

## Hydration Station!

Here is a brilliant hydration formula, gifted from Demetria Clark at Birth Arts International:

### Labouraid Recipe

In blender mix:

1/3 Cup fresh lemon juice

1/3 cup honey (to taste)

1/4 tsp salt

2 calcium/ magnesium tablets, crushed

Water to make 4 cups



## GRAB'N'GO



### VEGGIES, FRUITS, NUTS AND SEEDS:

Fruit: Banana, Apple, Melon, Berries

Dried fruits: Raisins, Banana chips, Dates,  
Apple rings

Nuts and seeds: Any trail mix, Almonds,  
Pumpkin seeds...

Veggies: Carrots, Cucumber, Celery

### AVOID

*Acidic Foods and Drink*

*Large and Heavy Meals*

*Extreme Flavours ie. Spices*

*Sugar*

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## VÖLVA

Quick 'N' Easy Labour Snack Recipes

Fuel the Birthing Body



Did you know that Oats (oatmeal, oat bar, oat shake) are a great for their slow and steady release of energy!

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I have provided some quick and easy snack ideas and recipes that are nutrient packed, sustainable sources of energy as suggestions for the labouring mother and her birth team.

While we are talking about sustaining mother, remember that hydration is an essential part of the experience.

Happy birthing! And congratulations parents!

With Love,



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## LABOUR SNACKS FOR MOTHER AND TEAM

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There are endless Labour snack ideas and recipes available with a simple search. Stay nourished, stay hydrated and maybe share with your partner.



### DELICIOUS TOAST!

\*Allergy Alert\* Can replace nut butter with seed butter or substitute of your choice

Avocado Toast

Banana or Apple & Nut Butter Toast

Honey and Nut Butter Toast

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### ENERGY BALLS:

100g Almonds, 250g pitted Dates chopped, 2Tbs Honey, 75g Cocoa Powder, 1/2tsp Salt, 50g Pecan (or other nut), chopped.

Put the almonds in a food processor and whiz to a coarse powder. Add the chopped dates, honey, cocoa and salt - then whiz again for around 1 minute until it comes together into a dough-like ball. If it seems too dry to do this add a splash of water. Turn the mixture out onto a board and gently kneed in the chopped pecans.

To make into 'brownies' ie squares - line a 20 cm square baking tray with parchment, turn the mixture into it and press down with your fingers or back of a tablespoon to get an even layer. Put into fridge to chill of at least 20 minutes before cutting into squares.

To make into 'energy balls' - take a teaspoon and roll in your hands (this is messier , be warned). You can then roll in desiccated coconut or cocoa if you like. Put on a plate, then into the fridge to chill at set.

These will keep for up to a week....if you can manage to not eat them all before!! (if its hot outside keep in the fridge). Recipe by Anna Jones, in A Modern Way To Eat.