Clinic, it can lead to:

- Both physical and emotional symptoms (headaches, fatigue, depression and anxiety)
- Changes in behaviour (lack of motivation and focus, irritability and anger)
- Changes in eating habits (overeating, undereating or eating unhealthy foods)

- Changes in sleep patterns (insomnia, sleeping too much)
- Substance abuse and other unhealthy behaviours (smoking or drinking alcohol)

“I often use the analogy of a gazelle being chased by a lion to help my clients understand the fight or flight response,” says Dr. Vanessa Peters, a family medicine physician in Escondido, California. “While we may not have to worry about being eaten by lions in modern times, our daily stressors can mimic this response. Social media and the 24/7 mentality of society can exacerbate these issues, leading to increased chronic stress.”

Luckily, there are many effective ways to reduce stress and gain control of our lives. Here are some evidence-based strategies, backed by the Mayo Clinic and Harvard Medical School, to successfully accomplish this objective.



LEFT TO RIGHT: © OLGASTRELNKOVA; BEZIERMAGIC / STOCK.ADOBE.COM

Exercise

Regular exercise can help improve your mood, reduce anxiety and boost your self-confidence. Exercise releases endorphins, which are hormones that make us feel good. Regular movement can also help build resilience and increase our ability to cope with stress.

Get quality sleep

When we are sleep-deprived, we are more likely to become stressed and overwhelmed. Ideally, we want to aim for seven to eight hours of sleep each night. If you have difficulty sleeping, try calming activities such as yoga or deep-breathing exercises before bed.

Practice mindfulness

Mindfulness is a form of meditation that focuses on being present in the moment. It can help us become aware of our thoughts and feelings without judgment. “Taking just 10 minutes each day to sit quietly in meditation can reset your nervous system to its natural,

relaxed state and improve your ability to manage the stress that is present in our everyday lives,” Peters says.

Create meaningful connections

Spending time with loved ones reduces stress, improves well-being and promotes support. Research shows that individuals who spend quality time with loved ones have better mental health, increased longevity and greater resilience in the face of life’s challenges.

Take regular relaxation breaks

To reduce stress, prioritizing relaxation breaks is essential. Try deep breathing, journaling, visualization techniques, meditation or yoga. Engaging in activities such as reading, listening to music, taking a bath or going for a walk can also be beneficial.

Eat a balanced diet

Eating a balanced diet rich in fruits, vegetables, whole grains and lean proteins reduces stress hormones and stabilizes blood sugar levels, keeping the body energized while lowering stress. Monitoring your diet in this way also helps ensure that the body is getting the essential nutrients it needs to function optimally.

Seek professional guidance

Seeking help from a professional such as a therapist, counsellor or life coach, as well as seeking advice from a holistic or medical doctor, can be effective in managing stress and developing coping strategies.

By implementing these strategies, you may decrease chronic stress and enhance your overall well-being, allowing you to unlock your full potential and live a happier, healthier life. ■



Alternative path to wellness

Consider measures beyond traditional strategies to reduce stress. Naturopathic medicine, for example, takes a holistic approach that not only complements those strategies, but also identifies the underlying physiological factors that contribute to stress, explains Kate Wharton, a naturopathic doctor. “By addressing issues such as hormone imbalances, nutrient deficiencies and organ dysfunction, naturopathic medicine can strengthen the body’s stress regulators, including the adrenal glands,” she says. “Incorporating naturopathic medicine into your stress management routine can lead to a more comprehensive approach and ultimately, a healthier, happier you.”—*TH*

why is
webber naturals.
Omega-3

**the # 1 Fish Oil Capsule
in Canada?***

**100% concentrated and
encapsulated in Canada**

**Advanced technology for
reduced fishy aftertaste**

*Source: IQVIA CHIC, National All Channels, 52 Week period ending 2023-05-20
Product selection may vary by location.



ALSO ON COSTCO.CA
Item 5961920

**When it
fits right,
it feels right.**



Thinner than our
standard condoms



Easy-on shape for
added comfort



100% electronically
tested with five quality
tests per batch



Extra lubricated for
smoother pleasure

durex[®]

Ensure this product is right for you. Always read and follow the label. Product packaging may vary.
© RB Health (Canada) Inc., 2023.

ALSO ON COSTCO.CA
Item 4006111

Schick®
Intuition®

No need for shave gel

Just add water and shave!



2-in-1
Lather bar
with **natural**
ingredients



ORGANIC
ALOE



ORGANIC
LEMON



ORGANIC
SHEA BUTTER

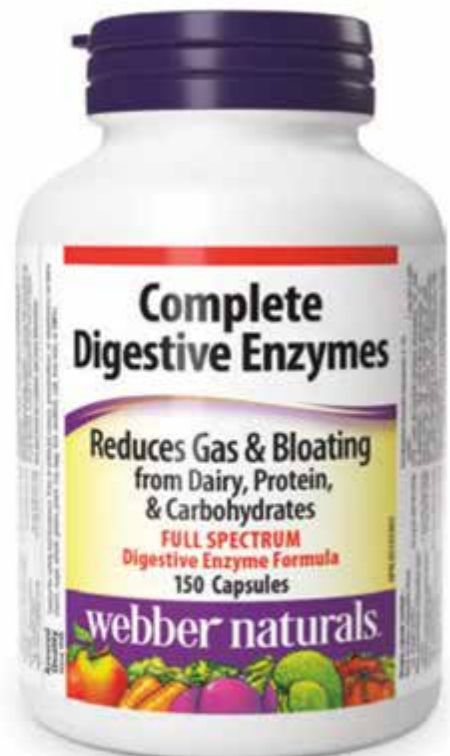
© 2023 Edgewell.

ALSO ON COSTCO.CA
itm. 1648486

Better Digestion Can Start Here

with **webber naturals.**
Digestive Enzymes

- ✓ **Full Spectrum Formula** with natural digestive enzymes
- ✓ Helps reduce symptoms of gas and bloating



Product selection may vary by location.

