

Issue No. 01/2017  
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Hej småles!

Time passes so quickly, the school holidays is coming!

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

We went to find out about the facts and amount of food that we have wasted on **pages 16 and 17**. We also found some tips on how we can reduce our food waste on **page 18**.

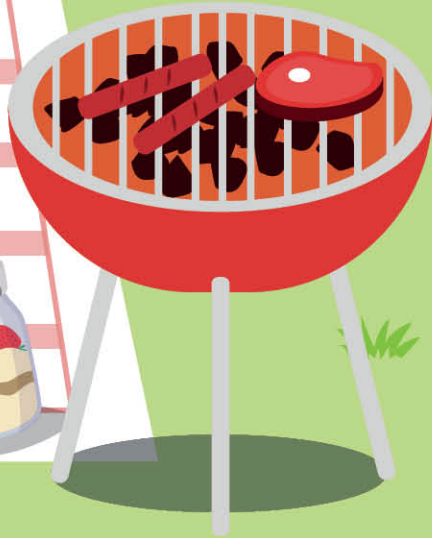
We hope that you'll have a waffle-ly good time this school holidays!

With Big Bug Hugs,  
Sara



## New Merchandise

Keep yourself hydrated with the new småles water bottle. Start accumulate your Smålish dällars today and grab it from mid of April 2017 onwards!  
**småles water bottle**  
**\$4 Smålish dällars**



You are invited to Sara's birthday!

Date: 25 - 26 March 2017  
Time: 10am - 8pm



Join us to celebrate Sara's upcoming birthday at the IKEA stores. Sara is treating all småles members a yummy ice-cream and you will get to meet Sara. See you there!

Terms & conditions:

1. Valid for småles members only. Present your småles passport and collect your free ice-cream coupon at the Bug House, Ground Floor.
2. Limited to 1 redemption per småles only.
3. First come first serve basis.

# WAFFLE DAY



Do you know that **25 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!

Source: <https://www.daysoftheyear.com/days/waffle-day/>, <http://www.visitsweden.com/local-pages/usa/waffel-day/> and [https://en.wikipedia.org/wiki/Waffle\\_Day](https://en.wikipedia.org/wiki/Waffle_Day)

## Waffles 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 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.

Source: <https://en.wikipedia.org/wiki/Waffle#Varieties>, [https://en.wikipedia.org/wiki/Egg\\_waffle](https://en.wikipedia.org/wiki/Egg_waffle), <http://thewafflewizards.com/waffles-from-around-the-world/>, <http://www.thelocal.se/20160325/how-to-make-traditional-swedish-waffles> and <http://www.seattletimes.com/life/food-drink/whats-the-difference-between-a-regular-waffle-and-a-belgium-waffle/>



