



ONLINE RESOURCES

Hover over the tile for direct links:

[THE STORY OF STUFF](#)

[FREECYCLE](#)

[Changing the World One Gift at a Time](#)

[CRAIGSLIST](#)

[Western Slope Craigslist](#)

In this issue:

Food Program Improvements	1
Dryer sheets can harm your health.	1
No Idling Policy	2
Recycling Program Fundraiser	2

Spring 2010

Volume 3

THE GREEN COMMITTEE IS NOW THE PARENT TEACHER ADVISORY BOARD

Prime Time to Go Green Newsletter

HEALTHY AND HOMEMADE FOOD PROGRAM IMPROVEMENTS

The Wright Stuff Green Committee and Parent Teachers Advisory Board are dedicated to improving the wholesomeness of the food we provide for Prime Time kids. We have already made strides by introducing healthy and homemade breakfast burritos, pancakes and waffles into the weekly breakfast menu. We would like to implement additional breakfast choices, such as muffins, frittatas, and even oatmeal. Eventually we hope to eliminate breakfast cereals, which tend to contain little protein and too much sugar (although we do serve low- or no-sugar cereals with whole milk). We also hope to begin incorporating homemade snacks so as to rely less on store-bought, processed food. These might include granola bars, trail mix, etc.

Prime Time serves one breakfast and one snack per day; children bring their own lunches, and are welcome to bring all of their own food. In a typical week, the kitchen is stocked with whole milk, yogurt, cereal, cheese, turkey or ham lunch meat, fresh fruit, fruit juice-sweetened canned fruit or apple sauce, sandwich bread, crackers, graham crackers, dried fruit, and a variety of snack foods

Breakfast is usually as follows: cereal on Mondays and Fridays; pancakes/waffles on Tuesdays and Thursdays; breakfast burritos on Wednesdays. Teachers choose what snacks to serve based on what they find in the kitchen.

Because Prime Time does not have a dedicated food person, we need volunteers to help improve and maintain a quality program. So far we have four parents volunteering their time, which entails making a breakfast item in advance and then freezing it for the week ahead. The more parents we have helping make meals, the fewer commitments are required.

Ultimately, we hope to put together a monthly food calendar to send home with parents so they will know ahead of time what their child might be served on any given day. Having parents volunteer to prepare one meal a month will help us achieve this goal. If you can put aside an hour or two to cook a meal, Prime Time will provide the ingredients.

Did you know...

Dryer sheets and fabric softeners contain ingredients that are considered harmful to your health and the environment? Some of the chemicals found in these products include: benzyl acetate (linked to pancreatic cancer); benzyl alcohol (upper respiratory tract irritant); pentane (known to be harmful if inhaled); A-Terpineol (can cause respiratory problems and central nervous system damage); ethyl acetate (narcotic on the EPA's Hazardous Waste list). By using these products, chemicals enter your skin through your clothes and enter your brain through your nose. And strong fragrances (they contain

phthalates) are harmful to your health as well. Children, whose systems are still developing, are particularly at risk.

Natural alternatives to dryer sheets and fabric softeners:

- ¼ c. baking soda to wash cycle- softens fabric
- ¼ c. white vinegar- softens/eliminates cling
- Note: Do not mix directly with bleach.

If you must... Use a natural, soy based, essential oil-scented fabric softener, such as Seventh Generation or Ecover brands.

More information is available on www.thedailygreen.com.



Prime Time Parent Teacher Advisory Board

For more information or to join us
call Jessica Newens at 327-0338 or
Jennifer Dinsmore at 596-3100

We're on the Web!
primetimeearlylearningcenter.com

PRIME TIME 'NO IDLING' POLICY:

Exhaust from idling vehicles can accumulate and pose a health risk to employees, drivers, and the community at large. Exposure to exhaust can cause lung damage and respiratory problems. Exhaust also exacerbates asthma and existing allergies, and long-term exposure is thought to increase the risk of lung cancer. Idling vehicles also waste fuel and financial resources and contributes to global warming. Idling is bad for the environment and bad for the bottom line.

The World Health Organization found that particle pollution and ground level ozone from idling cars aggravated asthma in children and contributed to an increased risk of respiratory tract infection as well.

In 2010, The Wright Stuff will begin implementing a no-idling policy. For the safety, health and well being of our kids, the environment and you, please do not leave your vehicle running unattended. We ask that you turn off your vehicle before you enter the school to drop off or pick up your child. Your cooperation is **much appreciated!**

"LIGHT" GREEN TIPS WE CAN ALL DO

'Going Green' can mean different things to different people. There are simple things you can do to minimize your family's impact on the environment. Try one or try them all...

- Encourage your kids to do Green chores
- Manage your junk mail: tell credit companies to take you off mainlining lists. Go to www.optoutprescreen.com
- Swap your stuff: host a clothing and accessory swap with the girls
- Enjoy a no-cook lunch: make a salad with fresh veggies and there's no energy used
- Take a trip to the Farmer's Market: Norwood's Farm and Craft Market begins June 12th
- Go offline: Shut down your computer and save power
- Cut the engine: Two minutes your car idles uses the same gas it takes to travel one mile!
- Repurpose instead of throwing away: One man's trash is another's treasure. Consider taking your gently used unwanted items to a local thrift store.



A Greener Today gives us a Greener Tomorrow

EXPANDED RECYCLING FUNDRAISER

Prime Time is conducting an ongoing recycling fundraiser. There's nothing to buy! We are just asking you to protect the environment by donating your used consumer electronics and any unwanted, broken or mismatched jewelry. Your used item(s) may be tax deductible and will be recycled in accordance with EPA regulations. 100% of the proceeds will help fund Prime Time. We are currently accepting the following items: Cell phones, laptop computers, digital cameras, handheld game systems, MP3 players, GPS devices, gold, silver & platinum jewelry, and inkjet cartridges.

Drop off items at these locations:

Norwood: Prime Time Early Learning Center and Lone Cone Building

Telluride: Alpine Bank, County Offices (Miramonte Building) and the County Sheriff's Office on Ilium Road.

We hope to add more locations in the future for added convenience.

HOMEMADE LAUNDRY DETERGENT 'RECIPE'

- * 1/4 cup liquid castile soap
- * 1 cup Baking Soda
- * 1 cup Washing Soda
- * 1 cup Vinegar (white)

Mix well and store in sealed container. You may find it easiest to pour the liquid soap into the bowl first, stir in the washing soda, then baking soda, then added the vinegar in small batches at a time (the recipe foams up at first). The mixture is a thick paste at first that will break down into a heavy powdered detergent, just keep stirring. There may be some hard lumps; try to break them down when stirring (it helps to make sure the baking soda isn't clumpy when first adding). Use 1/2 cup per full load.