



# Fall/Winter 2021 NEWSLETTER

Hello Families,

Hope everyone is coping well during these strange times. I think everyone will agree with me about missing how our lives were before the Pandemic. I am so thankful for being able to come to work every day and seeing friendly faces at Lakeshore Community Childcare Centre, and now seeing the young children coming back to the centre.

The Summer has come and gone, now into Fall we go. We have been busy in the kitchen getting the Fall/Winter Menu ready. The four-week cycle should be available to the families by November. We are mandated to follow [Canada's Food Guide](#) and also **The Early Learning and Care Assessment for Quality Improvement (AQI, Nutrition [Assessment](#) and [Guidelines](#))**

The Menus are reviewed by our local Dietician, Calla Fong from Lamp Community Health Centre.

I have kept familiar foods in the menus while implementing new food ideas for the children. Children can get stuck in food jags, but this is normal, it takes time for children to explore new foods.

It is nice now to walk into the classrooms and see the children eating with their friends and teachers.

Seasonal Fruits and Vegetables will be incorporated in the menus, as well as soups for the colder days ahead. Recipes are found online, in cookbooks, magazines and of course word of mouth. It is always a pleasure to cook fresh homemade foods for your children and it is something I get great joy out of.

Some things I have to mention, we serve an a.m snack which is open to all children from 7:30-8:30, a lunch which is served to Toddler and Preschool.

Hot lunch is also open to school age children, which we pack for them and bring to their classrooms, and finally a p.m. snack.

Please note: When we have soup days, the school age children will get a smoked turkey, smoked chicken or meat alternative sandwich as a replacement with fresh vegetables and fruit.

We have not been able to serve the 5:30 snack, due to timing. It will return once we resume regular hours, we do have fruit available throughout the day, if children are hungry.

We did not get to do the Fall Food Drive for the last 2 years due to the Pandemic, if you can help out you can donate at your local grocery store. Every bit helps.

Please click [HERE for the menu on our website](#).

All the best,

**Sabeeta Patrick -Kitchen Manager**

Hello Families,

A new season has begun, and the kids are back in school. Hopefully everyone has enjoyed their summer. Based on the activities I saw the children engaged in I know they had a great summer.

It finally feels like everything is going back to some form of normalcy. I am glad that the Kindergartens and School agers are back in the program and was excited to get their feedback for the Fall/Winter pm snack menu. I enjoy supporting children to develop good eating habits. It's important that children feel good about what they are eating.

For the Fall/Winter snack menu parents can expect to see a wide variety of healthy seasonal fruits, colorful vegetables, whole grains, and dairy. For our baked goods we do a mix of whole wheat and all-purpose flours, we are also looking into other flours like oat, coconut to incorporate... we will let you know how that goes!!

I understand that birthdays are a special and exciting time for a child and as we are unable to accept outside food or treats we provide a homemade "birthday cake" is provided to celebrate all the children's birthdays that are happening that month. The rooms will do something special as well on their birthdays.

One of the children's favourite PM snacks is homemade whole wheat Belgian waffles. Please feel free to make it at home and let me know if you do anything differently that may be fun to try at the centre. (See Recipe below)

All the best,

**Suzanne Sinclair -Dietary Aide**



## RECIPES TO SHARE

### Beef Barley Soup

<https://www.jocooks.com>

*This Beef Barley Soup is rich, satisfying, comfort food in a bowl. A hearty and delicious soup, loaded with tender chunks of beef, barley, fresh herbs, and veggies!*

Prep Time 10 mins

Cook Time 1 hr 45 mins Total Time 1 hr 55 mins

#### Equipment

- 6 Quart Dutch Oven

#### Ingredients

- 1 pound stewing beef
- 1 teaspoon salt or to taste
- 1 teaspoon pepper or to taste
- ½ cup all-purpose flour
- 2 tablespoon olive oil or more if needed
- 1 large onion chopped
- 1 large carrot peeled and chopped
- 2 stalks celery cleaned and chopped
- 3 cloves garlic minced
- 1 tablespoon oregano fresh, chopped (or 1 tsp dried oregano)
- 3 tablespoon tomato paste
- 4 cups beef broth low sodium
- 3 cups water
- ¾ cup barley I used pearl barley, see notes
- 1 tablespoon parsley fresh, chopped

#### Instructions

1. **Prep the Beef:** Season the stewing beef generously with salt and pepper. Place the beef in a Ziploc bag and add the flour over the beef. Close the Ziploc bag and shake until each piece of beef is fully covered in flour. You can also do this in a bowl.
2. **Sear the Beef:** Heat the olive oil in a Dutch oven over medium-high heat. Add the beef to the pot and cook just until the meat starts to brown about 3 minutes per side. You will have to do this in 2 or 3 batches, since you do not want to crowd the meat. Remove the meat from the pot after you're done and set aside.
3. **Cook the Mirepoix:** In the same pot, you will have a lot of brown bits on the bottom. Add more olive oil if needed, then add the chopped onion, carrots and celery. Cook the vegetables until soft, about 5 minutes, stirring occasionally.
4. **Season and Cook the Beef:** Add the garlic, oregano and tomato paste to the pot and stir. Cook for 30 seconds until aromatic. Add a bit of the beef broth to the pot to deglaze all the brown bits at the bottom. Add the meat back to the pot, then the beef broth and water and season with salt and pepper. Bring to a boil, then turn down the heat to a medium, cover the pot and cook for about 30 to 45 minutes, stirring occasionally. You want to cook this for so long so that the beef becomes tender, it will melt in your mouth.
5. **Add Barley and Cook:** Add the barley to the pot, cover it and cook for another 30 minutes or until the barley is cooked through. Make sure you stir occasionally so the barley won't stick. If you find that the soup is too thick add more water as necessary until you get the desired consistency, though this is quite a thick soup.
6. **Finish and Serve:** Remove the soup from heat and garnish with fresh parsley before serving.