ALSO ON COSTCO.CA
itm. 3984054

Life-changing sugar hacks

What is blood glucose and why does it matter?

by DR. ANDREW ABRAHAM



COURTESY OF ORGAIN

Dr. Andrew Abraham is an integrative medicine specialist and cancer survivor.

COSTCO CONNECTION

Low-sugar foods and supplements are available in Costco warehouses and at Costco.ca.

The term glucose is derived from the Greek word for sweet. From carrots to cupcakes, your body uses sugar for energy. As it travels through your bloodstream to your cells, it's called blood glucose, also known as blood sugar. Although blood glucose is crucial for your body's functioning and provides a major source of energy for most cells, excessive levels can be damaging. Maintaining normal blood glucose levels is an important part of avoiding long-term health issues, managing weight and supporting overall well-being.

Blood glucose levels

The body typically regulates glucose levels so that they remain within an appropriate range, helping to ensure there is enough glucose to fuel your cells, but not enough to overload your bloodstream.

It's typical for blood glucose levels to fluctuate throughout the day, but

big swings can make you feel fatigued, and for those living with diabetes, the fluctuations can be more considerable and happen more often.

What impacts blood glucose levels? Several factors can increase blood glucose levels, including low physical activity, stress, illness and dehydration, but I'm going to hone in on one of the biggest culprits: sugar. Sugar comes in various forms, including sucrose (table sugar), glucose and fructose, commonly found in fruits and vegetables, and lactose, which is in milk, cheese and ice

BLOOD SUGAR

An unbalanced sugar intake can start a cycle of blood sugar imbalance.



LEFT: © PIXEL-SHOT; NITR; ILLUSTRATIONS: INSEMAR, SIR, VECTOR; PECHENKA_123 / STOCK.ADOBE.COM

cream. Beverages like a vanilla latte or soda can easily contain more than 40 grams of sugar (nearly 50 millilitres/10 teaspoons) per serving, which can cause a rapid blood sugar spike.

Even condiments like ketchup and barbecue sauce are often loaded with high-fructose corn syrup.

Eating right, in the right order

It stands to reason that decreasing your sugar intake can have a positive impact on your blood glucose levels.

Furthermore, it's not just the amount of sugar and excess carbohydrates you consume that matters, but the order in which you eat your food can also affect your health.

Starting the day with a matcha latte with oat milk sounds like a healthy alternative, but the inherent sugar in oat milk spikes blood glucose. Starting the day with low glycemic index foods, such as half an avocado and three organic eggs, will stabilize blood sugar and provide sustained energy, as the body takes longer to break down the complex molecules of protein versus sugar or carbohydrates. Fruit as a snack in the middle of the day also spikes sugar levels. Try a few almonds or a hard-boiled egg, followed by fruit, to keep blood sugar stable.

Starting a meal with potatoes, a starch-based carbohydrate, creates a huge blood sugar spike. But eating a meat or protein first, followed by the potatoes, noticeably lowers blood sugar response, according to research at Weill Cornell Medical College. Similarly, a study published on Pubmed.gov showed that eating a salad with olive oil and vinegar before eating pasta caused a lower blood sugar spike. Adding a protein source to pasta can also help manage blood sugar response.

You will be surprised just how great you can feel in just six to eight weeks of implementing these simple changes! ■



Sugar hacks

Here are three simple sugar hacks:

- Add protein, fat or both to balance out carbs.
- Order matters. When possible, eat carbs or sweets last. Add non-starchy vegetables, like a salad, before meals.
- Walk or exercise after a meal to help manage blood sugar spikes.—AA



MUFFIN

A morning muffin breaks down into glucose, spiking blood sugar levels.



PANCREAS

The pancreas releases insulin, which drops blood sugar levels.



BLOOD SUGAR SPIKE

A rapid rise and rapid drop in blood sugar levels can cause fatigue, and signal the release of cortisol, the stress hormone.



CRAVING

As cortisol levels rise, feelings of anxiety, jitters and hunger for more processed carbs and sugar rise.



THE CYCLE

This cycle of blood sugar imbalance can result in countless health and wellness problems.—AA

DR-HO'S **new** Circulation Promoter Pro

Enhance your pain relief and improve circulation with the new Circulation Promoter Pro with Circulation Sleeves.

This is a game-changer!



\$60 OFF*

Valid from 11/27/2023 - 12/17/2023

ALSO ON COSTCO.CA
itm. 1105530

*See conditions on page 7.



NATURE'S BOUNTY.

Take care of your
immunity this winter



Ask your Costco pharmacist about all your pharmacy needs.
Product selection may vary by location. These products may not be right for you.
Always read and follow the label. ©2022 Nature's Bounty, Inc.

itm. 1585363



irwin naturals.

- Promote Healthy Testosterone Production
- Support Nitric Oxide Production for Optimized Blood Flow

ALSO ON COSTCO.CA
itm. 1015413 (liquid collagen), 1587009 (testosterone RED)

Discover Kirkland Signature Contact Lenses

See Costco Optical for details.

Various item numbers

The Perfect Team to get you through the season.

ALL NATURAL

NeilMed®

DRUG & PRESERVATIVE FREE

SINUS • ALLERGY • COLD

ALSO ON COSTCO.CA
itm. 462963 (sinus rinse), 1702570 (saline spray)



VITAMIN D FOR THE WHOLE FAMILY

CHOOSE CANADA'S LEADING BRAND OF VITAMIN D*

Vit D 1000 IU & Kids D 400 IU

- Support your family's immunity
- Support healthy development and maintenance of bones and teeth
- Prevent vitamin D deficiency as the seasons change

Vit D 2500 IU

HIGHER POTENCY DOSE IN A CONVENIENT SINGLE SERVING

- Prevent vitamin D deficiency



*IQVIA Consumer Health Insights, National GB+DR+MM. Latest 52 Weeks Period Ending Mar 25, 2023
ALSO ON COSTCO.CA Itm. 2941400 (1000 IU), 1941400 (kids 400 IU), 3941400 (2500 IU)

Ester-C



HELP MAINTAIN IMMUNITY THIS WINTER

Ask your Costco pharmacist about all your pharmacy needs. Product selection may vary by location. These products may not be right for you. Always read and follow the label. ©2022 Nature's Bounty, Inc.

