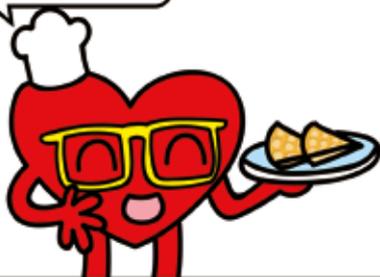


Waffles for breakfast today!



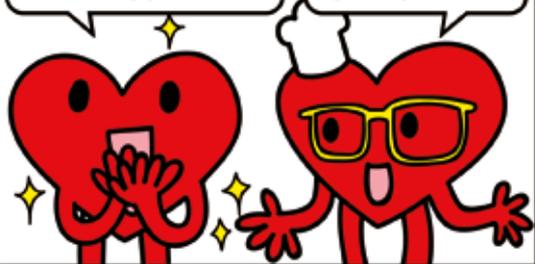
Just having waffles is too boring.

Some yoghurt will make this tastier.



Aha! I should add some of my favourite strawberry jam!

Yes, strawberry jam is super yummy!



Wow, actually...there is loads of other stuff I can add on...



...onto the waffle they go!



Last but not least, ONE final piece of waffle...



Tada...my very own self-invented waffle burger!

That's kind of big...



CHOMP! CHOMP! It's scrumptious!

Arggh...I'm going to make one too!



småle matters

BUG NEWS

Spring 2017

LITE



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Hej småles!

Time passes so quickly, the school holidays is coming!

We had so much fun at the småles Christmas Bazaar! You can take a look at how the bazaar went on **page 5**.

Waffle Day is coming! Read more about what Waffle Day is about and the different types of waffles on **pages 6 and 7**.

We went to find out where our uneaten waffles and food goes to on **pages 14 and 15**. We also found some tips on how we can reduce our food waste on **page 16**.

We hope that you'll have a waffle-ly good time this school holidays!

With Big Bug Hugs,
Alex & Tampi





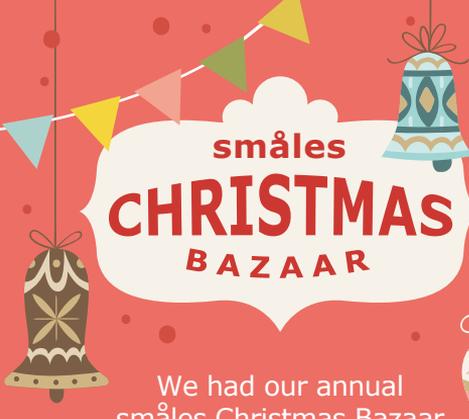
New Merchandise

your files organized with the
new småles folder
\$1.50 Smålish dällars!
Available from 20 March 2017



**FREE
ICE CREAM!**

From 18-19 Mar'17, cut out this
coupon and present it at the IKEA
Bistro (IKEA Tampines Level 3,
IKEA Alexandra Level 1).
Limited to 1 redemption per småle only.
While stocks last.



småles CHRISTMAS BAZAAR

We had our annual småles Christmas Bazaar on 10 December 2016 and it was so much fun! Here are some pictures from that day.



Reindeer CUPCAKE Workshop



småles members also signed up for the reindeer cupcake decorating workshop and got to decorate some cupcakes beautifully!



WAFFLE DAY



Did you know that **25th March is Waffle Day** in Sweden?

The name of this Swedish tradition is actually a misunderstanding. It originated from a Christian celebration, "**Vårfrudagen**" ("Our Lady's Day"), which sounds like "**Våffeldagen**" ("Waffle Day"), in Swedish. From then, it became a tradition to eat waffles on this day every year!

Waffles around the World



Waffles come in all shapes and sizes – and flavours! Let's take a look at the some of the different waffles from around the world.



Waffles from Sweden

The **Swedish waffle (Våfflor)** is often eaten on Waffle Day to celebrate the beginning of spring. They are made in a heart-shaped waffle iron. The waffles are usually topped with jam and whipped cream. Yum!

Waffles from Brussels

Belgian waffles are light, crispy and have deep pockets. It is dusted with sugar. Other toppings for the waffles include whipped cream, soft fruit or chocolate spread.