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



### 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.

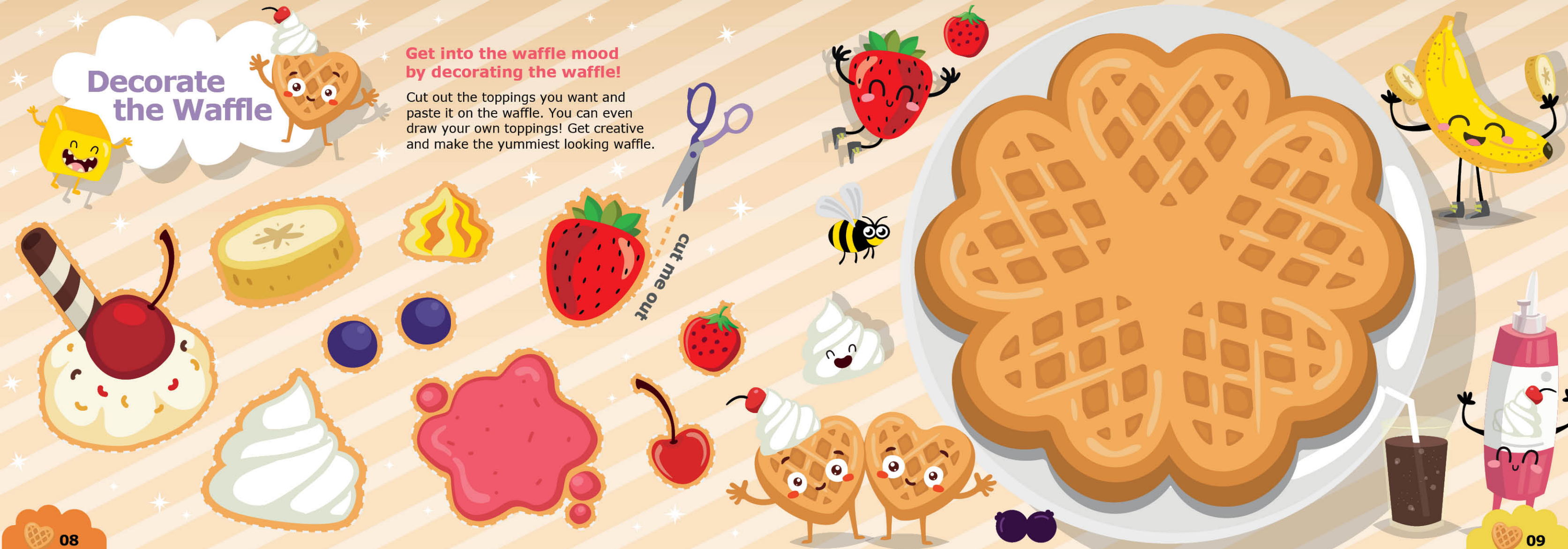


# Decorate the Waffle

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.

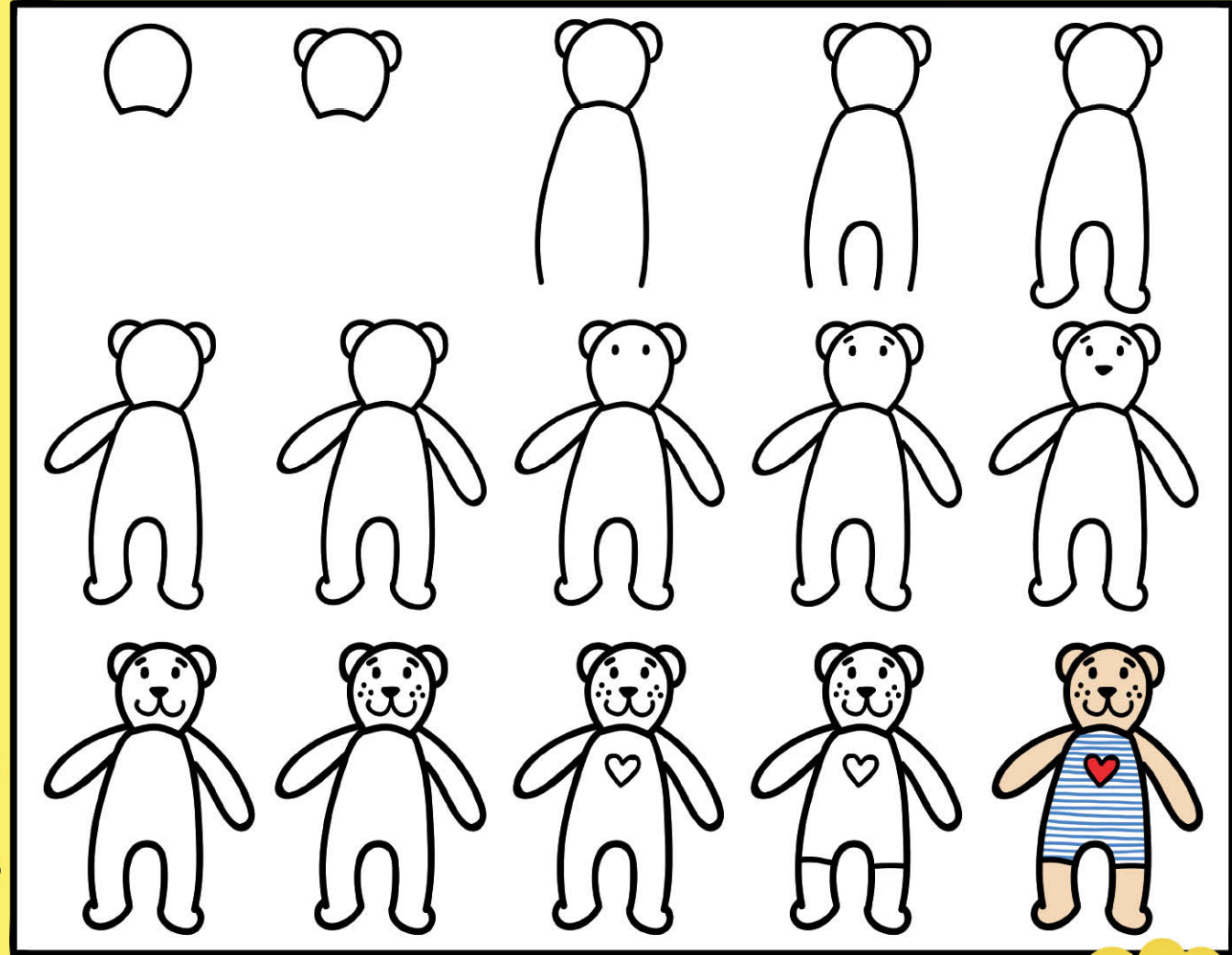
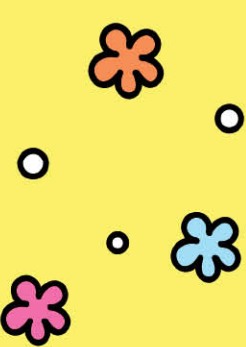