Item: 4476597

16 HOURS* OF DEEP PENETRATING PAIN RELIEF



PATENTED HEAT CELLS



DEEP PENETRATING

*8 hours of relief while you wear it – 8 hours of relief after you take it off.

ALSO ON COSTCO.CA Itm. 1776833

Don't dry out

Support your skin's protective barrier by taking simple but effective steps

by DEBBIE L. MILLER



© ASIAN PORTRAIT IMAGE / STOCK.ADOBE.COM

COSTCO CONNECTION

A wide variety of skin care products, including skin moisturizers, are available in Costco warehouses and at Costco.ca.

The most important function of the skin, say dermatologists, is called the barrier function, which keeps things out of the skin and essential nutrients, including water, inside. One way to boost the barrier is to moisturize. “Moisturizing helps to reinforce and replenish the skin barrier,” says Dr. Malika Ladha, a Toronto dermatologist.

What moisturizers do

Moisturizers hydrate the skin. “If the skin starts to lose water, the outer layer will dehydrate, causing cracks and splits that compromise barrier function,” explains Dr. Patricia K. Farris, a clinical associate professor at Tulane University School of Medicine.

Ingredients matter

Moisturizers typically contain three types of ingredients. According to Ladha, humectants (for example, glycerin, hyaluronic acid and ceramides) draw up water from deeper layers of the skin to the outermost layers. Occlusives, such as petrolatum and silicone, “hold water in

the topmost layer of the skin, preventing evaporation,” Ladha says, adding that emollients such as shea butter, colloidal oatmeal and triglycerides “deliver lipids to the skin and fill in rough spots, making the skin texture softer.”

Who should moisturize

Everyone, especially those in cold, dry climates, should moisturize daily. “[They] are essential in winter, because as the cold sets in and the humidity drops, the skin begins to lose water from the environment,” Farris says.

Ladha adds, “Those in humid climates will benefit from lighter moisturizers such as lotions and gels.”

When to moisturize

The best time to moisturize is just after bathing. Use tepid water to avoid drying out the skin. “Pat dry, leave a little water behind and apply moisturizer,” says Farris. This holds in water. ■

Debbie L. Miller is a Brooklyn, New York-based writer.

Facial moisturizing

Facial skin is thinner than elsewhere on the body and more exposed to weather. Dr. Malika Ladha, a

dermatologist, says, “It’s best to use a moisturizer for the face because the ingredients and formulation are designed for the specific characteristics of

facial skin.” Moisturizers for the body could cause breakouts in people with oily skin.—*DLM*

Super Sleep™ Advanced Formula from webber naturals.

*Fall Asleep Faster,
Stay Asleep Longer*

- ✓ Helps promote relaxation before bed
- ✓ Helps reset the body's sleep-wake cycle
- ✓ Helps reduce the time required to fall asleep

Product selection may vary by location.



ALSO ON COSTCO.CA
Item: 6554000

#1 DENTIST RECOMMENDED BRAND*

DRINK WINE, JUICE OR CARBONATED DRINKS?



Advanced Enamel Protection
Rebuilds, Restores, Refreshes

*Pronamel is the #1 dentist recommended brand for acid wear. Data on file.

ALSO ON COSTCO.CA
Item: 592654

Holiday heartburn

Don't let indigestion ruin your festive celebrations

by LAWRENCE VARGA
and JOSEPH HANNA



© EDDOWS / STOCK.ADOBE.COM



© COSTCO CANADA

Lawrence Varga, B.Sc.Pharm., is assistant vice president of Costco Pharmacy.

Joseph Hanna, B.Sc.Pharm., CDE, BCGP, director of Costco Pharmacy, contributed to this column.

So you've been blessed with the joy of a house full of family and friends and enough turkey and fruitcake to feed an army, but how quickly will that turn sour?

Indulgent dinners are the perfect recipe for digestive disaster. In addition to the stress of preparing the feast, they often can contain all sorts of triggers, such as alcohol and coffee, as well as spicy, savoury, fatty and acidic foods.

Heartburn occurs when stomach acid that is made to digest food makes its way up the esophagus causing that familiar burning sensation in the middle of the chest. With age, the lower esophageal sphincter—which is the valve that helps keep acid down—weakens, allowing the extra acid to creep up where it doesn't belong, especially if one reclines after overeating. Fatty foods can digest more slowly, keeping the stomach fuller longer, and acidic foods, citrus drinks and carbonated beverages make it the perfect storm. Obviously, as the old adage goes,

“An ounce of prevention is worth a pound of cure.” It is best not to overindulge, and simply stop eating when full, as well as avoid known triggers.

If this hasn't worked, however, a temporary quick fix is to use over-the-counter antacids to neutralize the excess acid or a sodium alginate product, such as Gaviscon, to try and keep the acid down. If this is a recurrent problem, over-the-counter medications like famotidine or the stronger esomeprazole, if taken before the meal, prevent the stomach from making too much acid in the first place. Pharmacists in most provinces have the ability to prescribe medications under certain circumstances that may work better than off-the-shelf options, and the consultation may be covered by your provincial health plan. So go ahead and enjoy that dinner, but avoid overindulging. ■

Pharmacies in Costco's Quebec locations are independently owned and operated by pharmacists.

Heart awareness

If your symptoms feel more like a radiating pressure, tightness or squeezing up to the arm

or jaw, rather than a burning or sour taste at the back of your throat, and are accompanied by nausea, weakness, dizziness, sweating or

shortness of breath, then it could be a heart attack, instead of heartburn. If you suspect this, chew 162 milligrams of aspirin and call 911.—LV



Battery Daddy® Battery Storage Case

This compact, double-sided storage case stores 180 batteries: 76 AAs, 72 AAAs, 8 9-Volts, 10 C's, 12 Coin Cells and 8 D's. A battery tester is included so you can test the life of the batteries.