Waffles from Hong Kong

A popular street food in Hong Kong and Macau is **Egg Waffle**. Also known as Bubble Waffle, egg waffle is an egg-based, bubble-shaped waffle.



Decorate the Waffle

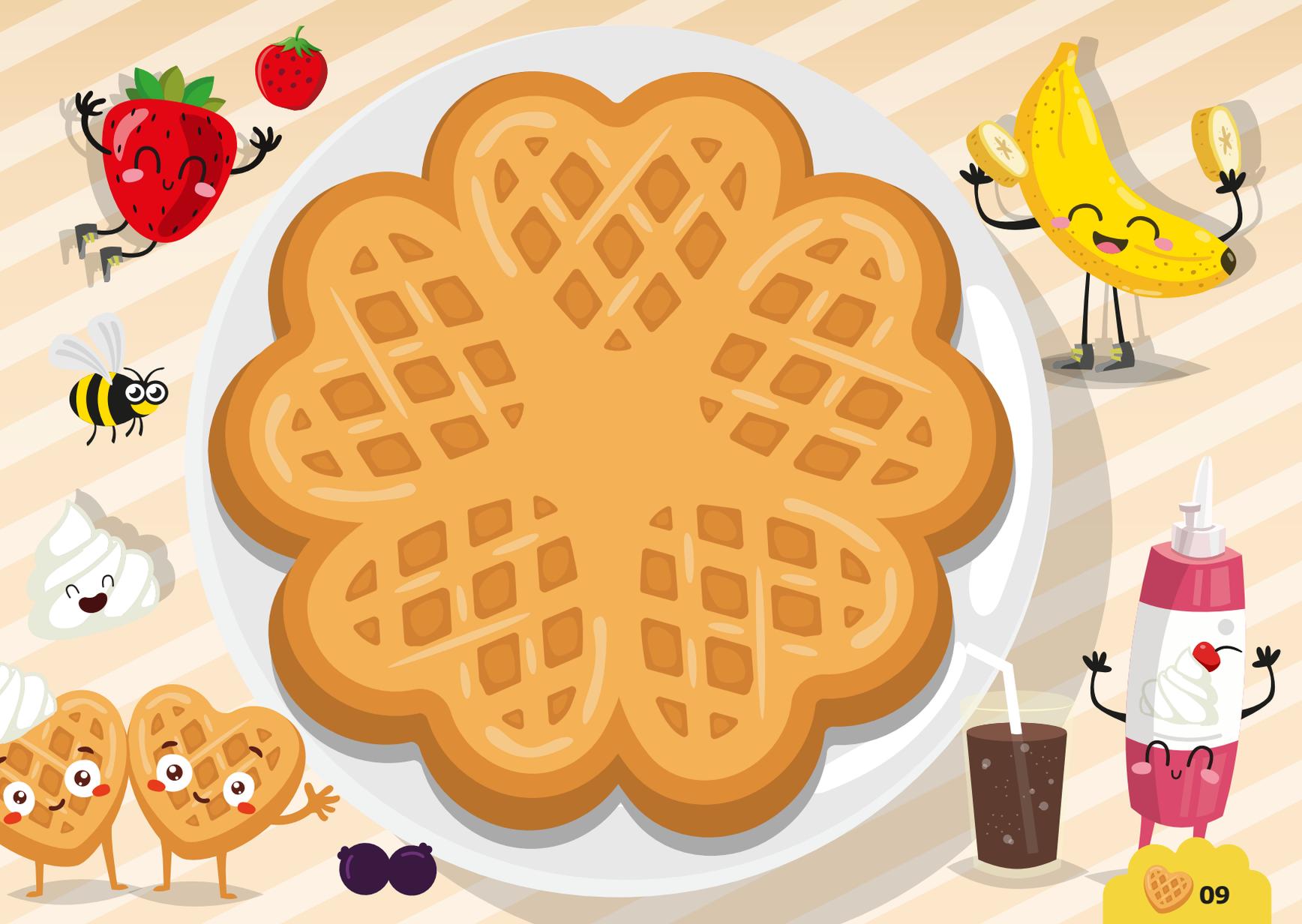
Get into the waffle mood by decorating the waffle!