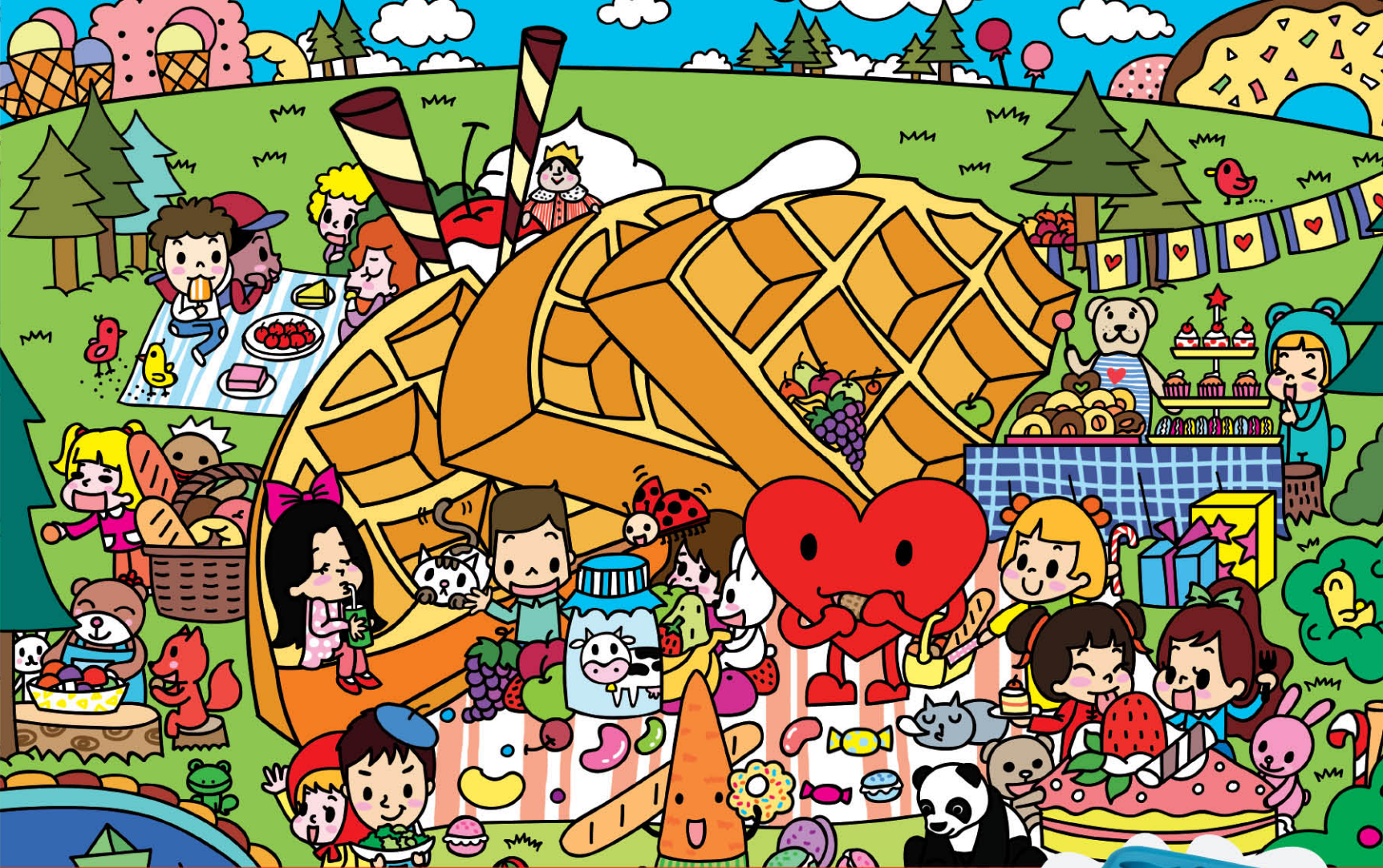
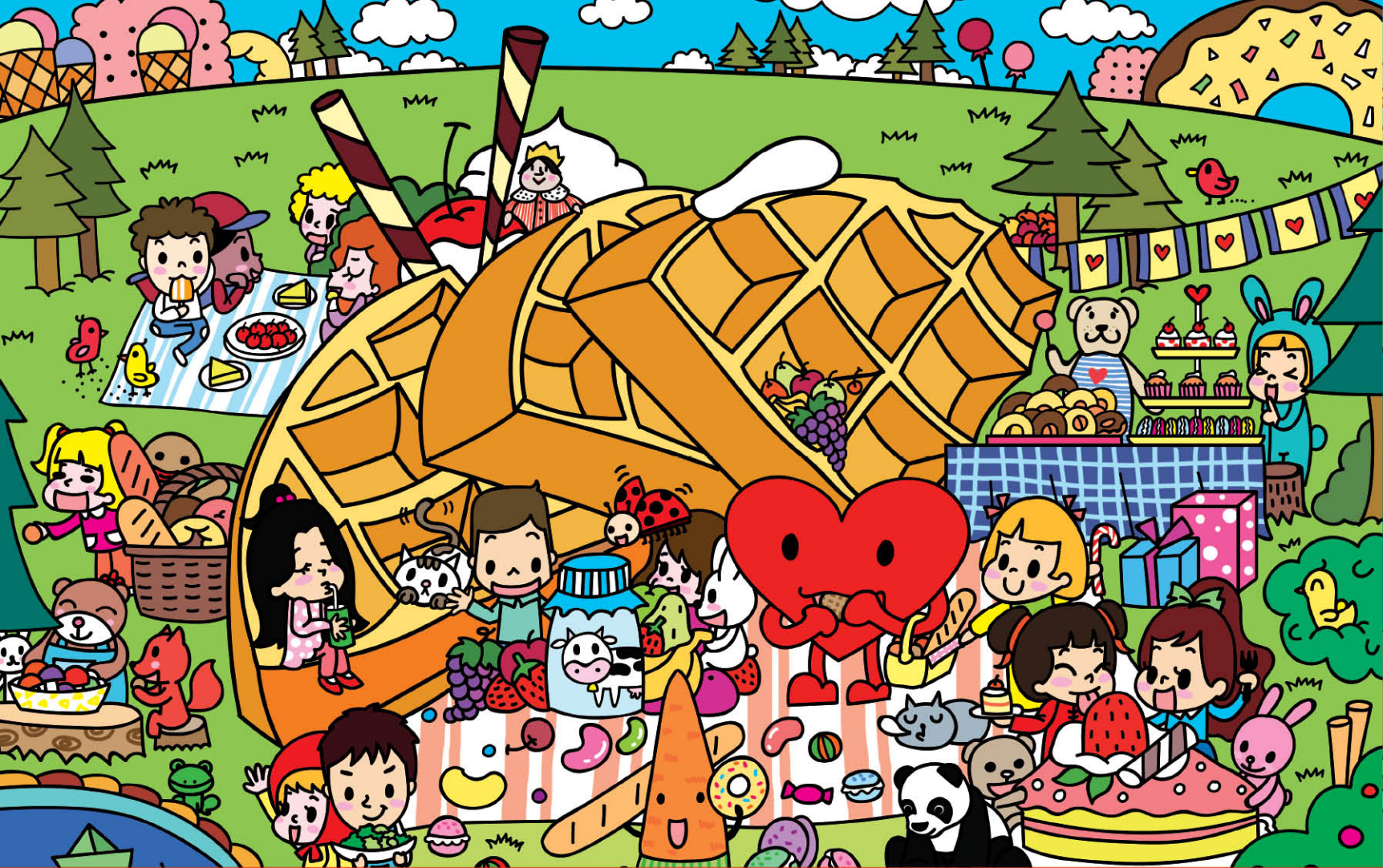
- 3 Form it into a cylinder with strips hanging down. Attach string to the top.



