

småle matters

# BUG NEWS

Winter 2019  **LITE**



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## Hej småles!

Time flies when you are having fun!  
Winter is here again, have you wondered what kind of traditional food is eaten around the world during the Christmas holidays? Well, let's go on a mini food adventure to find out! Read more about it in pages 8 - 10. Enjoy the holidays! We can't wait to see you at the stores.

With Big Bug hugs,  
Sara

Something new is coming your way. Look out for it in the next issue!





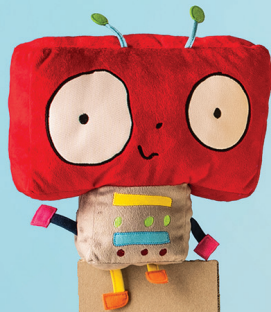


Let's Play

**Peekaboo!**  
**Look who just moved in.**

Meet the fabulous new SAGOSKATT collection, designed by kids in our annual drawing competition.

Find them at your nearest IKEA store or visit [IKEA.my/letsplay](https://www.ikea.com/us/en/letsplay)



Can you match the  
Christmas goodies to  
its name?



C\_pc\_ke



G\_mm\_n



G\_ng\_r  
Br\_\_d



Chr\_stm\_s  
P\_dd\_ng



C\_\_kies

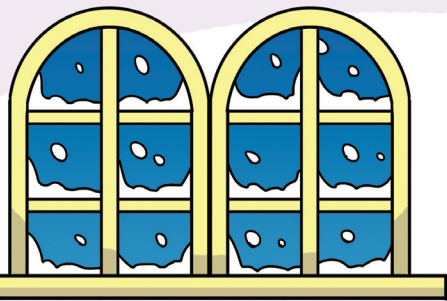


C\_nd\_  
C\_ne

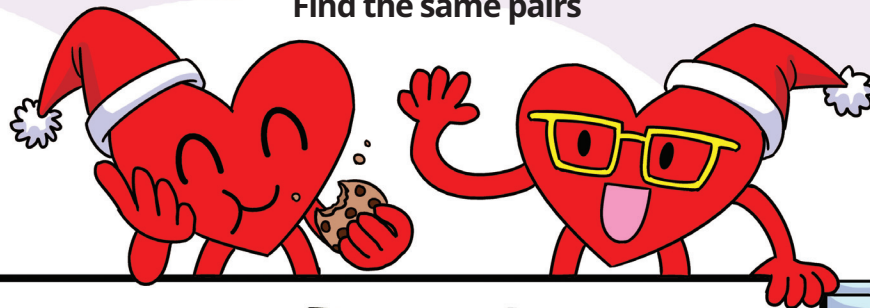


Ro\_st  
T\_rk\_y





Find the same pairs





# Traditional Christmas food

## Julebord

(Pronounced as: You-leh-boor)

In Sweden, this traditional meal is eaten on Christmas day itself and each dish varies from family to family. Even so, there is still a clear sequence of food - the first round usually consists of fish dishes like pickled herring. Next are the cold cured meats like the Christmas ham, followed by the warm dishes like meatballs and casserole. Of course, the last round is dessert!

Sources:

<https://www.thelocal.se/20161214/an-idiots-guide-to-the-swedish-julebord-christmas-meal>

<http://www.italy.org/magazine/focus/life-people/article/legend-panettone>

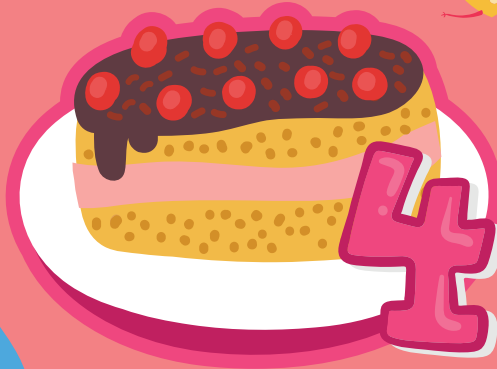
<https://www.bonappetit.com/gallery/feast-of-the-seven-fishes-menu>

<https://frenchly.us/beyond-brioche-la-buche-de-noel/>

<https://www.history.com/news/the-holiday-history-of-christmas-pudding>

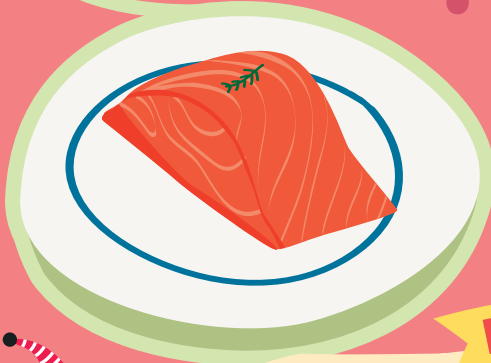
<https://edition.cnn.com/travel/article/christmas-food-unusual-traditions/index.html>

What's the next best thing about Christmas other than presents? The food of course! Let's see what kind of food is eaten around the world during this wonderful holiday.