Cut out the toppings you want and paste it on the waffle. You can even draw your own toppings! Get creative and make the yummiest looking waffle.



cut me out





MAKE YOUR OWN WINDSOCK

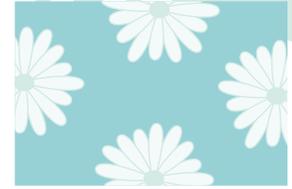
What you need:

- Tape or Glue
- A string
- Ribbons
- Markers or paint
- Construction paper or plain paper



Steps:

1 Design a piece of rectangular construction or plain paper with markers, or paint.



2 Paste strips of paper or ribbon to the longer side of the paper. Then, glue along the shorter edge of the paper.

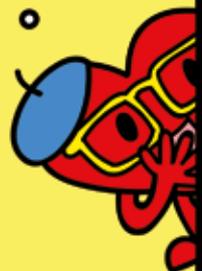
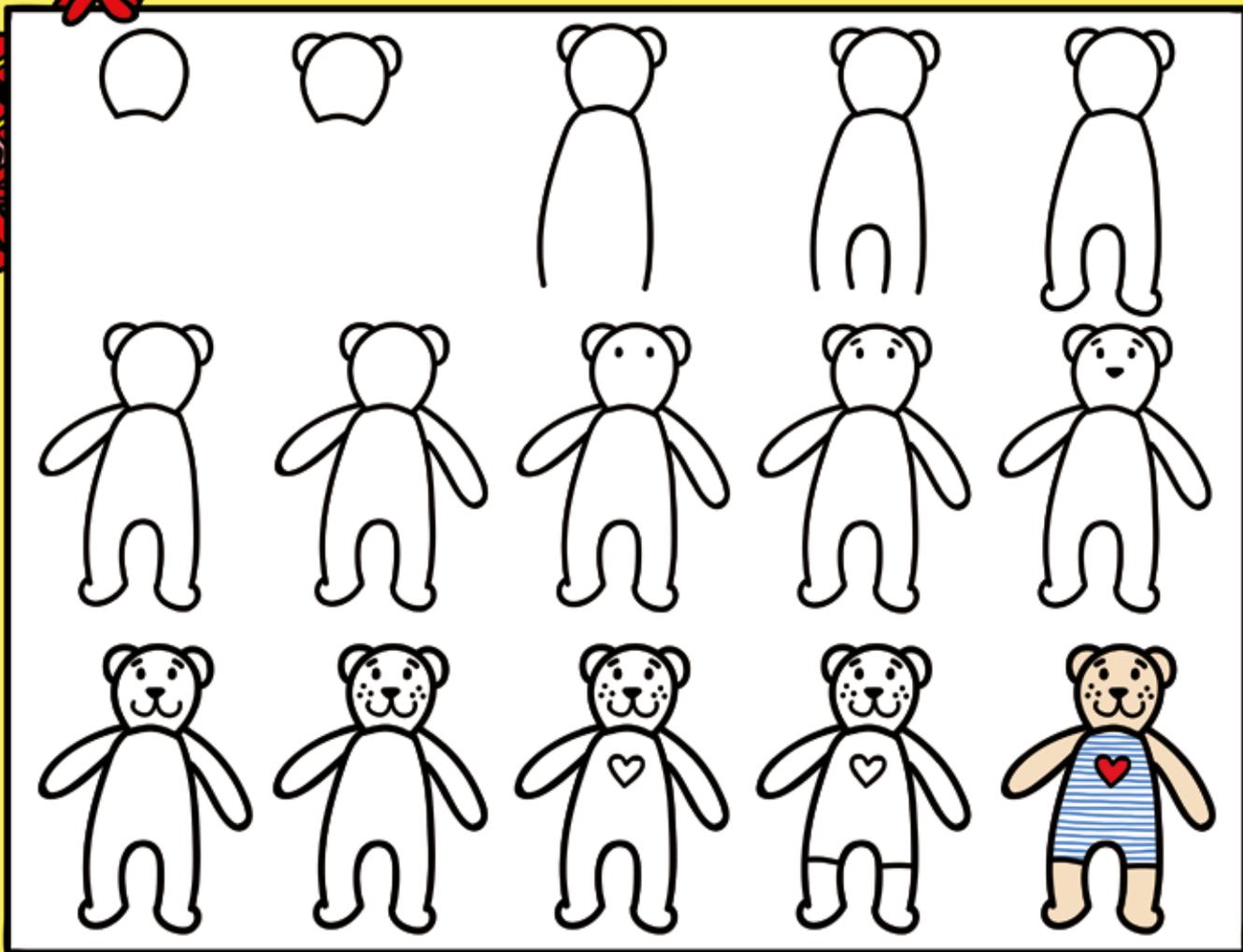