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

## How to draw FABLER BJÖRN soft toy





## Spot the difference

Can you spot **20 differences**? Tell us where each differences is located by circling them!

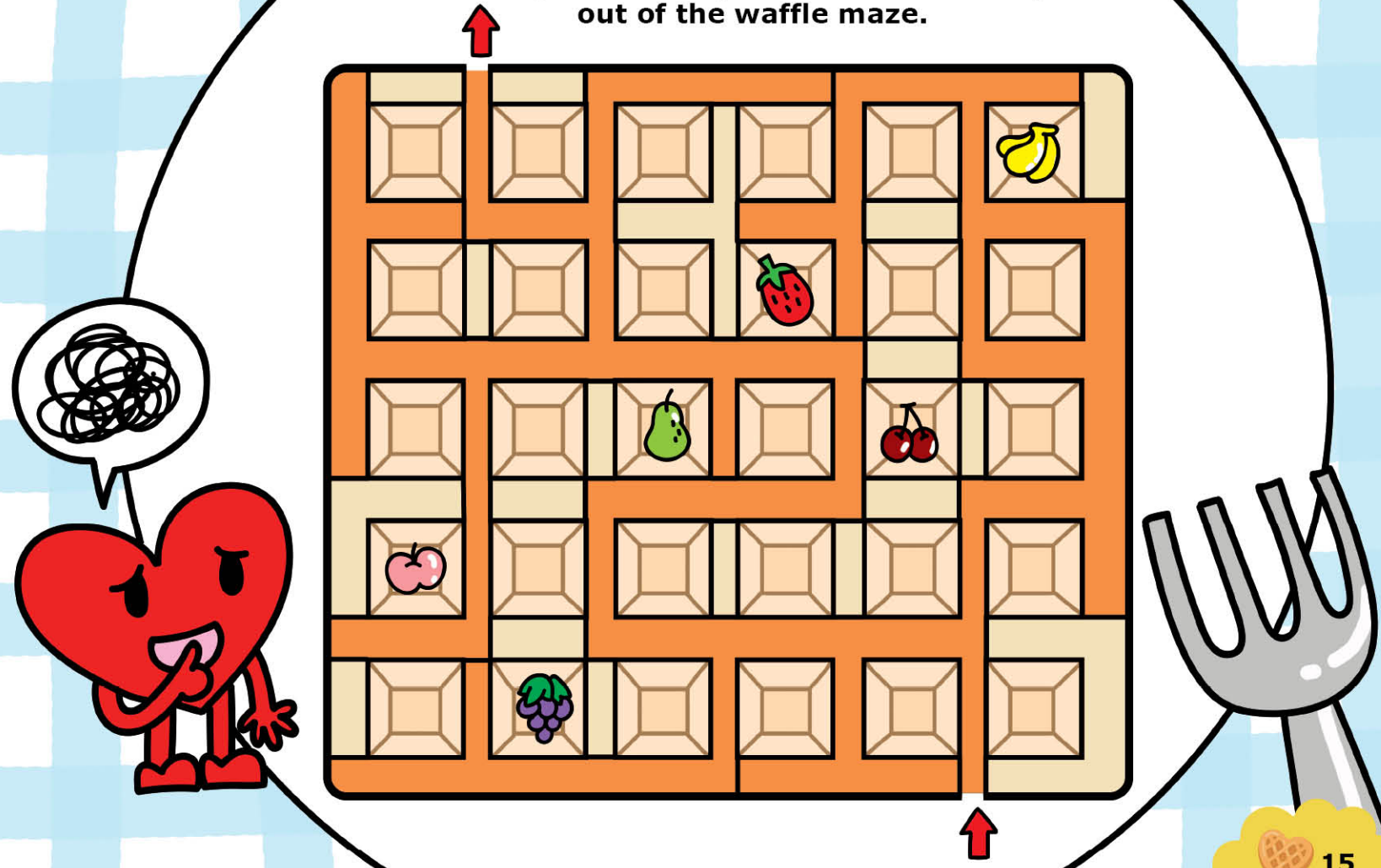
Send in your answers with your name, Smålish passport number and contact details to [sara@smales.com.my](mailto:sara@smales.com.my) or småles, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by 21 April 2017. 30 lucky winners will each win a PLASTIS ice cube tray.



