

FIT FAM

with **Kate Farr**

Trying to create a healthier lifestyle for your family can be an uphill struggle in a city where even bananas come individually packaged in clingfilm. Each month, I'll take a look at three family-focused products that support health and wellness for your tribe. Here's what's in my basket right now:

BUG OFF

Hong Kong's subtropical climate brings with it lush native flora, balmy seas... and biting bugs a-plenty. If you're tired of your kids being eaten alive by mozzies and sandflies but balk at dousing them in DEET, then **Para'Kito's** new children's range is the answer to their itches. The three funky



Para'Kito: now in kid-friendly designs

neoprene wristbands feature cute underwater designs that kids will actually want to wear – the pirate-themed band was a huge hit with our four-year-old. Pop in a

refillable pellet and the patented blend of seven essential oils will deter bugs without the chemical haze for about two weeks. **Para'Kito bands cost \$160. Buy online at www.hk.parakito.com or in store at Mannings, Mothercare, Escapade Sports, Bumps to Babes and larger branches of Wellcome.**

Bubs will love Little Freddie's nutritious purees



INSTANT GOODNESS

Much as we all love to turn out impeccable home-cooked meals for our kids, there are times when life gets in the way, so the odd few pre-prepared pouches are undeniably handy to have in the cupboard. **Little Freddie** is a new, developed-in-Hong Kong range of nutritionist-designed organic baby food pouches for kids from weaning up to three years, making grab-and-go a guilt-free option for busy mums. With a range of 100 percent

organic European ingredients that includes grass-fed Pembrokehire beef, strawberries from Southern Italy's Campania region and Atlantic salmon from the wilds of Donegal, this range is set to provoke serious food envy from the grown-ups.

The Little Freddie range starts from \$18.80. Available in store at Eugene Baby and Bumps to Babes, with more retailers coming soon.



Kate Farr is the co-founder of writing and editing agency Editors' Ink (editorsinkhk.com). She also blogs about Hong Kong family life at AccidentalTai-Tai.com. Send your family health news to kate@editorsinkhk.com

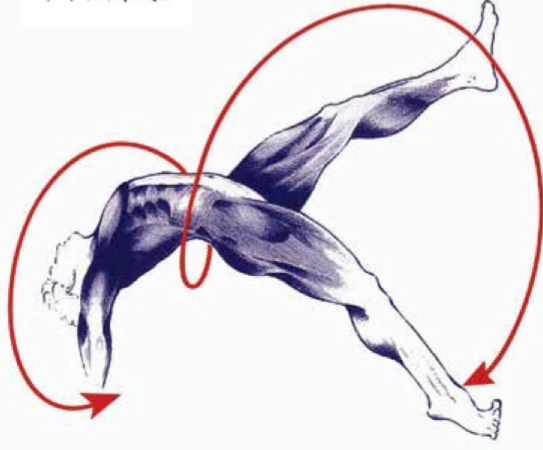
CRAZY FOR COCONUT

Coconut oil has long been recognised as a miracle product, with a mind-boggling number of applications (seriously, Google its myriad uses), ranging from wood polish to butter substitute to nappy balm... You get the idea. New to Hong Kong is **Coconut Matter**, an all-organic range produced to strict ethical trade standards from coconuts hand-pressed in the Solomon Islands. Signature product "Wild" is virgin coconut oil with a pleasantly mild flavour, while "Free" is a more versatile odourless alternative. More exciting still is the organic chocolate coconut jam. I've stashed this



Coconut Matter oil prices range from \$160 to \$210 for 500ml; chocolate coconut jam \$145 for 320ml. Buy online at www.coconutmatter.com.

Bounty-Bar-in-a-jar in a safe spot and am scheduling some quiet one-on-one time with a spoon ASAP.



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