3 Form it into a cylinder with strips hanging down. Attach string to the top.



4 Hang it near the window and watch the wind bring your wind sock to life as it catches the wind!

How To Draw





Spot the difference

Alex and Tampi decided to hold a party when they came across huge waffles! Can you spot **20 differences**? Tell us where each difference is located by circling them!

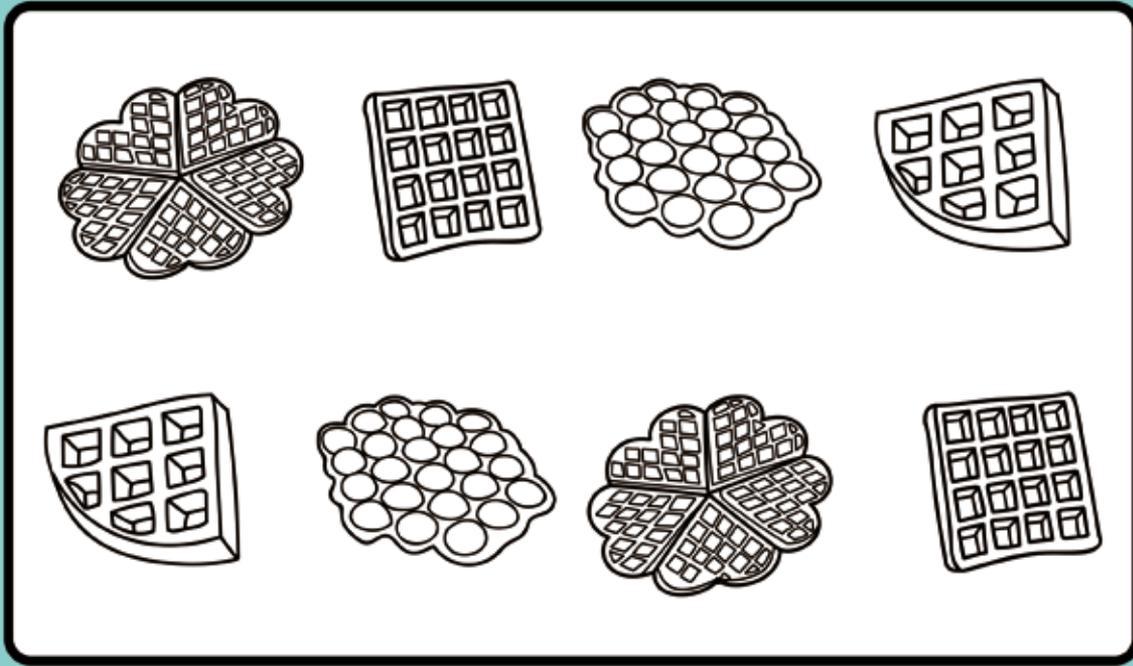


Send in your answers with your name, Smålish passport number and contact details to alexandtampi@smales.com.sg or 60 Tampines North Drive 2, Singapore 528764 by **10 April 2017**. 15 lucky winners will each win a **CHOSIGT ice cream scoop**.

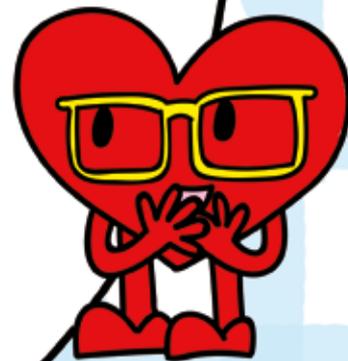
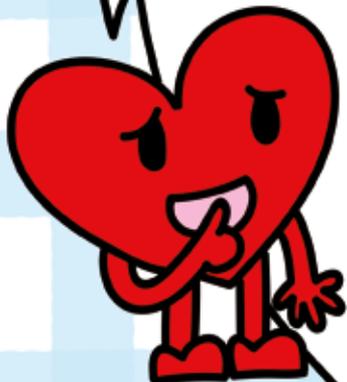




Help Alex and Tampi eat the same waffles together by drawing lines between each pair of matching waffles.



