

For Your Information

Nutrition Resources



"Good Start - Eat Smart": A Nutrition Kit for Childcare Providers and Parents of Preschoolers is available from The Ontario Milk Marketing Board. To obtain a copy write to Nutrition Communications, The Ontario Milk Marketing Board, 6780 Campbell Rd., Mississauga ON L5N 2L8, or call (905)821-8970, or fax (905)821-3160. Enclose a cheque for \$3.75 payable to the Dairy Farmers of Ontario.



Making the Most of You: Your Personal Guide for Healthy Living is also available from The Ontario Milk Marketing Board. To obtain a copy write to Nutrition Communications, The Ontario Milk Marketing Board, 6780 Campbell Rd., Mississauga ON L5N 2L8, or call (905)821-8970, or fax (905)821-3160. Enclose a cheque for \$5.95 payable to the Dairy Farmers of Ontario. If you wish to use your Visa or Master Card call 1-800-565-1763.



A Healthy Eating Manual promoting foods with less fat and more fibre is available from Laura Pasut at the Ministry of Health, Health Promotion Branch, 5700 Yonge St., 5th Floor, North York ON M2M 4K5, (416)638-8310.



Correction

Oops! A couple of mistakes appeared in the recently printed *A Century of Fashion* booklet. Please note at the end of the first paragraph of the Introduction the date should read February 19, 1997. Also, on page 45 under the heading Material Compilers, the first years listed should read 1887-1909.

Homestead Happenings

Opening of the Picnic Shelter

Date: Sunday, May 5, 1996

Time: 2:00 - 4:00 p.m.

Student Project Event

Date: Month of July

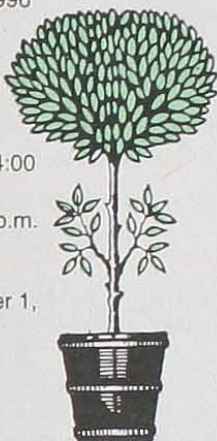
Time: Museum Hours
Mon.- Fri., 10:00 a.m. - 4:00 p.m.

Sun.- 12:00 a.m. - 5:00 p.m.

Christmas Open House

Date: Sunday, December 1, 1996

Time: 1:00 - 4:00 p.m.



Thank You

The Restructuring Committee extend a sincere thanks to all members who took the time and effort to document their thoughts about the future restructuring of the organization. Contact your Board Director for more information about the recommendations that were presented to the FWIO March Board.

Blue Jay Tickets



If you have not received your tickets to the Blue Jay Game by May 1, please call Helen Duffield at (519)763-8984. Any other questions about Centennial Committee activities, write to Helen at 127-45 Marksam Rd., Guelph ON N1R 6Y9.

Registration for a WI Centennial Celebration & FWIC Convention '97

Two registration forms are now available for Convention '97:

FULL REGISTRATION FORM: These are available from the FWIO Provincial Office. As there are only 2100 full registrations that can be accepted for the entire Celebration/Convention, not everyone who wishes to be there, will be able to attend. So, Friday, June 20 and Saturday, June 21 have been designated "Special Events Days," and are open to everyone who wishes to celebrate this once-in-a-lifetime occasion.

SPECIAL EVENTS REGISTRATION FORM: This form is required for the Open celebration days, and these can be obtained from Provincial Board Directors or from the FWIO Provincial Office. There are no limitations on the number of places available for those wishing to attend on those days.

Be sure to call the FWIO Office at (519)836-3078, or write today!

Bob the Beaver's Bail Out Bucket



You all know that the Federated Women's Institutes of Canada is the national voice for our organization. Because FWIC is no longer funded by the Federal Government and grants are hard to come by, we rely on dues from the provinces. We need your help!

To date Bob's Bail Out Bucket amounts to \$15,000, of which Ontario has contributed less than \$500. Please send your contribution of one dollar per year or more to the FWIO Provincial Office in Guelph, who will in turn pass it on to the FWIC office in Ottawa.

From FWIC Representative, Margaret Munro.

Quick Meals for "Those-On-The-Go"



Ten Washago WI members joined others from the Simcoe area in Barrie for an evening of "Quick Meals" prepared and sponsored by the Community Food Advisor Program. They also discussed the nutritional value of "quick meals," the safety of storage and handling food prepared in a hurry, and how to translate food labels into language that can be easily understood. The Program is funded by the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA). It trains volunteer advisors (pictured left), who then provide information and resources to the public through workshops, presentations, displays or cooking classes. Call the OMAFRA office nearest you for more information about this program.

Submitted by Rita Carson, PRO, Washago WI, Simcoe East.

Return Address:

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