

Fruit Phyto Bars

(NC)—Forget those tasteless, over-processed energy bars you buy at the store which have been sitting on the shelf for who knows how long! These delicious bars will not only tempt your taste buds but will deliver some important nutrition benefits as well. Made with antioxidant-rich California tree fruits (pick your favorite or use a combination of plums, peaches and nectarines) these bars will help you keep the sun's UV rays at bay with phytonutrients critical to maintaining healthy skin.

11/2 pounds fresh California tree fruit

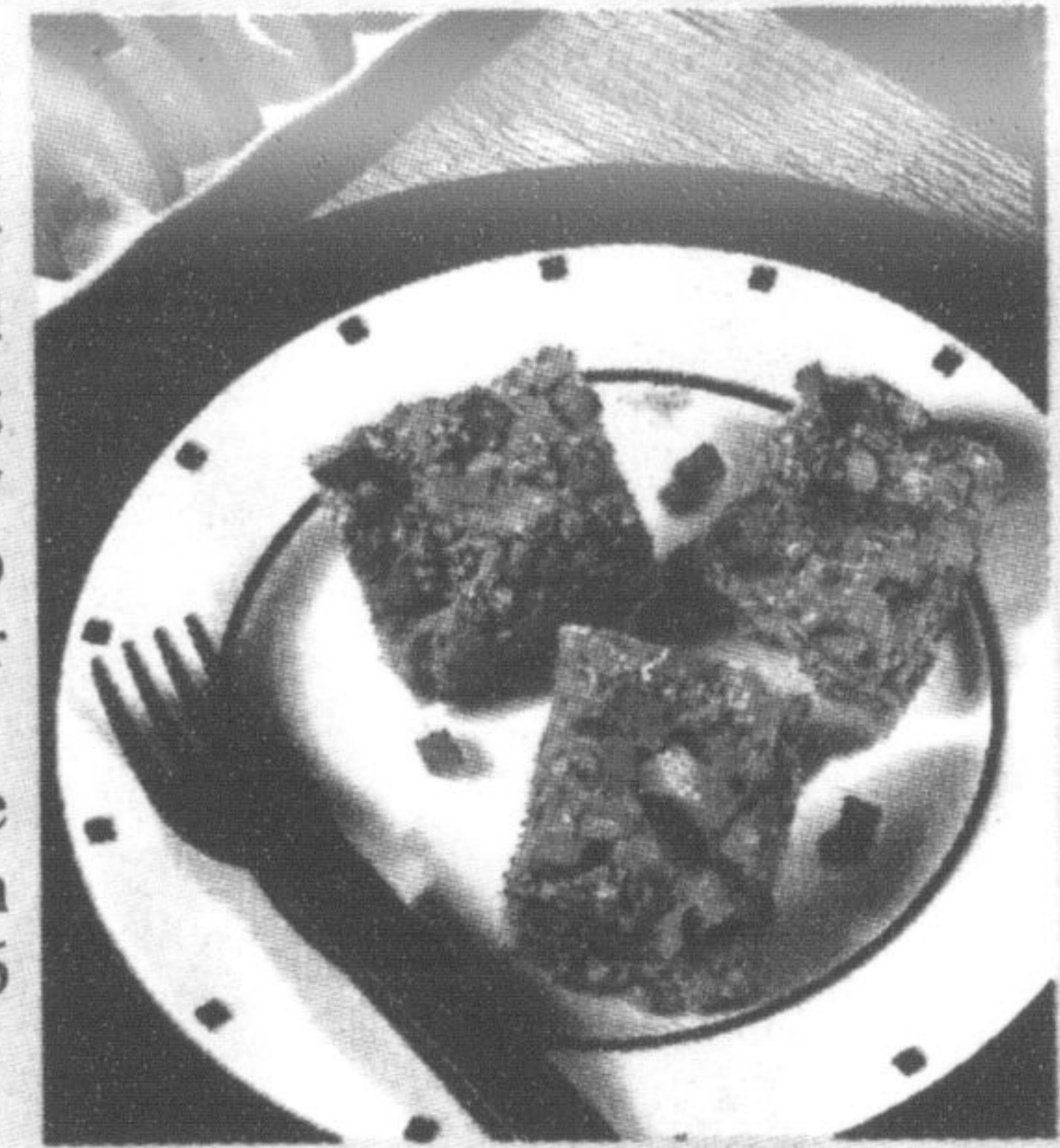
(peaches, plums and/or nectarines)

- 1/4 cup canola oil
- 1/2 cup light brown sugar
- 1/4 cup liquid egg substitute
- 6 tablespoons honey
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1/2 cup instant nonfat dry milk powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons ground ginger
- 1 teaspoon salt
- 3 cups quick-cooking rolled oats