## The feast of the seven fishes

Most families in Southern Italy have a grand meal of seafood on Christmas Eve. It will either consist of 7 different seafood dishes or one to two fishes cooked in 7 different ways. That's really a feast for one meal.



## Panettone

(Pronounced as: Pa-neht-tohn-ney)

While in Northern Italy, this traditional cake-like bread is always welcomed after a meal during the Christmas holiday. Can you guess what's in it? This bread is stuffed with dried raisins, candied orange and lemon peel. It's really a sweet treat!



## Christmas pudding

Don't judge a dessert by its colour! This Christmas pudding is fit for even a King. This English tradition to have it at Christmas started when King George I asked for it to be served at the Christmas banquet back in 1714!



## La Bûche de Noël

(Pronounced as: La Boosh day No-el)

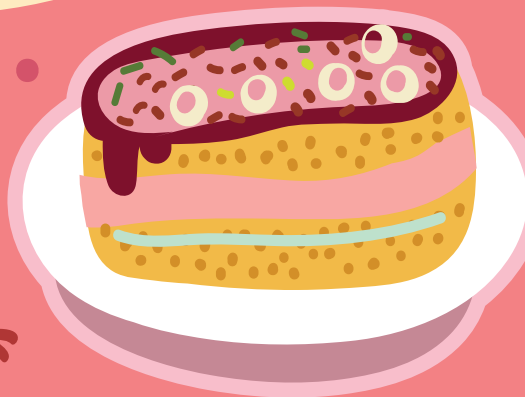
which is a Yule Log or as we call it, Log cake! In France, no Christmas is complete without this. Long ago, a log of wood would be burned to keep a family warm and to bring them good luck in the New Year. However, as houses evolved there was no need to burn a log to stay warm so a decorative piece of log was placed on the dinner table for good luck instead. One winter, someone realised that it would be nicer to eat it rather than simply look at it.



## Selyodka Pod Shuboy

(Pronounced as: Seledka Pod Shuboy)

Can you guess what this Russian salad dish means in English? The answer is herring under a fur coat! It's made up of a few layers of ingredients, such as vegetables, mayonnaise, eggs and of course pickled herring. The rich purple colour is actually grated beetroot coated with mayonnaise.





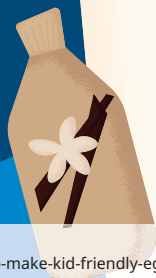
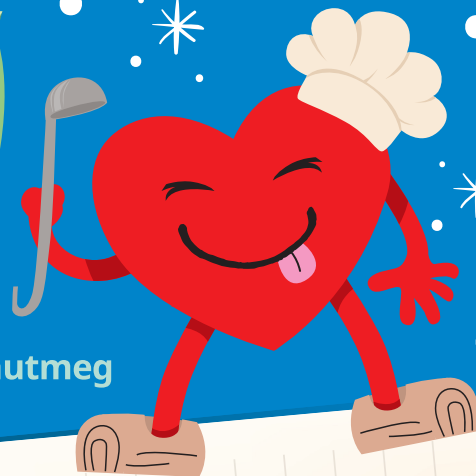
# Winter treat recipe

Eggnog for the family!



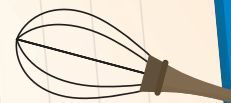
## Ingredients

- 3 cups whole milk
- 1 cup heavy cream
- 1/2 cup sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- Cinnamon or freshly grated nutmeg



## Instructions

1. Add your milk, heavy cream, sugar, and eggs into a saucepan and whisk thoroughly.
2. Continue whisking over low heat (approximately 5 minutes), until the mixture thickens slightly and coats the back of a spoon. Do not let it boil.
3. Remove the saucepan from the heat and stir in the vanilla extract.
4. You can either serve it immediately, or chilled. Don't forget to sprinkle some grated nutmeg or cinnamon before serving!