#### Notes

1. I used pearl barley. Pearl barley usually takes 25-30 minutes to cook, and hulled barley usually takes 40-50 minutes. Barley is cooked when it's tender yet chewy. If using hulled barley, make sure you add it before covering the pot and cooking the beef.
2. If you can't find barley, use rice or couscous instead.
3. If you make this ahead of time, add the barley the day you serve it.
4. This can be made in a crockpot. Cook for either 4 hours on high, or 8 hours on low.
5. Store leftover beef barley soup in an airtight container for 3-4 days.
6. Reheat either in the microwave at 30 second intervals, stirring in between, or on the stovetop over medium heat.
7. You can also store your leftovers in the freezer up to 6 months. I find it's easiest to first transfer the soup to the fridge to thaw overnight, then heat it up using your preferred method.

## Recipe for Chicken Pot Pie with Puff Pastry

<https://addapinch.com>

Servings: 6

Calories: 276 kcal

### Ingredients:

- 2 tablespoons olive oil divided
- 3 skinless, boneless chicken breasts cut into 1-inch pieces
- 1/2 medium onion diced
- 1 large baking potato peeled and cut into chunks
- 3 large carrots cut into chunks
- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3 cups chicken stock or broth



### puff pastry thawed

Drizzle the olive oil into a heavy Dutch oven or pot set over medium heat. Add the chicken and cook until browned. Using a slotted spoon, remove from the Dutch oven to a plate.

Add the onions, potatoes and carrots and cook until the onions are translucent, and the potatoes and carrots are slightly tender, about 8 minutes. Add the butter and allow to melt. Then, stir in the flour, salt and pepper and cook until thickened, about 2 more minutes. Pour in the chicken stock and bring to a boil. Add back in the chicken and their juices.

Ladle the chicken pot pie filling into a 3-quart casserole dish or individual dishes set on a parchment or foil lined baking sheet. Top with puff pastry. Trim the edges of the puff pastry to about 1/2-inch overhang of the rim of the baking dish. Using a sharp knife, cut a slit in the puff pastry as a vent to allow steam to escape during baking. Bake until golden brown and the pot pie is bubbling, about 30 minutes.

### Rotisserie Chicken:

Substitute rotisserie chicken or leftover chicken for the uncooked chicken called for ingredients. Omit from the instructions in step 2 and simply shred and add into the pot pie at the end of step 3 in the instructions. Cook the chicken pot pie until the puff pastry is golden brown and flaky.

### Individual Portions:

This can be made into individual servings. Simply ladle the chicken pot pie filling into six individual oven-safe containers.

## Whole Wheat Belgian Waffles:



### Ingredients:

- 2 Cups Whole wheat flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 3/4 teaspoon salt

- 2 cups milk
- 3 eggs
- 1/3 Cup Oil
- 1 teaspoon vanilla extract

### Directions:

READY IN: 45mins

SERVES: 16

DIRECTIONS: Combine flour, sugar, baking powder and salt in a bowl.

Add milk, eggs and oil to the dry ingredients and mix until combined. Use approximately 1/3 cup of batter per waffle.

Bake on waffle iron as per manufacturer's instructions

## Vegan Rice Krispies (Granola) Bars:

### Ingredients

- 1/4 cup butter
- 1/4 cup honey
- 1/3 cup packed brown sugar
- 2 cups quick-cooking oats not rolled oats
- 1 cup crispy rice cereal
- 1/2 teaspoon vanilla
- 2 tablespoons mini chocolate chips( optional)

### Directions

1. In a large bowl, stir oats and rice cereal together. Set aside. In a small pot, melt butter, honey and brown sugar together over medium-high heat until it comes to a bubble. Reduce the heat and cook for 2 minutes or until the sugar dissolves. (Should take 1-2 minutes) Pour in vanilla and stir. Pour over dry ingredients and mix well to moisten all ingredients
2. Pour into a lightly greased small jelly roll pan and press out to be about 3/4 inch in thickness. If your pan isn't small enough, pack the mixture into one side. You really want to press them down so they stick together. Sprinkle with mini chocolate chips and press down lightly.
3. Cool on a countertop to room temperature for two hours or until the chocolate chips are set before cutting into bars. Wrap in parchment or plastic wrap and store at room temperature.



## Funny Autumn Poems

### PUMPKIN POEM

One day I found two pumpkin seeds.  
I planted one and pulled the weeds.  
It sprouted roots and a big, long vine.  
A pumpkin grew; I called it mine.  
The pumpkin was quite round and fat.  
(I really am quite proud of that.)  
But there is something I'll admit  
That has me worried just a bit.  
I ate the other seed, you see.  
Now will it grow inside of me?

(I'm so relieved since I have found  
That pumpkins only grow in the ground!)

### LEAVES

BY ELSIE N. BRADY

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.  
At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

Source: [Family Friend Poems](#)

### KITCHEN JOKES

1. **Q**-When asked how he was feeling, that did the pumpkin say? **A.** I'm vine, thanks for asking.
2. **Q**-Why do pumpkins sit on people's porches? **A.** They have no hands to knock on the door.
3. **Q**-What do eggs do for fun at parties? **A.** Sing Kari-yolkie.
4. **Q**-What did the egg say to the clown? **A.** You crack me up.
5. **Q**-What did the slice of bread say to the other slice of bread when he saw butter on the table? **A.** We're toast.
6. **Q**-What do you tell maize after it graduates from high school? **A.** Corn-gratulations.