- 1/4 cup dry roasted sunflower kernels
- Lemon Glaze:
 - 1 cup powdered sugar, sifted
 - 1/4 teaspoon vanilla
 - 2 teaspoons lemon juice
 - 3 teaspoons hot water
- Preheat oven to 325° F. Butter and flour 11"x15 1/2"x1" baking pan and set aside. Pit and dice fruit to yield 3 1/2 cups. Measure 1 cup into blender or food processor. Add oil and process until smooth. Reserve the remaining fruit.
- With mixer, beat pureed mixture together

with sugar, egg substitute, honey and vanilla until sugar is dissolved. Stir flours, dry milk powder, soda, ginger, salt, oats and sunflower kernels together in another large bowl. Add all at once to mixer bowl with remaining diced fruit; mix just to blend. Spread evenly in prepared pan and bake at 325° F for 30 to 35 minutes, or until pick inserted in center comes out clean.

Meanwhile, mix ingredients for glaze together until smooth. Drizzle or brush on bars while hot. Allow to cool in pan. Cut 5x6 to make 30 bars.



Halton Region

REQUEST FOR TENDER

#02-T-131

FOR THE REGIONAL MUNICIPALITY OF HALTON
NEW 228 BED LONG TERM CARE FACILITY
"POST INN VILLAGE"
TO BE CONSTRUCTED IN OAKVILLE, ONTARIO

CLOSING: THURSDAY MAY 28, 2002

2pm Oakville Time

TRADES WILL BE REQUIRED TO BID DIRECTLY TO THE FOLLOWING CONTRACTORS AND SUB CONTRACTORS WHICH HAVE ALREADY BEEN PRE-QUALIFIED:

General Contractors, Electrical, Mechanical, Sheet Metal and Landscape Sub-Contractors

A detailed list of the Pre-qualified Contractors and Sub Contractors can be viewed at www.region.halton.on.ca/bids

For the purpose of bidding to the pre-qualified trades, bid documents and drawings can be obtained through the Financial & Purchasing Services Division of the Corporate Services Department, 1151 Bronte Road, Oakville, ON, telephone (905) 825-6000 Ext. 7011 for a non-refundable fee of \$374.50 (includes G.S.T.). Bid documents will be available for pick up on or after Monday May 6, 2002. Bidders who request documents to be shipped from the Purchasing Department must include a handling fee of \$10.70 (includes G.S.T.) for this service.

Bid documents may be viewed at the following offices:

- Hamilton Construction Association, 370 York Blvd., Hamilton, Ontario
- Mississauga Construction Association, 1900 Minnesota Court, Unit 122, Mississauga, Ontario
- Toronto Construction Association, 70 Leek Crescent, Richmond Hill, Ontario
- Grand Valley Construction Association, 1900 Sheldon Drive, Cambridge, Ontario
- Niagara Construction Association, 34 Scott Street West, St. Catharines, Ontario

The Regional Municipality of Halton reserves the right to select and approve only those contractors which it deems in its sole discretion suitable and qualified for this Project, and reserves the right to reject, accept any, or all submissions.

The Regional Municipality of Halton relies on this advertisement to provide public notice of this business opportunity and is not obligated to notify any potential bidders in any other manner.

A. URBANSKI
COMMISSIONER OF SOCIAL AND
COMMUNITY SERVICES

A. MINDENHALL, CPPO.
MANAGER OF PURCHASING SERVICES

A Partnership That Works!

HOLIDAY COLLECTION NOTICE



Due to the Victoria Day Holiday, waste collection the week of May 20 - 24 will take place the day after your regular collection day.



WORKING TOGETHER TO KEEP HALTON SAFE

Personal Emergency Preparedness Guide



We are pleased to make available a new **Personal Emergency Preparedness Guide** created by Halton Region, together with the Towns of Halton Hills, Milton and Oakville, the City of Burlington, and the Halton Regional Police Service. This handy reference guide is designed to help residents and their families prepare for any potential emergency situation. The guide may be obtained at regional or municipal offices and facilities, by calling Halton Region or any of the Area Municipalities, or by visiting Halton's Web site.

A Message from the Chairman

Communities across North America will be celebrating Public Works Week from May 19th to 25th. This year, perhaps even more than in the past, we have come as citizens to recognize the importance of public works infrastructure, facilities and services. At Halton Region, we are very proud of the work we do every day to ensure the safety of the Regional Road network, the responsible diversion and disposal of waste, and the quality, security and efficient delivery of drinking water, just to name a few of our daily activities.

Halton's commitment to continuous improvement means we are looking forward and preparing for this community's future needs. We are using advanced technology and optimization techniques to improve our efficiency and our results. And we are proud to be earning the trust of Halton residents each day by providing a consistently high level of service.

Learn more about Halton's Public Works services by visiting our website at www.region.halton.on.ca/PPW/.

Joyce Savoline
Halton Region Chairman



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