ALSO ON COSTCO.CA
itm. 1589856



Heavy-duty Storage Rack

 Protective
powder-
coated finish

 Bolt-free
design for easy
assembly

 **1,000 lb**
PER SHELF CAPACITY
EVENLY DISTRIBUTED WEIGHT



ALSO ON COSTCO.CA
itm. 1600205

DURACELL®

DURACELL®

THE MORE THE MERRIER



Various item numbers

© 2025 Duracell

SHOP

COSTCO.CA



For more of what you love, shop Costco.ca

\$199.99
DELIVERED



Singing Machine Ultimate Karaoke
🔗 2324232

\$499.99 DELIVERED
AFTER \$150 OFF



eufy Clean RoboVac LR30 Hybrid+ Robot Vacuum and Mop
Valid 12/11/23 – 12/24/23 🔗 1708187

\$79.99 DELIVERED



Gourmia Air Fryer
🔗 1728676

2x power* in the bowl for tougher dough

*compared to KSM150 when measuring peak HP in the bowl; above speed 2



KitchenAid®

🔗 KitchenAidStandMixer

🛒 BUY ONLINE 1



\$2,999.99 DELIVERED
AFTER **\$1,500** OFF



Osaki OS-4000XT Massage Chair
Valid 12/18/23 – 12/31/23
🔗 100711074



\$2,499.99 DELIVERED
AFTER **\$1,000** OFF

Inner Balance Wellness Jin 2 Deluxe Heated SL
Track Zero Wall Massage Chair
Valid 12/11/23 – 12/24/23 🔗 Massage1223

\$3,499.99 DELIVERED
AFTER **\$1,200** OFF



Osaki OS-3D Belmont Massage Chair
Valid 12/04/23 – 12/17/23
🔗 4000180431

\$1,999.99 DELIVERED
AFTER **\$500** OFF



Best Massage Serenity 2D Zero Gravity
Massage Chair
Valid 12/04/23 – 12/17/23 🔗 100692110

\$224.99 DELIVERED
AFTER **\$55** OFF



Shark Rocket Stick Vacuum
Valid 11/27/23 – 12/31/23
🔗 2012162

\$1,199.99 DELIVERED
AFTER **\$400** OFF



Best Massage Shiatsu Zero Gravity
Massage Chair
Valid 12/11/23 – 12/24/23 🔗 100354486

\$2,699.99 DELIVERED
AFTER **\$1,000** OFF



iComfort Massage Chair IC7700
Valid 12/04/23 – 12/17/23
🔗 100775905

\$59.99 DELIVERED



Spa Dent Blue Light Whitening Kit
🔗 SpaDent1223

ADD SOME
Holiday Sparkle



\$649.99 DELIVERED

AFTER **\$150 OFF**

14kt White Gold 0.25ctw Round Brilliant
Diamond Pendant with 20 in. Chain

Valid 11/27/23 – 12/03/23

1757217



\$2,999.99 DELIVERED

AFTER **\$800 OFF**

14kt White Gold 2.00ctw Round Brilliant
Diamond Necklace

Valid 12/11/23 – 12/17/23

1679235



\$1,199.99 DELIVERED

AFTER **\$400 OFF**

14kt White Gold 1.00ctw Round Brilliant
Diamond Hoop Earrings

Valid 12/04/23 – 12/10/23

1757212



\$4,999.99 DELIVERED

AFTER **\$1,500 OFF**

14kt White Gold 1.00ctw (0.90ct centre) Round
Brilliant Diamond Ring (Available in Sizes 5-7)

Valid 12/04/23 – 12/10/23

Sol1223



\$279.99 DELIVERED

AFTER **\$70 OFF**

14kt Yellow Gold Fancy Cutout
Hoop Earrings

Valid 11/27/23 – 12/03/23

1706974



\$179.99 DELIVERED

AFTER **\$50 OFF**

14kt Yellow Gold High Polish Shield
Design Hoop Earrings

Valid 11/27/23 – 12/03/23

1761768



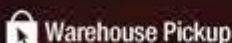
\$119.99 DELIVERED

AFTER **\$30 OFF**

Casio Work and Play 2-Watch Bundle

Valid 11/27/23 – 12/10/23

1761301



Warehouse Pickup

Order selected items online and pick up at your local Costco.

All diamonds supplied by Costco Wholesale are I/VS2 or better.

All white gold offered by Costco is rhodium plated. Items enlarged to show detail.



BUY ONLINE 3



\$999.99 DELIVERED
AFTER **\$300** OFF



Cuddler Chair
(Available in various colours)
Valid 12/11/23 – 12/24/23 [Kuka1223](#)



Spend \$500 or more and save 25% on Bali Blinds & Shades
Valid 11/27/23 – 12/17/23 [Bali1223](#)

\$399.99 DELIVERED



Top-grain Leather Dining Chair
(Available in various colours)
[Kuka1223](#)



\$899.99 DELIVERED

Kaelyn 5-pc. Dining Set (Also available in brown)
[Kaelyn1223](#)

\$799.99 DELIVERED
AFTER **\$200** OFF



Napoleon 100 in. (254 cm) Electric Wall Mount Fireplace (Available in various sizes)
Valid 12/04/23 – 12/17/23 [Napoleon1223](#)



\$2,699.99 DELIVERED
AFTER **\$700** OFF

Verona Top-grain Leather 3-pc. Home Theatre Seating (Available in various configurations)
Valid 12/18/23 – 12/31/23 [Verona1223](#)



\$2,199.99 DELIVERED

Fresh Lounge Modular Sectional
(Available in various colours)
🔗 Fresh1223

\$299.99 DELIVERED
AFTER **\$100** OFF



Westerleigh Lift-top Coffee Table
(Available in various colours)
Valid 12/04/23 – 12/17/23 🔗 Dorel1223