Source: <https://www.dummies.com/food-drink/entertaining/christmas/how-to-make-kid-friendly-eggnog/>



# Spot the difference

Can you spot 20 differences? Circle and number each difference you can find!





Send in your answers with your name, Smalish passport number, age, address and contact details to [sara@smales.com.my](mailto:sara@smales.com.my) or smales, No.2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by 27 December 2019. 30 lucky winners will each win a MÅLA Felt-tip pens (12pcs).



# Food Wastage

However, food wastage or loss doesn't happen only when food is thrown away after a meal or when it goes bad. It happens at every stage from when food gets produced, processed, distributed and bought to be consumed. Sometimes these losses are due to Mother Nature and sometimes to man-made reasons, for example the appearance of the produce doesn't look appealing.

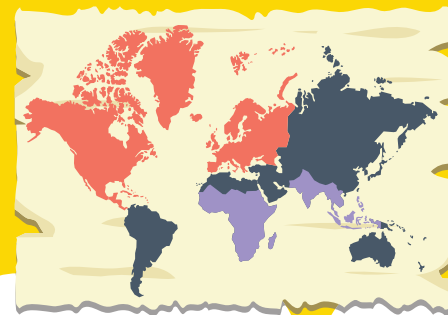


Did you know that wasted food also contributes to global climate change? It is responsible for least 8% of man-made greenhouse gases emitted. When food decomposes, carbon dioxide and methane gases are released into the air.



Every year around 1.3 billion tons of food produced for people to eat gets wasted. That's the same as throwing away one apple whenever you buy a bag of three! Research states that the number will only increase and by 2030, 66 tons of food will be lost or thrown away every second. That's so much food wasted!

Estimated amount of food thrown away by a person each year



**One quarter of the food wasted could feed all 795 million undernourished people in the world.**



Sources:  
<http://www.fao.org/save-food/resources/keyfindings/en/>  
<https://www.stopfoodwasteday.com/en/index.html>  
<https://www.theguardian.com/global-development/2018/aug/20/food-waste-alarming-rise-will-see-66-tonnes-thrown-away-every-second>



## How can we play our part?

Though we cannot prevent food loss at other stages, as customers we can play our part and help reduce what goes to waste. Here's how:

Plan ahead with your parents.

Check what food items might be expiring soon and see what kind of meals can be whipped up with those ingredients.

Make a shopping list of what your family needs to buy and will use. Not only will you throw away lesser food but also save money on groceries!

Take what you need. When having your meals, start with a smaller portion and then take a second helping if you are still hungry.

Storing food or leftovers in the freezer will allow you to keep it for a few more days up to a few weeks. You might want to try storing them in the IKEA 365+ food containers.

Source:  
<https://www.stopfoodwasteday.com/en/tips/ten-tips.html>



01



It's Christmas time!  
Enjoy your first  
candy cane

02



Share  
a joke

What do snowmen eat  
for lunch? Iceburgers!

03



Challenge your family!  
Sing Jingle bells 3  
times, each time going  
faster and faster.

04



Help pack  
your room to  
have it ready  
for guests.

09



Look out your window  
and count how many  
stars there are

10

Wrap your  
unused toys  
and give them  
to a charity.



11

Cut out some  
snowflakes and hang  
them up in your room



12



Read a book about  
holiday traditions

17



Make a Christmas carol  
and send it to your  
family and friends

18



Make your  
own Christmas  
stocking

19



Wrap some gifts  
for your mummy  
and daddy

20



Enjoy the Christmas  
light in town with  
your family



# EVENT CALENDAR



**05**

Write down 10 things you want to do for 2020.



**06**

Make eggnog for the family



**07**

Redeem a merchandise from the Bug House



**08**

Go Christmas shopping



**13**

Enjoy a cup of hot chocolate with marshmallows



**14**

Put up your Christmas tree



**15**

Visit Sara at Småland



**16**

Sort out your recycling



**21**

Bake Christmas cookies for your family and friends



**22**

Make some Christmas cards



**23**

Share with your parents what you love most about them



**24**

Watch a Christmas movie with your family

# Winter Art & Craft

Make your own snowflake

## Steps:

- 1) Paint your ice cream sticks white and leave it to dry.
- 2) Next, glue the middle of each stick and stack them on top of each other to form your snowflake.
- 3) Using the marker pens start designing your snowflake.
- 4) Lastly, make a loop with your string and glue both ends of it to one tip of an ice cream stick.

