

Have you helped the environment today?

*Celebrate Valentine's Day with this tasty homemade treat!*

This is a great, simple recipe to get the kid's help with, or do with a sweetie!

### What You Will Need:

- Cooking spray or oil
- 3 tablespoons of margarine
- 6 mini cups (or 60 regular-size) marshmallows
- Red food colouring
- 9 cups of Rice Krispies cereal
- Heart-shaped cookie cutter
- Plastic bags, ribbon



### What To Do:

1. Coat a baking sheet with cooking spray then leave it to set.
2. Melt the margarine in a large pot over low heat.
3. Carefully place the marshmallows in as you stir.
4. Stir the marshmallow and margarine continuously until they melt.
5. Remove the pan from the heat and put drops of red food colouring into the mixture while you stir, until you reach your desired colour.
6. Add the Rice Krispies into the mixture while you stir until they are evenly coated with marshmallow.
7. Spoon the mixture onto the baking sheet.
8. With waxed paper (or lightly buttered hands), smooth out the mixture, spreading it to an even thickness.
9. Cut out hearts with the cookie cutter.
10. Place each heart in a plastic bag and tie them with a ribbon into a bow.

### February 2 is World Wetlands Day!

Help celebrate the values and benefits of our wetlands! Today we can show appreciation for our water sources by going for a nature walk, visiting your favorite wetland, or looking for a festival nearby celebrating the event.

**World  
Wetlands Day**  
2 February

Wetlands for  
our Future