\$749.99 DELIVERED
AFTER **\$200** OFF

Cocoon by Sealy Memory Foam Queen Mattress
(Available in various sizes)
Valid 12/18/23 – 12/31/23 🔗 Cocoon1223

\$2,999.99 DELIVERED
AFTER **\$800** OFF



Bari Fabric Sofa Bed with Chaise
(Available in various colours)
Valid 11/27/23 – 12/10/23 🔗 Bari1223

\$3,999.99 DELIVERED
AFTER **\$1,000** OFF



Carrera Grey Top-grain Leather
Left Hand Facing Extended Sectional
(Available in various colours and configurations)
Valid 12/04/23 – 12/17/23 🔗 Carrera1223

\$1,199.99 DELIVERED
AFTER **\$400** OFF



Bestar Cielo Queen Wall Bed
(Available in various colours and configurations)
Valid 11/27/23 – 12/10/23 🔗 Cielo1223

\$749.99 DELIVERED
AFTER **\$200** OFF



Sealy Posturepedic Stone Harbor Queen
Mattress (Available in king size and as a set)
Valid 12/04/23 – 12/17/23 🔗 Stoneharbour1223



GHOSTBED

QUALITY • COMFORT • COOLING

Award-Winning Cooling,
Comfort & Quality

GHOSTBED LUXE



Queen Mattress
\$1,299.99 – After \$400 Off



- 7 layers of comfort
- Patent-pending core cooling technology
- 25-year warranty

Split King Adjustable Bed
\$3,799.99 – After \$1,000 Off

GBLUXE1223 Valid 12/11/23 – 12/24/23

Roland

FRP-2-ACR

DIGITAL PIANO BUNDLE

Start Your Journey Today & Enjoy for a Lifetime






- Online Piano Lessons Included
- 100+ Songs to Play Along to with Roland Cloud
- Enhanced Experience with the Roland Piano App

*mobile device not included

Roland1223

\$1,249.99 DELIVERED
AFTER **\$350 OFF**



Kingsdown Passions Beckingham King Hybrid Mattress (Available in various sizes)
Valid 12/18/23 – 12/31/23 [Beckingham1223](#)

STARTING AT
\$60 OFF



Gertmenian Roma Collection Indoor Area Rugs (Available in various sizes)
Valid 12/18/23 – 12/24/23 [Gertmenian1223](#)

\$269.99 DELIVERED
AFTER **\$80 OFF**



Safavieh Fontana Collection 8 ft. x 10 ft. Indoor Area Rugs (Available in various sizes)
Valid 12/11/23 – 12/17/23 [Safavieh1223](#)



4293-DC

\$59.99 DELIVERED

Pokémon Mini Tins 5-pk
🔗 Pokemon1223

\$59.99 DELIVERED
AFTER **\$15** OFF



Sunbeam Faux Fur Heated Throw 50 in. x 60 in.
(Available in various colours)
Valid 12/04/23 – 12/10/23 🔗 Sunbeam1223



4292-DC

\$69.99 DELIVERED

Polly Pocket Pollyville Treehouse and Rainbow Unicorn Salon Bundle
🔗 Mattel1223

\$44.99 DELIVERED
AFTER **\$15** OFF



Life Comfort Jumbo Plush Family Blanket
120 in. x 110 in. (Available in various colours)
Valid 12/08/23 – 12/14/23 🔗 FamilyBlanket1223

\$71.99 DELIVERED
AFTER **\$23** OFF



Waterpik Water Flosser
Valid 11/27/23 – 12/31/23
🔗 1701338

\$29.99 DELIVERED



Taylor Body Scale
🔗 1737817

\$129.99 DELIVERED
AFTER **\$40** OFF



KardiaMobile EKG Monitor Card with
One-year Subscription
Valid 11/27/23 – 12/17/23 🔗 Kardimobile1223



\$69.99 DELIVERED



Disney Upright Carry-on
Disney1223

\$279.99 DELIVERED
AFTER **\$70** OFF



Play Snow Secure Igloo Structure with
Two Doors
Valid 12/04/23 – 12/10/23 1197929

\$44.99 DELIVERED



2
PACK

58 in. Snowbrush
1691517



\$99.99 DELIVERED

Hot Wheels Monster Trucks XL MEGA-WREX RC
Mattel1223



\$59.99 DELIVERED

Meccano 27-in-1 Supercar
Meccano1223



\$89.99 DELIVERED

LEGO Gabby's Dollhouse
2410788



\$1,299.99 DELIVERED
AFTER **\$400** OFF



Everlast EV720 Treadmill
Valid 12/04/23 – 12/10/23
🔗 Everlast1223

\$89.99 DELIVERED

ASC-2680 HD Drone
🔗 Amax1223

\$2,199.99 DELIVERED



iGo Extreme 3.1 Electric Fat Tire Bike
🔗 iGO1223

\$449.99 DELIVERED

Xbox Series S Console with
extra Black Controller
🔗 Xbox1223

\$149.99 DELIVERED
AFTER **\$40** OFF



Best Massage 28 in. Portable Massage Table
Valid 12/04/23 – 12/17/23
🔗 100356802

\$499.99 DELIVERED

Nintendo Switch OLED Bundle
🔗 2424125



1739563

SINGLE-TEAR™ Paper Towel Holder



Friction pad on base for single sheet tear control

Fits standard and jumbo sized paper towel rolls

2.5 lbs weighted base for stability



30g PROTEIN | **2g SUGAR** | Made from **100% Canadian Milk**

*per bottle.

