

MOMS

mentoring of mothers society

Pack a Lunch!

by Kelly Rahnborn

School lunches can be a challenge nowadays. Peanut free restrictions, being environmentally conscious and finding nutritious and enjoyable food selections makes for a difficult task when packing your kids' lunchbox. As a Mom of three and a Home Ec Teacher, nutrition is important to me. Here are some fun ways to liven up your kids' lunch:

Start with the lunch bag: make sure it's insulated. Investment into a good lunch bag that can last a few years is better for the environment. Pick a quality plain one (that won't go out of style) in a fun colour and you'll get more years use out of it.

Use a reusable ice pack every day to keep food at a safe temperature.

Start packing! **Buy some of their favourite items**, but not necessarily purchased in individual portions. Buy the big size if it's cheaper and divide into smaller portions and in reusable containers. It's better on your wallet and better for the environment.

Choose a dairy product: yogurt, cheese cubes, milk, chocolate milk, or sour cream (to dip their carrots in). Kids need calcium for strong bones and dairy products contain ingredients that help with brain development.

Choose a protein: if nuts are not allowed, try a hard cooked egg, pepperoni sticks, rolled up lunch meats, chunks of barbecued chicken (with their favourite dipping sauce), or a container of tuna salad.

Choose a grain: sandwiches made with whole wheat bread are best, but if your kids are stuck on white try one of the new varieties of "White Whole Wheat". Try whole wheat crackers or baked chips for a fun whole grain snack.

Choose a veggie: carrot sticks, peas in the pod, cucumber slices or sticks, celery sticks, cherry tomatoes, or bell pepper slices in various colours.

Choose a fruit: precut or pre-peeled apples and oranges are fun (add a little orange juice with your apple slices to keep

them from turning brown). I buy a big tin of pineapple chunks and divide into portions for lunch. Pack along a fork and they'll enjoy a treat that's easy for you to prepare. Grapes are easy lunch food, and when out of season try raisins, raisins, dried peaches or banana chips. Mix it up; surprise them and lunch time will never be boring.

Choose something fun! Every good lunch has a treat. Learning to control our snacking by allowing ourselves a little treat teaches us to enjoy in moderation; a good lifelong skill. Don't forget the cookie, fruit chews, fruit roll ups or whatever will make them smile when they open their lunch box.

Finally, it's good to include a little note sometimes. I remember notes my mom scribbled on napkins she tucked into my lunch bag: "Thinking about you today." "Hope your test went well." "I'm praying for you today." We love our kids. Don't forget to tell them - even when you're not there.

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MOMS

Purpose Statements

To provide a network that encourages and equips moms to be the best mothers they can be.

To provide mothers the opportunity for personal growth through developing their skills and talents.

To provide a safe place for women to share their struggles and concerns related to raising a family.

To provide experienced women the opportunity to mentor other mothers.

Cloverdale MOMS - A New Season

In many ways, it's a new season for the Cloverdale Chapter of MOMS. A new year, new leadership and a fresh vision has these moms excited about the future of their group.

Marilee Congo, an enthusiastic mentor mom with a passion to invest in the lives of young moms, has taken the reins from Carol Hofer who currently serves on the MOMS board.

Marilee's exuberance is contagious; more than a dozen new mentor moms have agreed to attend the Chapter regularly. Their number one passion is to reach young and expectant moms and invite unchurched

moms along on the journey of motherhood.

Marilee grew up a preacher's kid and sister to three siblings. Her mother was a model of faithful service to the needs of her family and stressed the importance of time spent together. Even as a girl, Marilee knew she wanted to be just like her mom one day.

After leaving full time work in 1993, Marilee sought God for direction in her life. An opportunity arose to attend a retreat called "The Path" where she discovered her talents and passions clearly pointed towards investing in the lives of young

mothers.

If forced to choose between career and mentoring, Marilee would have no problem deciding.

"I want to invest the next 30 years in mentoring moms!" says Marilee.

In previous years the Chapter welcomed anywhere from 45 to 60 women. In more recent years it averaged 30 to 40. This year numbers are expected to grow; 100 invitations designed by MOMS member Monica Heaving have been sent out inviting all moms who have previously visited the group to return.

(Pack A Lunch! Cont'd from page 1)

Packing lunch for your kids can be a chore. Mix it up a little, have some fun, let them help, and lunch can be fun for you too!

Kelly Rahnborn is mother to three awesome children, a Home Economics teacher and Foodsafe instructor.