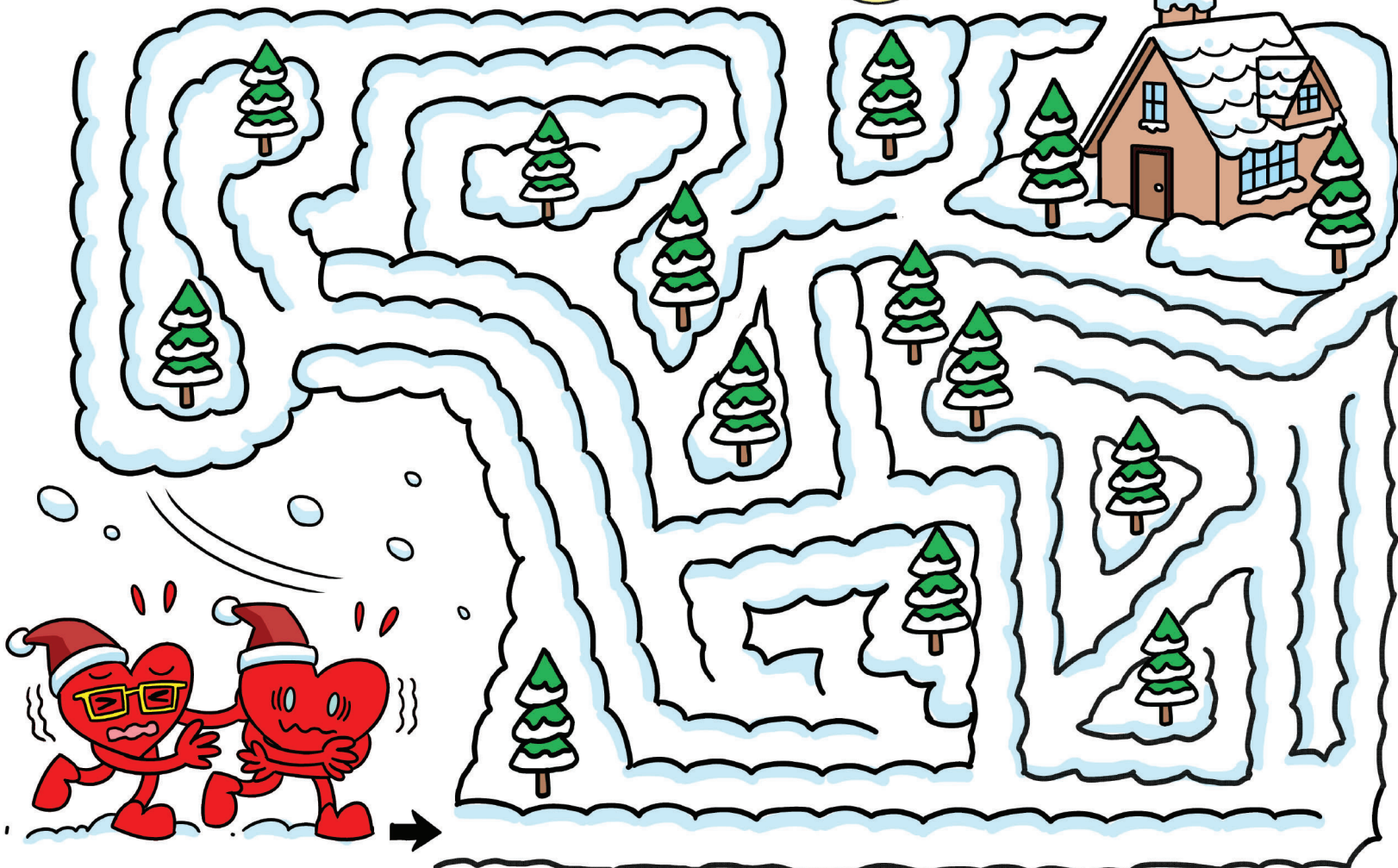
## Materials:

- ❄️ 3-4 ice cream sticks (per snowflake)
- ❄️ Coloured String, 15cm (per snowflake)
- ❄️ Glue
- ❄️ White paint
- ❄️ Marker pens



Source:  
<https://notsoidehands.com/2013/11/popsicle-stick-snowflake-ornaments.html>

Can you help the brothers  
find their way home?





