

Fridge smarts could save you money

(NC)It's Saturday afternoon, you've just returned from the grocery store with seemingly too few bags for the amount you've just spent. You're about to put your produce away STOP! Before you place your sweet onions in the crisper with the celery, read on for fridge management tips guaranteed to keep your produce fresher, longer.

These basic fridge management rules will help you avoid throwing your food investment straight into the garbage:

Separate fruits and vegetables in the refrigerator crispers.

Sweet potatoes, sweet onions and tomatoes should never be

stored in the refrigerator. Sweet potatoes specifically, should be kept in a dark, cool place not under the sink.

To maintain the optimum integrity of your fresh produce, store fruits and vegetables (except for mushrooms) in tightly closed plastic bags.

Ethylene producing fruits and vegetables (those that have the ability to ripen after harvesting) will cause other produce to mature faster. Keep delicate produce, such as blueberries, strawberries and leafy greens far away from ethylene-producers, such as sweet onions and cantaloupe.

Once cut, tightly wrap produce like green peppers and cucumbers, in plastic wrap and store in the refrigerator. Placing in a "bag" where air can circulate will lead to a faster rate of spoilage.

Using these tips will guarantee a lot less spoilage. For other great tips and recipes using your favourite fresh produce, visit www.gosouthproduce.com.

- News Canada

COMING TO YOUR DOOR SEPT. 20-23, 2005

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MAIL ENTRIES TO: Metroland Corporate Sales, 10 Tempo Ave., Willowdale, Ontario M2H 2N8.

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ TELEPHONE: _____

EMAIL: _____

Deadline for entries is Oct. 31, 2005, 6:00 pm. Winners to be announced in your local Metroland community newspaper the week of Nov. 7, 2005. Employees of Metroland Printing, Publishing and Distributing Ltd., and their families, are not eligible to enter or win this Black and Decker Contest. Limit one ballot per person.

The Regional Municipality of Halton

Curb Appeal

Milton Urban Bulk Collection

Place items at curb by 7 a.m. on your scheduled collection day.

Check the map for your corresponding collection zone. Items will be collected on the day designated for your zone.

Bulk Waste Collection

Zone 1	Wednesday, September 21
Zone 2	Wednesday, September 28
Zone 3	Wednesday, October 19
Zone 4	Wednesday, October 26
Zone 5	Wednesday, November 2

The following materials will NOT be collected:

- Automobile Parts*
- Propane Tanks
- Tires
- Building and Demolition Debris
- Concrete and Bricks
- Household Hazardous Waste
- Cardboard Boxes
- Tree Branches
- Tree Stumps**
- Soil and Rocks

These items may be disposed of at Halton's Waste Management Site (HWMS), 5400 Regional Road 25, Milton.

Open Monday - Saturday 8:00 a.m. - 4:30 p.m.

*Only small non-hazardous automobile parts can be accepted at the HWMS.

**Only small tree stumps under 30 cm (1 ft) in diameter can be accepted at the HWMS.

Metal & Appliance Call-in Collection Service

Metal items and appliances will ONLY be collected on a call-in basis and, therefore, will not be collected on your scheduled Bulk Collection day.

To receive collection, please call Halton Region at 1-866-4HALTON (1-866-442-5866).

Metal items and appliances include refrigerators, freezers, dishwashers, stoves, washers, dryers, metal furniture, broken down swing sets, etc.

Please ensure the doors are removed for safety.

Child Care Subsidy Available for Families

Halton Region has received additional provincial funding to support families with their child care costs. If you are a low income family, working, retraining or looking for a job, and require financial assistance with your child care costs please call 905-825-6000 or 1-866-442-5866 and ask for the child care subsidy program to determine if you are eligible. The subsidy is available for children from birth to 12 years of age.

Halton Regional Meeting Schedule:

September 27th	9:30 a.m.	-	Health and Social Services Committee
September 28th	9:30 a.m.	-	Planning & Public Works Committee
September 28th	1:30 p.m.	-	Administration & Finance Committee
October 5th	9:30 a.m.	-	Regional Council

1151 Bronte Road, Oakville, ON L6M 3L1
Tel: 905-825-6000 • Toll free: 1-866-4HALTON • TTY 905-827-9833 • www.region.halton.on.ca