Contact Kelly at chilliwackfoodsafety@hotmail.com if you have questions about your kids' nutrition, want a suggestion for a good recipe, or if you'd like to take a Foodsafe course in your area.

CORRECTION: last month we featured the Langley Chapter. The name of Langley Chapter Coordinator Wendy Young's husband is Darren, not Dennis. My apologies, Wendy!

New Babies in Cloverdale

- Rachel Tran had her third son, Solomon.
- Julie Dixon had her fourth child, Luke.
- Kim Tuckey had baby girl, Taylor.
Congratulations, moms!

QUOTE OF THE DAY

The five most essential words for a healthy and vital relationship are:
"I apologise" and "You are right".
-- Author Unknown

MOMS' FAVORITES

Marilee Congo,
Cloverdale Coordinator

Faith Like Potatoes

An award winning film by Regardt van den Bergh adapted for the big screen from the inspiring true story by Angus Buchan.

A South African farmer's manic quest for material success is slowly transformed into a wild love for God and people as he wrestles with faith, hope, natural disasters and tragic personal loss.

FALL START UP DATES

Abbotsford: Tuesday, October 6th (9:30-11:30 a.m.) Northview Community Church
Contact Jen Tarzwell at jentarzwell@hotmail.com

Yarrow: Wednesday, September 16th (9:00am-11:00 a.m.) Yarrow Alliance Church
Contact Cheryl Harder at bcharder1@hotmail.com

Chilliwack: Tuesday, October 7th (9:00 - 10:45 a.m.) Chilliwack Alliance Church
Contact Chilliwack Alliance at 604-792-0051

Cloverdale: Wednesday, September 23rd (9:30-11:30) Pacific Community Church
Contact Marilee Congo at marileecongo@telus.net

Ft. Langley: Wednesday, September 24th (9:00 - 11:00 a.m.) Ft. Langley Evangelical Free
Contact Jessica Zandbergen at jessandanth@hotmail.com or
Rebekah MacEwan at Rebekah_macewan@hotmail.com

Langley: Thursday, October 2nd (9:15 - 11:15 am.) Langley Evangelical Free Church
Contact Wendy Young at wdyoung@telus.net

Please see www.mentoringofmothers.com for Chapter locations.

Health & Nutrition Tips - H1N1 Flu Virus

The H1N1 flu virus (human swine flu) is a type of influenza that can cause respiratory disease that may spread between people. Young children, pregnant women and people with chronic diseases like asthma, diabetes or heart disease, may be at higher risk for complications from this infection.

In most children, the symptoms of the H1N1 flu virus are similar to the symptoms of seasonal influenza. They include: fever, cough, sore throat, body aches, headache, chills, fatigue and occasionally, vomiting and diarrhea.

Flu viruses spread from person to person mainly through droplets from the coughing or sneezing of a sick person. Flu viruses may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth.

The H1N1 flu vaccine is expected to arrive in British Columbia in November and be available to everyone who needs and wants it. In the meantime, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the H1N1 flu virus:

- Wash hands thoroughly with soap and warm water, or use hand sanitizer.
- Cough and sneeze in your arm or sleeve.
- Teach your kids to stay at least six feet away from people who are sick.
- Stay home if sick.
- Talk to a health professional if you experience severe flu-like symptoms.

For more information, visit www.gov.bc.ca/h1n1

COMMUNITY EVENTS



MOUNT LEHMAN ANNUAL COUNTRY FALL FAIR - Sept 19

Mount Lehman School, Mount Lehman Road and Taylor (north of the Freeway) Abbotsford, B.C. Program from 9:00 a.m. to 4:00 p.m. (setup before) and Pancake Breakfast at 8:00 a.m. A great little Fall Fair with crafts, all day entertainment, and lots of activities for the kids. Cost: \$30.00 for table inside the gym (they supply the table) or \$15.00 for outside space (you supply your table and tent). For further information call Lisa George at 604-607-1234

LAUGH YOUR WAY TO A BETTER MARRIAGE - October 16 & 17

Video seminar hosted by Dave & Kelly Rader is coming to Yarrow Alliance Church. Please contact Yarrow Alliance to register at 604-823-6767. At the door registrations also accepted.

THE MANNERS LADY - November 19 (Yarrow) November 20 (Abbotsford) November 21 (Cloverdale). More details next issue but mark your calendars today!

MOMS CONFERENCE 2010 - March 27

Mark your calendars now for a day you won't want to miss.