1485984 ©2023 FAIRLIFE, LLC

\$39.99 DELIVERED



Matteo's Sugar Free Coffee Syrup Variety Pack (6 × 750 mL)
Matteos1223

\$12.99 DELIVERED



Crunchmaster Multi-Grain Baked Crackers (567 g)
Crunchmaster1223

\$27.99 DELIVERED



Lindt Lindor Assorted Chocolates (900 g)
Lindt1223



\$2,999.99 DELIVERED
AFTER **\$1,300** OFF

NewAge Products Pro Series 9-pc. Cabinet Set
Valid 12/04/23 – 12/17/23
🔗 NewAgeProducts1223

\$299.99 DELIVERED
AFTER **\$80** OFF



Bio Bidet Prodigy BB-550 Elongated
Electric Bidet Toilet Seat
Valid 12/18/23 – 12/31/23 🔗 BioBidet1223



\$1,599.99 DELIVERED
AFTER **\$400** OFF

NewAge Products Bold Series 8-pc. Cabinet Set
(Available in various colours)
Valid 12/18/23 – 12/31/23 🔗 NewAgeProducts1223

\$1,799.99 DELIVERED
AFTER **\$500** OFF



Studio Bathe Vanities
(Available in various sizes and colours)
Valid 12/01/23 – 12/17/23 🔗 Studiobathe1223



STARTING AT
\$719.99 DELIVERED

Select OVE Decors Bathroom Items
Valid 12/04/23 – 12/17/23
🔗 Ove1223

\$449.99 DELIVERED
AFTER **\$150** OFF



KRAUS Double Bowl 60/40 Farmhouse Stainless
Steel Sink (Available in various sizes and bowls)
Valid 12/18/23 – 12/31/23 🔗 Kraus1223



Give yourself the **ULTIMATE** TESTOSTERONE BOOST!

Declining testosterone in men is linked to **muscle loss, lower energy, and lower libido.**

Ultra Testosterone Boost is clinically proven to increase testosterone levels and libido naturally.

webber naturals.



1617820

you deserve youththeory®

+ pure farm-to-bottle formulas



**\$32.99 Delivered
after \$10 OFF**

Valid 11/27/23 - 12/10/23

🔗 1347221



**\$32.99 Delivered
after \$10 OFF**

Valid 11/27/23 - 12/10/23

🔗 971630



**\$29.99 Delivered
after \$10 OFF**

Valid 11/27/23 - 12/10/23

🔗 997816

Saving the trees

Sourcing sustainable palm oil helps support healthy ecosystems

by SHERI FLIES



Inspecting the fruit of palm oil trees.



© COSTCO PHOTO STUDIO

Sheri Flies is Costco senior vice president of global sustainability and compliance.

Costco understands that it has a responsibility to source its products in a way that is respectful to the environment and to the people associated with that environment. Our goal is to help provide a net positive impact for communities in the areas that produce commodities by helping to reduce the loss of forests and other important natural ecosystems. Sustainable sourcing decisions revolve around trade-offs, and palm oil sourcing is a good illustration.

First, why is palm oil important? This oil is found in many products, from pastries to ice cream, cosmetics to cleaning products. It goes by many names and it may be difficult for people to know if it's in the product they are purchasing.

The challenge is that palm oil production can contribute to deforestation and habitat loss for endangered species like orangutans and rhinos. Converting peatlands to plant palm also has negative consequences. Peatlands store tremendous amounts of carbon, and when they are disturbed, this stored carbon is released into the atmosphere, contributing to global warming.

Palm is one of the most efficient vegetable oil crops to grow per acre. If consumers choose to switch to other crops for their vegetable oil, anywhere from four to 10 times the amount of land may be used to produce the same amount of oil—potentially contributing to more deforestation and critical habitat loss.

We are committed to ensuring that the palm oil used in our Kirkland Signature™ products is responsibly and sustainably sourced. We have been working with our suppliers since 2015 to move toward using palm oil that is certified by the Roundtable on Sustainable Palm Oil (RSPO; rspo.org), or the equivalent. This includes palm kernel oil and palm oil derivatives. For a product to be RSPO certified, it must come from producers that have met certain criteria that help minimize the negative impacts of palm oil cultivation on the environment and local communities.

Our goal is that all palm oil used in Kirkland Signature products will be 100% RSPO certified (or equivalent). As of our most recent RSPO report, we are meeting that goal. ■

More details

For more information on our sustainability efforts, visit Costco.ca, scroll to the bottom of the page

and select “Sustainability Commitment.” This site provides the highlights of sustainability efforts by Costco in Canada. For details on palm oil, select the

“Global Sustainability” link at the top of the page; our palm oil update is found in the “Merchandising” section under “Commodities & More.”—SF



**BIRD
ROCK
HOME**

**MEMORY FOAM
FLOOR CHAIR**

- Adjustable to 14 positions
- Soft Plush Fabric

Item: 1690753



**NEW
& IMPROVED
FORMULA**

ALASKAN

MELTS MORE, FASTER, COLDER.*

PREMIUM ICE MELTER • 22.5 kg

**WORKS DOWN TO
-35°C****

- PENETRATES ICE FASTER & DEEPER
- NO STAINING
- GENTLE ON CONCRETE AND GRASS***

**NEW & IMPROVED EXCLUSIVE FORMULA
TRUE BLUE
TECHNOLOGY**

FAST ACTING
LIQUID-INFUSED GRANULES

* Compared to previous Alaskan® Premium formula.
** When tested at -35 °C, this product penetrates the ice, unlike the previous Alaskan® Premium formula.
*** After used as directed.

ALSO ON COSTCO.CA
Item: 1647986

GOODYEAR

Always prepared.



ALSO ON COSTCO.CA
Item: 2555662

**UltraPro
ELITE**

**2-Pack Colour-Changing
LED Rope Light**



Transform your space
with bright colours and a flexible design!



ALSO ON COSTCO.CA
Item: 1735240

Think ahead

These insurance providers offer Costco members special savings

by SHARON CHISVIN



© TATYANA / STOCK.ADOBE.COM



COURTESY OF INOVA



COURTESY OF PETS PLUS US / © GETTY IMAGES

COSTCO CONNECTION

For more information about these services and others, visit Costco.ca and click "Services."

