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# Head Start Program

## September 2018 Activities



<p><b>Infant Toddler Program</b> (birth-3 yrs. &amp; Parent) <b>Wednesday 10:15 – 12:00</b></p> <p>Sept 12 – Welcome back &amp; Open Art Sept 19 – Art: Apple and Leaf prints Sept 26 – Indoor playground &amp; painting on the wall.</p>	<p><b>Afterschool Program</b> (4 years + &amp; Parent) <b>Thursday 3:00 – 4:15</b></p> <p>Sept 13 – Welcome back, make freezer jam &amp; biscuits to take away. Sept 20 – Harvest foods from the garden Sept 27 – Culture program activity &amp; Science Venture.</p>
<p><b>*Fresh Food to You &amp; Cooking Together</b> Fresh Food pick up dates are:</p> <ul style="list-style-type: none"><li>• <b>Tuesday, Sept. 18</b></li><li>• <b>Tuesday, Sept. 25</b></li></ul> <p>Food will be available at the Health Center by 11:30 am.</p> <p><b>At 1:00 pm on the pickup days we invite <u>anyone</u> to join us in the kitchen to make a meal with the Fresh Food. Learn new ways to prepare food and take away a tasty dish for home.</b></p>	<p><b>Community Kitchen</b> <b>(16+ years and adults)</b></p> <p><b>Date:</b> Wednesday, Sept. 29 <b>Time:</b> 6:00– 8:00 pm @ Health Centre <b>Topic: Making Tomato Sauce</b> (with veggies and herbs from the Community Garden) <b>Herb of the month: Sage</b> <b>Tea of the month: Rosehip</b></p> <p><b>Please call Myrna at 250-652-4473 x206</b> if you will be attending. Child-minding cost available if needed, please notify staff at the time of the kitchen.</p>
<p><b>The Good Food Program</b> <b>Payment deadline:</b> Friday Sept. 7, 2018</p> <p><b>Packing &amp; Pickup:</b> Wed. Sept. 12, 2018</p> <p><b>We are selling two sizes of orders:</b></p> <ul style="list-style-type: none"><li>• <b>\$12.00 mixed veggie bag</b></li><li>• <b>\$10.00 all-fruit bag.</b></li></ul>	<p><b>Community Teaching Garden</b></p> <p>This month the families attending the Infant-Toddler and After school programs will visit the garden to see the progress the plants have made.</p> <p>We will also harvest food to take away. Please feel free to visit when staff are working at the garden.</p>
<p><b>Family Garden Program</b></p> <p>Families who have a backyard garden are welcome to more seeds to overwinter.</p> <p>Our equipment (lawnmower, trimmer and weed eater are available <b>to our gardening households</b> to tidy up the gardens before they are put to bed for the fall/winter.</p>	<p><b>Maternal Nourishment Program</b> <b>(Expectant Moms &amp; moms who are breastfeeding up to baby's 12<sup>th</sup> month)</b></p> <p>We can offer some help to meet the nutritional requirements for mom/babe during this important time. If you would like more information or want to sign up please see Mary at the Health Centre.</p>

**For more information about any of these programs,  
Please contact Mary Hayes at 250-652-4473 x208.**

# SEP 2018



SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

06

07

08

Labor Day  
Office closed

09

10

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12

13

14

15

Woman's  
group  
6-8

First day of  
Bridges for  
Woman  
Program 10-1.  
Family Movie  
6-8

16

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Woman's  
group 6-8

Bridges for  
Woman 10-1

Family Movie  
Night 6-8