





















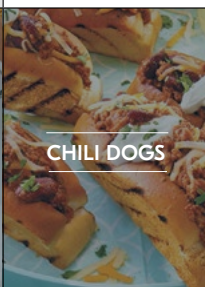


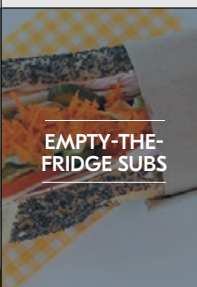
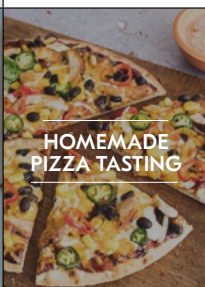



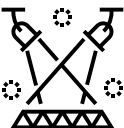












IGA Your Spring Break calendar... at home!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hiking 	Fun in the snow! 	Sliding 	Arts and crafts 	Party time! 	Culinary competition 	Rest day 
Breakfast	 CHOCOLATE-BLUEBERRY SMOOTHIE	 BASIC PANCAKES	 BACON AND EGG BREAD CUPS	 BOWL OF ACAI WITH FRUITS	 SUNNY FRENCH TOAST	 HOMEMADE GRANOLA	 Sleep in!
AM activities	 Frozen smoothie chips	 Snow forts or snowman contest + hot chocolates	 Energy bar recipe	 Reusing packages to make arts and crafts	 Manon Lapierre video: homemade beaver tails	 Pizza competition	 Board games and PJs with apple infusion
Dinner	 CHILI IN A THERMOS	 CHILI DOGS	 PREPARED SANDWICHES AND VEGGIES	 CHICKEN AND EGG NOODLE SOUP	 EMPTY-THE-FRIDGE SUBS	 HOMEMADE PIZZA TASTING	 RICOTTA AND HAM PIE
PM activities	 Making the giant cookie by Trois fois par jour	 Movie with homemade popcorn	 Natural fertilizer for seedlings from food	 Virtual show to support local artists	 Virtual dancing cocktail party	 Cupcake decorating competition	 Making chocopopskis
Supper	 C'est prêt! prepared meal: Three-cheese lasagna with spinach	 Ready-to-eat meal from Marilou, Swedish meatballs and green beans	 Cheese fondue from SOS Fondue + chocolate fondue from Chocolat Favorsi	 IGA TADA! app recipe	 C'est prêt! Yellow meal box: ribs and mac and cheese	 Express recipe: crispy fish brochettes by Josée Di Stasio	 Slow-cooker vegetarian soup: veggio, wild rice, and tofu soup

Click on recipes and activities for more information!

Check out our [article](#) for all the details!