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RLG Monthly Newsletter – March 2021



Springtime is a great time to remember to...

Become a Waste Warrior. Before you throw something away, ask yourself: Can it be recycled? Re-purposed?

Plant a Tree. Trees absorb carbon dioxide and release oxygen for us to breathe. They also provide shelter and food for birds, and for little animals such as squirrels and owls.

Turn off the Lights. Use only as much electricity as you need.

Watch the Water. You can save up to 8 gallons of water a day by turning off the faucet when you brush your teeth!

Offer Your Time. You are a precious resource too! Find ways to get involved in your community to help care for the Earth and make new friends at the same time!

Snow Lanterns...maybe a last chance for snow-play?

By the time you read this newsletter, there may not be enough snow left on the ground to make snowmen or snow forts.

BUT...you should be able to find enough for a few Snow Lanterns!

Just roll up some snowballs and place them in a circle with gaps between each. Then add more layers, each one smaller than the last, until there is a small gap at the top (this lets the heat escape).

When it's getting dark, take a tea light and push it through one of the gaps until it's in the centre, and then light it with a long taper.

These lanterns look great by the side of a pathway or drive, and as long as the weather stays chilly, they will last for days - just light a new tea light each time.

*Be sure to place the lanterns so you can see them from inside too!



Tape Art



Tape Art is fun and easy for kids of all ages.

It's great for:

- developing fine motor development
- experimenting with colours, shapes and patterns

All you need is a canvas, masking (or painter's) tape, and some paint.

Your child will tape a design on their canvas and then fill in the rest of the canvas with paint.

*Note: If you don't have a canvas, you can use cardboard. If you can, prime it first so that it doesn't absorb as much paint when your young artist gets to work. And use painter's tape. It's not as sticky as masking tape, so it won't rip the paper or cardboard when you pull it off.

Easy & Tasty Green Bean Soup

Ingredients:

- 5 cups chicken stock
- 4 cups green beans
- 2 medium carrots, sliced
- ¼ onion, chopped
- 2 tbsp celery, diced
- 1 tsp salt
- ¼ tsp pepper
- Optional: 1 cup meat
(Example: pepperoni or sausage)
- Cheddar cheese for garnish

Directions:

1. Combine all ingredients except cheese in a large pot.
2. Bring to a boil, simmer covered for about 20 minutes.
3. Sprinkle some cheese on top and serve.