Sara and waffles are playing blueberry jam gun.  
Help Sara to find out which waffle that has not been blasted at.



There are too many waffle holes and  
Sara get lost. Help Sara to find the way  
out of the waffle maze.





## Facts of Food Waste

**1** Food waste comes from every part of our food cycle – from production to consumption. It is generated 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.

## Do you know?

According to 2016 statistics from Solid Waste Corporation of Malaysia (SWCorp), Malaysians wasted about 15,000 tonnes of food daily, including 3,000 tonnes that is still fit for consumption. This amount of food waste can feed 11 million people with three meals a day!

**2** We will normally prepare or order a lot of food to serve our families and friends during festive seasons like Ramadan, Hari Raya and Chinese New Year. According to SWCorp, the food waste quantities will increase 15% to 20% during these festive seasons.

**3** The Malaysian Agricultural Research and Development Institute (MARDI) has conducted a research on post-harvest food wasted/lost yearly:

- 28.5% of rice; and
- 20% to 50% of fruits and vegetables

## How To Prevent Food Wastage

Here are some ways you can reduce your food waste.

### 1 Give your overripe fruits a second life

Do you have overripe fruits that need to be eaten soon? Don't throw them away! You can make smoothies, juices, popsicles and even jams!

### 2 Save your leftovers

Last night's dinner can be today's lunch. Instead of throwing away 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 to food banks or charities. 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  
Chicken slices  
Mushroom  
Tomatoes  
Cheese  
Salt and pepper

- ### Methods:
- 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.

## PARTNER PROMOTION

### 30% OFF LITTLE KINGDOM ADMISSION TICKETS FROM NOW TILL 30 JUNE 2017

Exclusive for småles members! Get 30% OFF admission tickets to Little Kingdom, The First Personalized Learning Edutainment Park. (Ticket's normal price are from RM80 to RM200.)

