

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

Junior & Senior Preschool Room Newsletter

January 2020



Important Dates!

- January 1 – New Year’s Day – closed
- January 2 – Happy Birthday Abbott!
- January 9 – Happy Birthday Henry!
- January 13 – Yoga
- January 17 – Rob Joy
- January 21 – Nature Experience
- January 22 – Happy Birthday Evan!
- January 25 – Chinese New Year
- January 31 – Rob Joy

Reminders:

- ◆ A BIG thank you to everyone for your ongoing support, love, and gifts during the holidays!
- ◆ Please remove wet footwear at the door before entering the play areas.
- ◆ Kindly provide pull-ups/diapers and wipes (and please label them) for your child should they need them.
- ◆ If you drop off your child in the playground, kindly ensure that they are fully dressed for the weather. If you have any additional items, please place them in your child’s cubby inside.
- ◆ Kindly label all of your children’s clothing - hats, boots, mittens, etc.
- ◆ From all of us in the Junior and Senior Preschool rooms, we wish you a wonderful New Year!!!

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!

Carrot and Squash Soup Recipe

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

Yield: 4 – 6 servings



Ingredients:

- 4 ¼ cup diced butternut squash, cut into 1 ½ cm cubes
- 3 ¼ cup carrots, sliced
- ¾ cup coconut milk
- 2 cup water or stock
- ¼ tsp onion powder
- 1 ¾ tsp salt
- pinch of ground ginger
- pinch of garlic powder
- pinch of ground cardamom
- pinch of white pepper

Preparation:

1. Slice and dice your carrots and squash. After peeling, of course.
2. Steam carrots until they're very soft (about 20 minutes). Quickly transfer them to a blender while still hot. Purée those bad boys.
3. Bring water and spices to a simmer. Add squash and return to simmer. Stay here (simmering, covered) until squash is quite soft (about 25 minutes). Stir as little as possible to avoid breaking the squash up.
4. Gently (this is key) stir in coconut milk and carrot puree and return to simmer. What you'll have is a deliciously thick and chunky soup. You can lighten it to your heart's content by simply adding water.
5. Bang pots, pans and cupboard doors around. It's important your family knows how hard you're working in there. Then serve.

Real Food Tips:

1. Adding a contrasting colour is an easy way to brighten up any dish. Try topping this soup with a sprig of fresh herbs, some roasted seeds, or a drop of fresh cream.
2. Waste not: Toss those squash seeds with oil and your favourite herbs and spices, then roast them in the oven. Easy and delicious.
3. Take your time: throw all of your ingredients (except the coconut milk) in the slow cooker and set on low when you leave work (5-7 hours). Once you get home, purée with a hand-held blender and add the coconut milk.