Life can be unpredictable, but having the right insurance coverage can help mitigate that unpredictability. That is why Costco works with companies such as Manulife, Inova and Pets Plus Us to offer members access to specialized insurance. Here's a look at what each has to offer.

Manulife

"Manulife offers comprehensive term life, health and dental, and travel insurance plans that are exclusive to Costco members," says Costco member Tania Monaco, who is Manulife's marketing manager.

Comprehensive plans provide special rates for members, and even greater savings for Executive Members on most plans.

Term life insurance offers five- and 10-year plans to provide financial security to Costco members' families in the event of a death, while health and dental plans help cover costs such as prescriptions and fillings. Travel insurance offsets the costs of unforeseen medical emergencies that occur away from home. For more information visit Manulife.ca/connection.

Inova

Home insurance is vitally important, which along with car insurance,* is the primary focus of Inova Insurance Brokers. Inova, which services Costco members exclusively, also offers insurance for second homes and recreational vehicles.

"As a broker we shop the market for the best insurance value that combines coverage, service and price," says Louisa Bello, Inova's director of marketing and communications.

Inova's commitment to ease of use is evident from its website (inovainc.ca), where members can access quotes, complete the purchasing process and easily navigate a self-serve, 24/7 accessible portal called myInova.

Pets Plus Us

Pets Plus Us offers Costco members a user-friendly website (petsplusus.com/costco), a call centre, reduced rates of 10% to 15% and the choice of two insurance options for their pets.

The most comprehensive of these options is the accident and illness plan, explains Katie Harris, the business relationship manager for Pets Plus Us who is also a Costco member. That plan lets the insured determine their level of coverage, their deductible and how much of each bill they wish to have covered.

"With Pets Plus Us, all coverage is underwritten at the start of your policy," Harris adds. "That means that you know exactly what your pet is covered for and what exclusions apply." ■

Sharon Chisvin is a Winnipeg-based writer.

*Car insurance is not available in British Columbia, Saskatchewan and Manitoba.



Los Cabos: Corazón Cabo Resort & Spa

Located on the shores of Medano Beach, this beachfront resort welcomes guests of all ages. The resort features three infinity pools, a swimmable beach, a variety of dining venues, including a microbrewery and the relaxing Sparitual Spa. Costco Travel's package includes a Digital Costco Shop Card. To learn more, visit CostcoTravel.ca.



Laceys Macadamia and Milk Chocolate Cookies

These deliciously irresistible cookies are perfect for the holidays. 709-g (25-oz) container. Item 270418. Warehouses/Costco.ca.

The latest Costco finds



Holiday Tin Nutcracker Filled with Truffles

Choose from three nutcrackers that feature different uniform designs and colours: red, blue and green. Each filled with Del Conte Truffles. 350-g (12-oz) tin. Item 1554945. Warehouses/Costco.ca.



La Mère Poulard Assorted Biscuit Tin

Baked with pure butter, this assortment includes biscuits, French shortbread, caramel butter biscuits and chocolate chip butter biscuits. 750-g (26.45-oz) tin. Item 1740197. Warehouses/Costco.ca.

Spy Mainstay Snow Goggles

Helmet-compatible, these goggles feature a spherical mirrored lens with a bonus lens, triple-layer padded face foam for a snug fit, plus a pouch. Available in two adult sizes: small and small regular fit. Item 1654536. Warehouses/Costco.ca.





PUMA Kids' 3-Piece Set

A PUMA logo styles each piece: a cozy hoodie, paired with a short-sleeve tee and jogger pants. Available in pink/light blue/grey, black/pink/white, black/white or grey/red. Colours, sizes and selection may vary by location. Item 8888001. **Warehouses only.**



Mondetta Men's Active Short

This short has the style to be worn at the gym or dressed up with a polo. Features stretch for easy movement and a cinchable waistband. Sizes: S-XXL. Colours: black, blue mélange and grey mélange. Colours, sizes and selection may vary by location. Item numbers vary by size. **Warehouses/Costco.ca.**



ArtSkills Premium Paint-by-Number Set

Each set features two different scenes to paint. Includes two 40.6-cm (16") x 50.8-cm (20") stretch canvases, 24 acrylic paints, six detail brushes and hanging hardware. Item 1734224. **Warehouses/Costco.ca.**

Mexico: Etéreo, Auberge Resorts Collection

Discover an ethereal oceanfront retreat in Riviera Maya. Enjoy spacious accommodations with attentive butler service, choose from three on-site restaurants and relax with a treatment inspired by Mayan healing practices at SANA, an Auberge Spa. Costco Travel's package includes a Digital Costco Shop Card. To learn more, visit **CostcoTravel.ca.**





Karen

FOR GOOD HEALTH / POUR UNE BONNE SANTÉ

**A SOURCE OF ZEAXANTHIN,
AN ANTIOXIDANT FOR THE MAINTENANCE OF GOOD HEALTH.**



Organic



Vegan



Sustainably Grown

*THIS PRODUCT MAY NOT BE RIGHT FOR YOU. ALWAYS FOLLOW AND READ THE LABEL.

ALSO ON COSTCO.CA
Item 1320153

A limited-time showcase of exciting products

FOR SCHEDULES AND DESCRIPTIONS

Go to Costco.ca and search “Special Events.” Or, from the Costco mobile app, go to “Warehouse Locator” and choose a warehouse for events info.



Cutco Cutlery

Cutco’s engineers spent years perfecting the strength, ergonomics and utility of every product that bears the Cutco name. Made from quality materials and handcrafted by cutlery experts, these American-made kitchen knives are guaranteed to deliver clean cuts, making prep work fast and easy.



Marc Martin Apparel

Stylish, sophisticated clothing made from the finest fabrics. Whatever the occasion, a Marc Martin suit, jacket or coat will ensure you step out in style.