Help Alex find a way through the waffle maze!



The Journey Of Food Waste



1

Food waste comes when we throw away food that does not look 'nice', have gone bad due to bad handling, or are leftovers that we could not finish.

2

The food waste collected is sent to be burnt. The trucks bringing the food waste to burn creates harmful gases that are bad for the earth.



Did you know

Singapore generated around 7.51 million tonnes of waste in 2015. That's equivalent to throwing out 140kg of food per person!

Due to the limited space we have in Singapore, we have to burn the waste. Lots of energy is used to burn the waste and reduce it to ashes.

3

After the waste has been reduced to ashes, the ashes are brought to the landfill to be unloaded. The landfill will eventually run out of space. Let us play our part to reduce waste!

4

How To Prevent Food Wastage

Here are some ways you can help with reducing food waste:

1

Give your overripe fruits a second life

Don't throw your overripe fruits away! You can make smoothies, juices, popsicles and even jams!

Save your leftovers

Store them in a food container and reheat it for another meal.

3

Donate your food

If you have excess food that has yet to expire, you can donate them. This way, you're able to help someone while reducing food waste.



Breakfast Muffins

Have some leftovers from last night's dinner or veggies that are a little old? These yummy breakfast muffins are a great way to use them up! This recipe makes 6 muffins.

Ingredients:

6 large eggs

60ml milk

Ham

Mushroom

Tomatoes

Cheese

Salt and pepper

Instructions:

- 1 Preheat your oven to 180°C and coat your muffin tin with non-stick cooking spray, oil or butter.** (Tip: This will prevent the muffin from sticking onto the tin.)
- 2 Whisk the eggs and milk together till light and fluffy.**
- 3 Stir in ham, mushroom and tomatoes into the egg mixture.** (Tip: Get creative and add in whatever ingredients you have. The possibilities are endless!)
- 4 Season the egg mixture with a pinch of salt and pepper. Mix well.**
- 5 Pour the egg mixture into 6 muffin tins then place the cheese on top. Afterwards, get mum or dad to help you put it in the oven.**
- 6 Bake for about 25-30 minutes or until the eggs has set.** (Tip: To check if the eggs have set, poke a toothpick into the muffin. If it comes out clean, it's ready to be taken out!)
- 7 After the muffins are done baking, get mum or dad to help you take it out of the oven. Let the muffins cool slightly before serving them.**

IN STORE ACTIVITIES

HEART BEE CRAFT

Make a paper bee craft in the shape of a heart and give it to Papa or Mama as a gift to show how much you love them.

