



My 



Download your Healthy Eating Meal Plan today!  
FREE with a Y@HOME+ membership!

**EatPlantJoy**

## Discover the Benefits of Meal-Planning and Prepping with EatPlantJoy!

Planning ahead can make life a whole lot easier and healthier. Just consider some of the benefits:

- **REDUCE STRESS:** Planning equals freedom! Free yourself from that everyday decision fatigue of what to eat for breakfast, lunch, and dinner. Planning ahead results in healthier choices in the moment.
- **SAVE MONEY:** When you plan, you're filling your grocery cart with foods you planned to buy rather than impulse purchases. Planning can also limit the cost associated with takeout and restaurant meals ordered last minute when hunger strikes.
- **SAVE TIME:** Meal planning might feel more time-consuming, but once you get in the habit, it's faster and easier. Planning ahead will cut down on time spent in the kitchen and trips to the grocery store.
- **A HEALTHIER ENVIRONMENT:**

## PESTO ZOODLES AND BEANS

Serves: 2 (with leftover pesto)

### INGREDIENTS

For Pesto Zoodles

- 2 Zucchini
- 1/4 cup Raw Cashews, Unsalted
- 2 cups Basil
- 2 Tbsp. Nutritional Yeast
- 2 cloves Garlic
- 2 Tbsp. Lemon Juice
- 1/2 tsp. Salt
- 1/4 cup Unsweetened Non-Dairy Milk (soy, almond, cashew, etc.)
- 1 cup Navy or Cannelini Beans
- 2 Tbsp. Vegan Parmesan (optional)

For Vegan Parmesan (Optional)

- 1/2 cup Raw, Unsalted Cashews or Almonds
- 2 Tbsp. Nutritional Yeast
- 1/2 tsp. Salt
- 1 tsp. Garlic Powder

### NUTRITIONAL INFORMATION

Per serving

**CALORIES** 321

**PROTEIN** 17g

**FAT** 12g

**FIBER** 15g



### INSTRUCTIONS

For Pesto Zoodles

1. Make the pesto by combining cashews, basil, nutritional yeast, garlic, lemon juice, salt and non-dairy milk in a high speed blender or food processor and blending until smooth.
2. Make the vegan parmesan
3. Drain and rinse your canned beans.
4. Make the zoodles by using a spiralizer, grater or vegetable peeler to turn the zucchini into noodle-like shapes.
5. Sauté the zucchini noodles in 1 Tbsp. water in a large non-stick pan over medium heat, adding more water as needed to prevent sticking. Sauté until the noodles are soft.
6. Add in the desired amount of pesto and the 1 cup of navy beans and stir until heated through.
7. Divide the pesto zoodles between two bowls and top each with 1 Tbsp. of vegan parmesan. Enjoy!

For Vegan Parmesan

1. Blend all ingredients in a food processor until a powdery consistency is achieved.

Planning ahead reduces food waste and unnecessary packaging.

- **A HEALTHIER YOU:** You don't have to cook every meal to be healthy, but meal planning puts you in control of the food you put in your body.

[Download the second release of EatPlantJoy for FREE on Y@Home+.](#)

EatPlantJoy is included in your YMCA membership. Request your access code at the membership desk.

## Steps to Becoming a Lifeguard

Open the door to employment and volunteer possibilities through our YMCA Aquatic Certifications programs. Certification as a lifeguard or swimming instructor can lead to employment opportunities at the YMCA and elsewhere. You will also develop leadership skills that can have a profound impact on your future success. [Discover our certifications programs today!](#)

### Bronze Cross

Date: July 25 - July 29, 2022

Time: 11:30am - 3:30pm

Location: Les Chater Family YMCA

Date: August 15 - August 19, 2022

Time: 11:30am - 3:30pm

Location: Les Chater Family YMCA

Date: August 22 - August 26, 2022

Time: 10:30am - 7:00pm

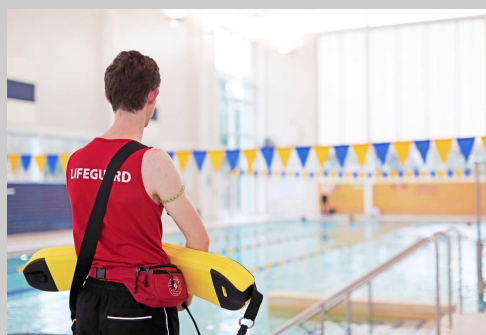
Location: Les Chater Family YMCA

### National Lifeguard (NL)

Date: August 29 - September 2, 2022

Time: 10:30am - 7:30pm

Location: Les Chater Family YMCA



**REGISTER NOW**

# FLOW

30 Minute, Power Flow Yoga



## Workout anytime, anywhere with YMCA@Home!

Our library of on-demand content features a wide variety of follow-along fitness videos for all levels. Enjoy everything from low mobility workouts to high-energy step classes. We're ready when you are, just press play!

