

## Meals in Minute Video



Looking for ideas for quick and easy family meals to serve two to four? The Canadian Home Economics Association Foundation, in co-operation with Ryerson Polytechnical Institute, has prepared a 30 minute video called "Magic Meals in Minutes." It features five main course recipes with ideas for balancing out the meal. The video is available from the Federated Women's Institutes of Ontario office, P.O. Box 1030, Guelph, N1H 6N1, 519 767-3510.

## Rural Child Care

A recent report on rural child care, prepared by Dr. Rona Abramovitch, University of Toronto, is available from the Ministry of Community and Social Services. The report discusses the issues involved in delivering and administering child care services in rural Ontario. The author also investigates the needs and preferences in rural Ontario and Canada, and the availability of rural child care in relation to need. For copies, contact Heather Barker, Ministry of Community and Social Services, 700 Bay St., 9th Floor, Toronto, Ontario, M5G 1Z6

## Food Safety

Agriculture Canada has formed an agri-food safety division to ensure that products sold in supermarkets are safe for consumption. A major portion of their work will be in designing and maintaining a residue detection program and they are also developing proposals to standardize the label information that appears on food products.

## Junk Mail

If you want to stop the flow of junk mail to your home, you can write or phone the Canadian Direct Marketing Association, Ste. 607, 1 Concord Gate, Don Mills, Ontario M3C 3N6, (416) 391-2362, and ask that your name be removed from direct mailing lists.

## Innovation 100

One hundred innovative enterprises will be examined at Innovation 100, a Centennial project of the Ontario Ministry of Agriculture and Food. The sessions will be held on December 3 and 4; contact Graham Hooper, Continuing Education programs, Kemptville College of Agricultural Technology, Kemptville, Ontario K0G 1J0 (613) 258-3411 for information or to register.

## Window on Technology

"Window on Technology" is a bi-monthly newsletter dealing with issues in technology as they relate to human services, especially for the elderly, physically handicapped, and other groups with particular technological needs. For

copies, or more information, contact Window, Program Technology Branch, Ministry of Community and Social Services, 16 Broadalbane St., Toronto, Ontario M4Y 1C3.



## Nutrient Content Pamphlet

There's a newly revised issue of "Nutrient Value of Common Foods" available to consumers, produced by Health and Welfare Canada. Along with 95 new food items, the 1987 edition includes values for polyunsaturated fatty acids and dietary fibre and greater precision in the weight of portion sizes of food. The booklet is available from the Canadian Government Publishing Centre, Department of Supply and Services, Ottawa, Ontario K1A 0S9 (613) 997-2560, for \$2.95 per copy.

## FWIC Cookbook

Cooking Collections, the latest project of the Federated Women's Institutes of Canada, is now available for sale and culinary enjoyment. Both WI members from across Canada and some Canadian celebrities contributed the recipes, selected to acquaint readers with the pro-

ducts grown and harvested across Canada. The price is \$12.00, plus \$1.65 postage and handling, and copies are available from Anna Jackson, FWIO office, P.O. Box 1030, Guelph, Ontario N1H 6N1.

## Help Wanted

These positions are available at the Provincial Level of the Federated Women's Institutes of Ontario:

### Provincial Resolutions Convener

Qualifications: WI member, interested in and alert to impending changes in legislation at both provincial and federal levels; skills in writing business letters and brief an asset. Duties as outlined in Handbook, receives resolutions from the Areas, presents them to the Provincial Resolutions Committee and Provincial Board, and directs those that are sustained to the appropriate Ministries or agencies; works within a budget. Term is two years.

### Provincial Tweedsmuir Curator

Qualifications: A WI member, interested in and capable of recording provincial WI events. Duties as outlined in the Handbook, and the new Tweedsmuir Manual.

Members interested in either of these positions should submit a resume to their Provincial Board Director, or the Provincial office. Elections will be held on November 22, 1988.

## FWIO Notes

The new Tweedsmuir History Manuals are now ready. Cost is \$2 each, postage included.

Year pins for 10, 20, 30, and 40 years are available, for \$2 each. A 50 year pin is currently being designed, and is expected to cost more than the others.

The blue and gold brochures have been updated, and can be ordered from the FWIO office if you pay for postage.

The new FWIO poster should be ready next year. This will be a multicoloured poster with a section at the bottom for local information.

FWIO has taken out a membership in the Farm Women's Network newsletter.

A steering committee has been set up to start the planning for the centennial of WI. Let your Board member know if you have any ideas for the committee.