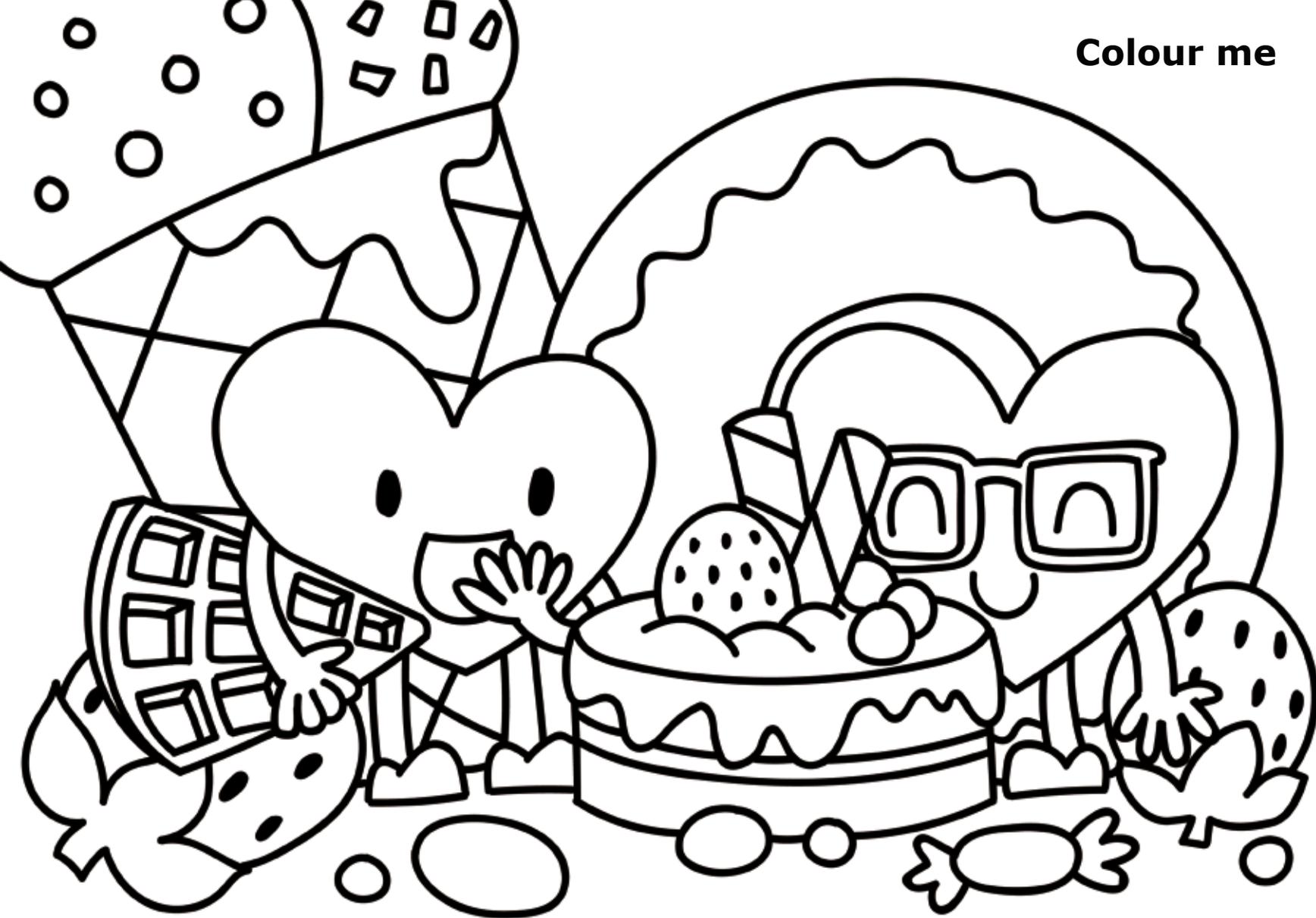
- Cost:** \$1 Smålish dállar
Date: 11 Mar (Sat)
Location: IKEA Tampines
Time: 11am – 12pm & 2pm – 3pm
Session: 20 pax per session
- Date:** 12 Mar (Sun)
Location: IKEA Alexandra
Time: 11am – 12pm & 2pm – 3pm
Session: 10 pax per session

EGG CARTON TURTLES

Learn to re-use egg cartons to create little sea creature turtles.

- Cost:** \$1 Smålish dállar
Date: 18 Mar (Sat)
Location: IKEA Tampines
Time: 11am – 12pm & 2pm – 3pm
Session: 20 pax per session
- Date:** 19 Mar (Sun)
Location: IKEA Alexandra
Time: 11am – 12pm & 2pm – 3pm
Session: 10 pax per session

Colour me



INBOX @ SMALES



Last issue's theme:

Alex and Tampi bumped into a flower fairy while wandering in the woods. Where did the flower fairy lead them to?



Ng Wan Ting Velda, 7 years old



Noelle Young, 7 years old



Jamiel Toh, 7 years old



Sarah Chan, 7 years old



Michael, 7 years old



Amandabaek, 7 years old



Dexter Josh Lum, 6 years old



Lim Hong Rui, 7 years old

The weather has been rather warm lately and Alex and Tampi are making a delicious paper smoothie to cool themselves down. How does the paper smoothie look like?

