

Matthew John Daycare – 135 First Avenue, Toronto, ON M4M 1W9

## Toddler Room Newsletter

# February 2020



### Important Dates!

- February 7 – Happy Birthday Esme!
- February 10 – Yoga
- February 14 – Valentine’s Day
- February 14 – Rob Joy
- February 17 – Family Day! Daycare closed
- February 17 – Family Day! Daycare closed today
- February 18 – Nature
- February 22 – Happy Birthday Rocket!
- February 28 – Rob Joy

## Reminders:

- ◆ Please bring in a family picture, we will be talking about our families.
- ◆ If you have the time, kindly ensure that all boots, hats, mittens, etc. are labelled with your child’s name as there are a number of staff working in the toddler room.
- ◆ Please contact Jola or Kim if you want to relay any messages to us. It is difficult for us to verify messages during the day.
- ◆ You are welcome to come in and spend time in our room with us – reading, singing, etc.
- ◆ Kindly bring extra socks as the playground is very wet.

## Support our Fundraising Efforts Through Mabel's Labels!



mabel's labels

Mabel's Labels are great for any of your child's items at school/daycare (clothes, shoes, lunchbox, hats, etc.) and a portion goes back to support Matthew John Daycare. To order your child's labels, please [click here](#) and type in Matthew John Daycare (Toronto) and start shopping!

## Red Pepper Hummus

**Recipe:** [Real Food For Real Kids](#)

**Yield:** 8 servings



### Ingredients:

- 2 cans chickpeas, drained (540 ml cans)
- 1 large red pepper
- 4 Tbsp olive oil
- 6-8 cloves garlic, chopped
- 4 Tbsp lemon juice
- sea salt to taste

## **Preparation:**

1. Roast the red pepper in the oven on the broil setting until skin is charred.
2. Wrap the roasted red pepper in plastic wrap and set aside in a bowl to cool.  
Once cooled, gently peel off all the skin.
3. In a small pan, sauté the garlic in oil until soft and translucent.
4. Put all ingredients (including the garlic oil) into a blender or food processor. Give it a good whirl until you reach the desired smoothness.

## **Real Food Tips:**

- Serve with your favourite crunchy veggies or toasted pita.
- To speed up the process, use jarred roasted red peppers.
- For added deliciousness, protein, calcium & iron add 2-3 Tbsp of tahini.