

# Turning Up the Eat

Spring brings new flavours and varieties to the city, as well as some bright ideas for art and energy efficiency



## Shine a Light

If every household in Canada replaced one incandescent light bulb with a compact fluorescent light bulb (CFL), it would be equivalent to taking 66,000 cars off the streets, according to Energy Star statistics. This smart and simple swap was the bright idea behind **Project Porchlight's** mission to light up Calgary with free eco-friendly bulbs. Between October 2008 and January 2009, the not-for-profit organization's army of volunteers went door-to-door handing out 190,000 CFLs to Calgary homeowners.

On average, CFLs are 75 percent more efficient than incandescent bulbs and also shave approximately \$50 off electricity bills over their five-to-seven-year lifespan.

Project Porchlight is an initiative of One Change, an Ottawa-based grassroots organization that promotes energy efficiency. More than 500 communities across Canada and in the U.S. participated. Calgary's campaign was sponsored by the Government of Alberta, the City of Calgary and Encana. (1-866-585-6359, [projectporchlight.com](http://projectporchlight.com)) — *Jaelyn Molyneux*

## Time Savour

It's a common dilemma — you want a healthy, delicious meal at home, but have neither the time nor the inclination to cook up something from scratch. At Marda Loop's **Fresh Kitchen**, it's problem solved. The small market serves up what owner Paul Morissette describes as, "restaurant-quality food, with simple ingredients made in-house by a great team of chefs."

Housed in the same corner-store location as My Favourite Ice Cream Shoppe, Fresh Kitchen carries seasonal entrees and side dishes — both of the hot and the heat-and-eat variety — as well as deli goods butchered in house, bakery items, made-from-scratch soups, stocks, dressings, sauces and glazes. High-quality staples such as olive oils, vinegars and dried pastas also line the shelves. And then there's the espresso bar...

Morissette, a former vice-president with Sunterra Markets (and a *CalgaryInc* Top 40 Under 40 alumnus), says he wanted to open a business that focused on quality products made from scratch, allowing customers to "put time back into their day." (2042 42 Ave. S.W., 403-214-7771, [freshkitchen.ca](http://freshkitchen.ca)) — *Anthony Charron*

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