SmartSilk Bedding

SmartSilk’s luxurious all-season bedding is proven to naturally regulate your body temperature and is certified to be made without any harmful chemicals. Made with breathable silk and a soft cotton finish, sleep with confidence when you choose SmartSilk.

Health and Wellness Promotion

Costco Pharmacies offer health and wellness services to help you reach your health goals. For more information, visit CostcoPharmacy.ca.

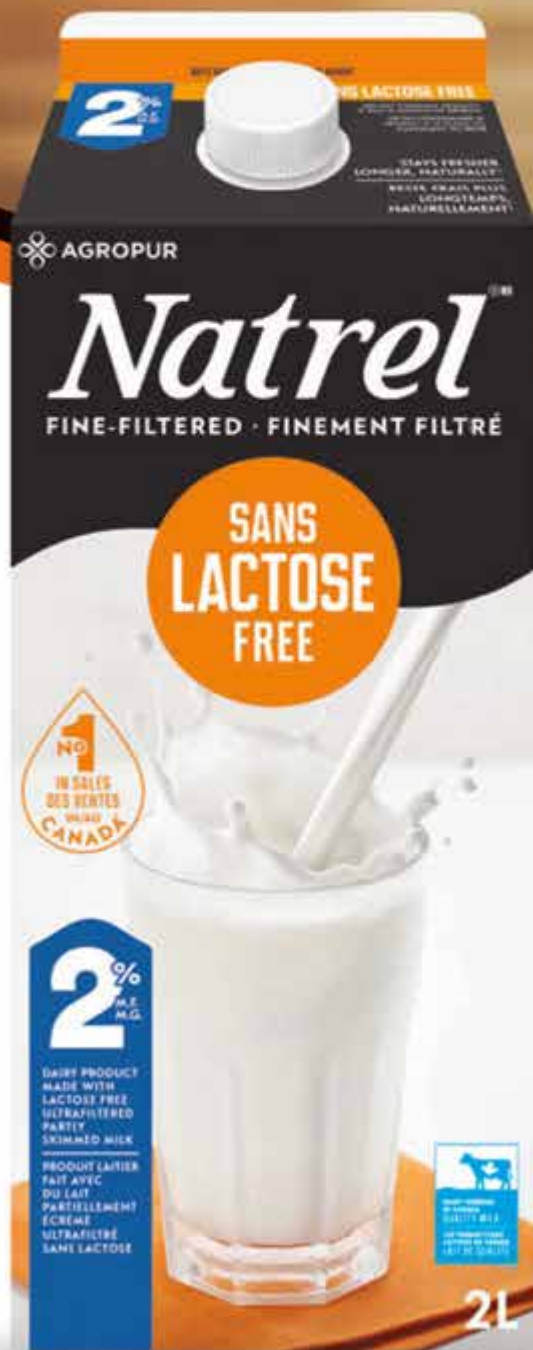
© MARTIALRED / STOCK.ADOBE.COM

TREAT
yourself!

Proudly providing
100%
CANADIAN MILK TO
CANADIAN FAMILIES

ALL THE GREAT TASTE
OF FRESH MILK
WITHOUT THE DISCOMFORT

- EXCELLENT SOURCE OF VITAMIN B12.
- EXCELLENT SOURCE OF PROTEIN.





COOKING IN CANADA

Lasagna Love (lasagnalove.org) operates in Alberta, British Columbia, Manitoba, New Brunswick, Nova Scotia, Ontario, Prince Edward Island, Quebec and Saskatchewan.

"It warms my heart when I make a delivery on someone's front step and, when I get back in the car, I can see them in the window expressing their appreciation and gratitude," says Tricia McMullan, regional director in Eastern Canada for Lasagna Love.—DJ



LEFT TO RIGHT: COURTESY OF ROBIN OMDAHL; COURTESY OF TAMARA CHAPMAN

Lasagna, with love

Rhiannon Menn felt the need to help others.

"Like so many people, at the beginning of the pandemic I was feeling helpless," says Menn, who lived in San Diego at the time. "I love to cook, and so I decided to start making and delivering lasagna with my then 3-year-old daughter for any family nearby that needed a home-cooked meal."

What began as a personal project has evolved into a global non-profit called Lasagna Love, which was launched in 2020. More than 45,000 volunteers help their neighbours by preparing and delivering free home-cooked lasagna and other hearty meals. In just three years since its inception, the organization, which is based in Massachusetts, now operates throughout the United States, in nine Canadian provinces and five Australian regions and has fed more than 1.5 million people.—Dan Jones

Clockwise from top: Lasagna Love volunteer Robin Omdahl of Peterborough, Ontario, prepares lasagna for delivery; a batch of meals is assembled.

NEW

MICHELIN® GUARDIAN+WIPER BLADE

NOW WITH BEAM BLADE TECHNOLOGY



COPYRIGHT® 2023 MICHELIN NORTH AMERICA, INC. ALL RIGHTS RESERVED

ALSO ON COSTCO.CA Various item numbers

MORE SAVINGS

AT YOUR LOCAL WAREHOUSE



There are 3 easy ways to see Costco savings!



SIGN UP
for emails on
Costco.ca



DOWNLOAD
the
Costco App



SCAN HERE
to see
today's offers



CHOOSE WINTER
ROAD SAFETY

LAURENTIDE

WINDSHIELD WASHER
DE-ICER -45°C

REMOVES
ICE + FROST

EASES
ICE SCRAPING

WIPES AWAY
ROAD GRIME



MADE IN CANADA BY RECOCHEM INC.
SECURING YOUR JOURNEY

ALSO ON COSTCO.CA
itm. 284282

Cash back looks good on you



Earn cash back
everywhere with the
CIBC Costco^{®†} Mastercard[®]

Earn up to:

 **3%**
at restaurants
and Costco gas*

 **2%**
at all other gas
and at Costco.ca*

 **1%**
everywhere,
including Costco

*Limits and conditions apply

CIBC 

COSTCO
WHOLESALE

Apply in warehouse or
visit cibc.com/costco