Share your drawings with us by 10 April 2017 and stand a chance to win a **VANDRING HARE** soft toy.



The clouds parted to reveal the glowing sun. The sky was never as bright as before. Alex and Tampi were in the park and heard a sound coming from behind the bushes.

Tampi adjusted his glasses as he was walking towards the bushes. "Stop! Wait let me see," exclaimed Alex. Tampi ignored him and saw.. Torva playing the flute!

Tampi and Alex did not know that Torva could play the flute. Alex said "Torva! I did not know that you could play the flute! It was extraordinary!" Torva was shocked and confused as he thought he could not play the flute well. "Play it again!" asked Tampi.

While Torva was playing the flute, Tampi and Alex hummed with him. Alex said "We got to go home now. Bye!" Torva replied "Bye!" Alex and Tampi went home happily with a smile on their faces.

Claire Tan, 9 years old



Best Letter

One windy morning, Alex and Tampi were doing their morning exercise in the beautiful park.

While they were jogging, out of the blue, they heard a strange sound coming from behind the bushes. Without any second thoughts, they curiously walk into the bushes. After walking a distance, Alex stepped on a nut. To their surprise, they have stepped into a magical land. "Wow! This is awesome!" Alex and Tampi exclaimed excitedly. They were as happy as a lark.

They walk pass houses and found that the magical animals were having a meeting. Upon seeing all the magical animals, they were shocked. Both Alex and Tampi released that they had lost their way home. Tampi kindly approached one of the animals. "Do you know how to get back to a park?" Tampi asked. "Sure!" he replied warmly. He guided them pass the house and found the entrance of the magical land. They waved good bye and they found themselves back at the park.

On the way back home, they talked about their visit at the magical land and decided to visit it again.

Koh Keira, 10 years old



Alex and Tampi were out walking in the park when they heard a strange rustle coming from behind the bushes. They peered cautiously around the bushes but saw nothing. They were just turning away when a voice said, "Hello!" Alex and Tampi jumped and looked back. In front of the bushes was a little carrot. "Hi, I'm Torva! Can we play hide and seek?" The little carrot asked. "Of course!" Alex said. Soon they became best friends and played together regularly.

Cameron Lim, 8 years old



It was the December holidays and Alex and Tampi were eager to go out and play in the cold, and sort of refreshing snow. While running, Alex saw a really suspicious bush in about three inches away. He told Tampi about what he saw. They rushed to the bushes and heard a soft little voice. "Help!! Help!!!" A bug screamed. The two hearts took the bug back home and applied some ointment on the little bug's body. After a few days the bug, introduced itself as Lele. After that, they became best friends!

Aniket Tripathi, 10 years old



Last issue's theme:



Alex and Tampi were walking when suddenly, a snowball hit them from behind! What happened after?



One Sunday, Alex and Tampi were bored, so they decided to have a picnic in the park. They were spreading their picnic mat on the grass when they heard a noise in a nearby clump of bushes. "What was that?" Alex asked, looking alarmed. "I don't know," Tampi replied. They crept toward the bushes and Alex parted the branches to take a closer look.

"Hello!" said a voice. Tampi peered over Alex's shoulder and realised the voice was coming from a rabbit! It was stuck in the middle of one of the bushes. "Could you help me?" asked the rabbit. "Sure!" Alex said. He pushed the branches aside while Tampi gently scooped the rabbit onto his palm and carried it out of the bush. "Thank you!" the rabbit said. "You're welcome," Tampi said. "I'm Alex and this is Tampi," Alex said. "What's your name?" "I'm Snowball," said the rabbit. "Would you like to come to our house for some paper porridge?" asked Tampi. "Okay!" Snowball said. "Where's your house?" "Just across the street," Alex replied. "Okay," Snowball said. "Race you there!" They began running to Alex and Tampi's house.

Mak Ching Yi, 8 years old

Alex got carried away playing one day and couldn't find Tampi! What happened to Tampi?

Email your story to alexandtampi@smales.com.sg or write us a letter to smāles, 60 Tampines North Dr 2. Singapore 528764 in no more than 100 words by 10 April 2017 and stand a chance to win a **DUKTIG 7-piece baking set**.