# INBOX @ SMALES

Last issue's theme:

Sara and Bugbug decided to head out and build a snowman. How do you think it turned out?



Adam Mikhail Mirza, 5 years old



Tan Yun Ann, 4 years old

Best Drawing

It's a perfect day for a picnic. The sun is out and the flowers are blooming. Everyone is enjoying their food when suddenly an unexpected guest arrives. Who do you think it is?

Include your name, age, Smâlish passport number and address, and send your letter to [sara@smales.com.my](mailto:sara@smales.com.my) or **smales, No.2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor** by **27 December 2019**.

2 lucky winners will each win a **DJUNGELSKOG Storage bag**.



One day, Sara and Bugbug decided to spend the day outside playing in the snow. Bugbug tripped over something in the snow while playing in the snow.

Suddenly, they found something white, fluffy, hairy and cute. Its look like baby yeti. The baby yeti happily playing with them.

They build snowman, snowball and everything in their imagine. Suddenly, mommy yeti came up to the baby yeti, the mommy yeti so angry because she shocked there's had Sara and Bugbug with her baby. At the moment Sara and Bugbug felt very scared, and the baby yeti happily run to the mommy yeti, the mommy yeti grab the baby by her arm.

The baby yeti trying to communicate with their mommy about something in weird language. Suddenly mommy yeti put the baby yeti down and let her baby yeti playing together with Sara and Bugbug.

The time go so fast, they still playing until late evening, now it's time to go home the mommy yeti called the baby yeti for to go to their home. Sara and Bugbug so sad because they don't wanted to left over with baby yeti but Sara and Bugbug felt so happy and so tired.

**Nur Qaseh Marsya Binti Isharrudin, 10 years old**



The night before snow falls heavily. In the morning Sara and Bugbug decided to build a huge snowman. While Bugbug and Sara was having a snowball fight. Bugbug tripped on something hard underneath the snow. Sara and Bugbug decided to dig it up and they found a treasure chest they opened it up and found Christmas goodies! Sara and Bugbug decided to share Christmas goodies with everyone! Bugbug and Sara found out that Santa left them here! And everyone leaved happily with the Christmas goodies!

**Edrea Azaria Ong, 7 years old**

Last issue's theme: Sara and Bugbug decided to spend the day outside playing in the snow. Bugbug tripped over something in the snow while playing. What do you think they found?



Sara and Bugbug decided to spend the day outside playing in the snow. Bugbug tripped over something in the snow while playing. They found a box with something inside. Sara opened the box, and they found an old paper. "It's a map!" Sara shouted, and they started finding the treasure. After an hour they finally reached the X mark so they dug the X mark. After a few minutes, they got the treasure. Sara and Bugbug were so happy! They opened the treasure, "Wow!" Sara said, they were so many gems, shiny pearl necklaces and most beautiful shiny gold coins they ever seen! They were so happy! And they finally reached home and celebrate happily with joy.

**Iman Ifrahani binti Mukmin, 8 years old**

**Sara and Bugbug are taking a walk in the forest. Half way through the trail, Sara catches a whiff of something sweet. With his trusty nose, Sara and Bugbug follow the scent. Where do you think they ended up at?**

Include your name, age, Smålish passport number and address, and send your letter to [sara@smales.com.my](mailto:sara@smales.com.my) or **smales, No.2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor** by 27 December 2019. 2 lucky winners will each win a JÄTTESTOR Soft toy.





## In-store activities

Hej småles! The school holidays are here again and we have lots of activities planned! Remember to mark the dates!



### \* Christmas \* Cookies Workshop

Enjoy the festive smell of freshly baked cookies and decorate it your way.

**IKEA Damansara: 14 & 22 Dec, 11am & 3pm**  
**IKEA Cheras: 21 & 22 Dec, 12:30pm & 3:30pm**  
**IKEA Tebrau: 15 & 22 Dec, 6pm**  
**IKEA Batu Kawan: 18 Dec, 12pm & 4:30pm**

Visit [IKEA.my/stores](https://www.ikea.my/stores) and click on your favourite store to book your slot now!



### \* A jolly good Christmas for the whole family \*

Come down to the IKEA stores for instagrammable moments with Santa Claus & Sara mascot appearance, Carollers and more.

Visit [IKEA.my/stores](https://www.ikea.my/stores) and click on your favourite store to discover more activities and timings.





Learn  
how to draw

