



July/ August 2010
Summer!

Drop In News

Summer Schedule, Again!

Summer Days have arrived, sort of, and with them an abbreviated schedule for drop in days. Please make a note, so you are not disappointed to find we are not here...

Drop In will be open on

Tuesday 9am—11 am
0-5 years
In the playroom

Wednesday 9am—11am

0-2 years
In the playroom

Thursdays 9am - 11am

0-5 years
9am -10 am in the gym for July

9am—10:30 am in the gym for August
Finish up in the playroom

Please remember, our playroom space and toys are designed for pre-schoolers. We ask that you make alternate arrangements for your school aged children on drop in days (Kindergarteners included)

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Good Bye from Sarah...

As my practicum is coming to an end, I wanted to say thank you to all of you. I have greatly appreciated getting to know you and your families. Being a practicum student at

Saanich Neighbourhood Place has been wonderful experience for me, in large part due to you. I have learned a lot and built relationships I truly value.

All the best for you and your families in the future.
Yours, Sarah



The Clothing exchange is for the donation of good quality clothes and toys and baby equipment. Please do not leave us household items, stuffies, knick'knacks, or clothers you wouldn't put your own kids into!
Donations are welcome only during business hours



Garden News!



As some of you have noticed, we have a wee little garden at Drop In. The garden has been a sort of collaboration between myself in Drop in, with Sarah's help, and the Gorge/Tillicum Urban Farmers. (GTUF) We have also enjoyed the cooperation of GR Pearkes Arena, in letting us make use of the space between our playroom and the library. As Saanich Municipality does not use any chemical pest or weed control, this is an ideal spot to grow 'edibles' alongside ornamental plants.

produce from our little patch, with peas and radishes as our first crop. If you take a peek out there now, you will see green and yellow bush beans poking through the soil, as well as baby carrot tops. We have had a wonderful donation of tomato plants from our GTUF friends, which have been transplanted this week. Just for fun, I have planted a pumpkin plant, which I hope will provide us with our own jack-o'-lanterns for next fall.

how little space is required to actually produce some of your own fresh veggies and fruit. We are lucky to live in a climate where we can garden nearly year round, so consider 'producing some produce' in your own space! It is sometimes quite surprising what your kids will eat from a garden, when they won't try it from a bag or carton! And of course, growing even a few of your own groceries is a great way to stretch your budget, and enjoy some yummy super fresh produce!



We have enjoyed some fresh



My hope for the garden is to encourage families to become more aware of where our food comes from, and to demonstrate



Nutrition Month at SNP

Sarah has organized some great information for us about healthy food choices this past month. Did you see the displays on sugar con-

tent? Caffeine? Portion sizes? She also collected some yummy and healthy recipes, some of which we sampled in Drop in. We are includ-

ing those and other recipes for you, try them at home!

Veggie Fruit Mini Muffins

Makes 24 mini-muffins

½ tsp salt

¼ cup vegetable oil
½ cup brown sugar
1 egg
¾ cup applesauce
1 cup grated carrots
1 cup grated zucchini
1 cup whole wheat flour
¾ cup all-purpose flour
2 tsp baking powder
1 tsp cinnamon
½ tsp nutmeg

Preheat oven to 400 °F (200 °C).

Use non-stick muffin tins or lightly spray with cooking spray.

In a large bowl, whisk together oil and sugar. Beat in egg, then applesauce. Stir in carrots and zucchini.

In another large bowl, whisk together flours, baking powder, cinnamon, nutmeg and salt.

Fold dry ingredients into wet, until just mixed. Grease 2 mini-muffin trays (or one loaf pan). Spoon batter to the very top of muffin cups.

Bake for 15 to 18 minutes or until a toothpick or cake tester comes out clean when inserted in a muffin.

Berry Cool Smoothies

Serves 4 children

1 cup frozen berries
1 cup milk
1 cup vanilla or lemon yogurt
¼ tsp cinnamon
2 tsp sugar

Place berries, milk, yogurt, cinnamon and sugar in the blender.

Blend until smooth and creamy.

Serve into 4 tumblers and put in the fridge.



Instant Banana Pudding

Serves 4 children

1 small banana
½ cup applesauce
2 tsp plain yogurt
½ tsp cinnamon

Mash the banana in a bowl with a potato masher.

Add applesauce, yogurt and cinnamon.

Serve immediately.

Kermit's Dip

Serves 12 children

1 ripe avocado
½ cup plain yogurt
2 tsp lemon juice
½ tsp ground cumin
½ tsp hot sauce

Cut avocado in half, remove the pit and spoon out the pulp from the skin- place it in a medium size bowl.

Add the yogurt, lemon juice, cumin and hot sauce.

Mash the avocado mixture with a fork or potato masher.

Cover with plastic wrap and put in the fridge for an hour so the flavours mix together.

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▶ Come when you can, leave
when you
need to.



Sunny Days!

Don't forget to be sun safe! Make sure you and your children wear a hat, use sunscreen (and remember to re-apply), drink lots of water, and stay in the shade during the peak hours of the day. Also, it is not recommended that sunscreen is applied to babies under 6 months, so try to keep them in the shade.

Too much sun? Watch for signs of dizziness, fatigue, lack of sweat, headache, nighttime chills, nausea/vomiting, dehydration, sunburn... Be careful and have fun out there!

Annual General Meeting at SNP

Many thanks to those of you who were able to attend our Annual General Meeting, (cleverly scheduled to coincide with our Community Dinner night.) At this very brief meeting, we enjoyed pizza and fresh

fruit and veggies, while information was shared about what we are up to around Saanich Neighbourhood Place. The Annual Report was available for families to read through. Anyone interested in reading

this report who was not at the meeting/dinner can have a copy by contacting any staff at SNP during regular hours.