**For more videos like this one, follow these steps to gain access.**

1. Visit the membership desk to request your unique access code.
2. Sign up for your FREE account at [ymcahome.ca/member](https://ymcahome.ca/member)
3. Create an account using the email address you have on file at the Y and your unique access code.

## Save the Date - Celebrate 70 Years of Wanakita!

Calling all alumni and campers of all decades. Renew old friendships and create new memories as we celebrate 70 years of Wanakita together!

**Save the Date  
April 29th, 2023**

**Carmen's Banquet Centre, Hamilton**

Don't miss any event details, join our Alumni Mailing List today.

**JOIN MAILING LIST**



**Register now for Summer Child and Youth Programs!**



### Y's Move Program FREE Tutoring Program

ymcahbb.ca

## FREE Tutoring with Y's Move!

Y's Move is a tutoring program that's designed to help students improve their literacy skills and prepare for their future!

This program will run throughout July and August. Sessions are an hour and a half in length. Students must be able to commit to attending two sessions per week. To enroll, students must be entering Grades 8-12 in September 2022.

Improve your academic skills with Y's Move!

**REGISTER NOW**

## Join our Team!

At the YMCA, we offer an array of total rewards for staff, including: competitive remuneration, comprehensive extended health and benefits plan, free YMCA membership and a fun atmosphere.

**A variety of opportunities exist, including:**

- Lifeguards (Full Time & Part Time)
- Housekeeping (Full Time & Part Time)
- Child Care Supervisor
- Membership Associate (Full Time & Part Time)
- Beyond the Bell Supervisor
- General Manager Facility Assets & Risk
- Registered Early Childhood Educator Before & After School Age
- Facility Service Manager
- School Settlement Worker
- IT Support Specialist
- Residence Manager
- Salesforce and Integration Specialist
- Registered Early Childhood Educator
- Reception & Administrative Support [and more!](#)



**VIEW JOB POSTINGS**

## See the Hamilton Honey Badgers with the YMCA Friends and Family Discount!

Are you a basketball fan? Searching for a fun way to spend a night out? Look no further! We are excited to share that YMCA members are offered an exclusive 20% discount on tickets to attend

the season's final two Honey Badger games.

Don't miss your opportunity to see the Hamilton Honey Badgers play. Get your tickets today!

[GET TICKETS](#)

**YMCA FRIENDS AND FAMILY DISCOUNT**

THE HAMILTON HONEY BADGERS ARE PLEASED TO WELCOME THE FRIENDS AND FAMILIES OF YMCA TO EXPERIENCE PROFESSIONAL BASKETBALL IN HAMILTON AT A DISCOUNTED PRICE

 **X Y**

The Honey Badgers provide world class entertainment and the highest quality pro basketball experience outside of the NBA.

Join us for a great evening of professional basketball and incredible experiences!

**ONLY 3 GAMES REMAIN THIS SUMMER!**

**THURSDAY, JULY 14**  
**SUNDAY, JULY 17**  
**SUNDAY, JULY 31**  
ALL GAMES ARE AT THE FIRST ONTARIO CENTRE

**TICKETS START AT ONLY \$32 (20% OFF)**  
INCLUSIVE OF FEES/TAXES



**SCAN HERE TO PURCHASE YOUR TICKETS**

 #2 LINDELL WISGINTON  
\*21 CEBL Canadian POY  
\*21-22 NBA Milwaukee Bucks

MICHAEL LORKOVICH | (905) 522-BALL (2255) | MLORKOVICH@HONEYBADGERS.CA

**LET'S FILL THE BUS**

Together we can teach children life-saving swim skills.



**DONATE TODAY! [YMCAHBB.CA/Donate](https://ymcahbb.ca/Donate)**



#### Our Charitable Mission

The YMCA of Hamilton | Burlington | Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body.

[YMCAHBB.CA](https://ymcahbb.ca)

YMCA of Hamilton | Burlington | Brantford  
Charitable Registration #10808 3825 RR0001



YMCA of Hamilton/Burlington/Brantford | 79 James St. S, Hamilton, L8P 2Z1 Canada

[Unsubscribe \[katherine.walton@ymcahbb.ca\]\(mailto:katherine.walton@ymcahbb.ca\)](mailto:katherine.walton@ymcahbb.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)  
Sent by [ymcahbb.comms@ymcahbb.cain](mailto:ymcahbb.comms@ymcahbb.cain) in collaboration  
with



Try email marketing for free today!