Småles passport must be presented upon purchase at the Little Kingdom ticketing counters. Visit [IKEA.my/smales/partner](http://IKEA.my/smales/partner) for more information. Terms and conditions apply.

Location: Little Kingdom, Level 3, Maju Junction Mall, Jalan Sultan Ismail, KL

For enquires, kindly contact 03-2202 8151.



Colour Me



# INBOX @ SMALES



**Last issue's theme:**  
**Sara and Bugbug bumped into a flower fairy while wandering in the woods. Where did the flower fairy lead them to?**

We love to receive your drawings and letters – they just brighten our day! Thank you for your lovely drawings and letters! We're sorry we can't fit everything here as there is not enough space. Visit [IKEA.my/smales/inbox](http://IKEA.my/smales/inbox) for more drawings and letters!

**Last issue's theme:**

**Sara and Bugbug were in the park and they heard a sound coming from behind the bushes. What did they find?**



Lee Le Yan, 6 years old



Lim Li Yuan, 7 years old

Sara and Bugbug were in the park and they heard a sound coming from behind the bushes. What did they find?

One day, Sara and Bugbug were walking in the park. Suddenly they heard a sound coming from the bushes behind. They found a puppy in the bushes. Sara and Bugbug said: "It is a little puppy!" Sara said: "I think we can bring this little puppy home." So Sara and Bugbug brought the puppy home. They bathed the puppy and fed him some milk. Bugbug said: "We can name this puppy!" "Yes, we can name this puppy. I think we name this puppy Eddie." said Sara. Bugbug said: "OK, then we can make a cardboard house for Eddie." "OK!" said Sara. Sara and Bugbug made a cardboard house for Eddie. They use another cardboard to make a name card for Eddie. They hung it up on top of the cardboard house. Bugbug said: "We can buy a toy for Eddie." Sara said: "OK!" They brought Eddie to the pet shop to buy a soft toy. Finally, they chose a heart-shape soft toy which looked the same as Sara's! So Sara bought the toy for Eddie. All of them were very happy!

Lim Tze Hann, 7 years old

Sara and Bugbug were in the park and they heard a sound coming from behind the bushes. They came close and found a little squirrel hiding behind. "Shh! I'm playing hide and seek with my friends. I don't want them to find me yet." said the little squirrel. Cutie the squirrel lived in a hollow of a tree in the park. Often, his friends - a frog lived in a pond in the park and a dog who always wandered around would ask Cutie out for play.

Cutie won the round and invited Sara and Bugbug to join the game. This time Cutie was the 'it' and others were going to hide themselves. "Ahhhh!" Suddenly they heard someone shouted. "Help!" Asked the dog who went to hide behind the slide but suddenly fell into a huge hole on the ground and could not get out. They rushed to rescue the dog. Luckily, the dog just had some grazes. The frog brought the dog back to his pond to clean the wound. Sara and Bugbug noticed that the park was looked old and shabby. Some wooden planks of the swings were missing and the safety mats for preventing children falling down from injuries had tears and were very slippery. Cutie told Sara sadly that the park used to be neat, clean and crowded. Less children came to play since the park became hazardous. Sara and Bugbug decided to work together to fix the park.

The next few days, they bought planks to fix the swings and new safety mats to change for those ragged. They cleaned the park and used cement to fill the hole that once the dog fell into. Finally, the park became clean and safe again. More children came back play in the park. Sara, Bugbug, Cutie, the dog and the frog felt very happy for what they had done.

Wong Jia Xin, 5 years old



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

Share your drawings with your name, Smålish passport number and contact details to [sara@smales.com.my](mailto:sara@smales.com.my) or **småles, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor** by **21 April 2017**. 2 lucky winners will each win a **SPRIDD steel vacuum flask**.



**Bugbug got carried away playing one day and couldn't find Sara! What happened to Sara?**

Send your story with your name, Smålish passport number and contact details to [sara@smales.com.my](mailto:sara@smales.com.my) or **småles, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor** by **21 April 2017**. 2 lucky winners will each win a **HEJSAN box file, set of 3**.

