

## BACK TO SCHOOL (AND WORK!)

September is here. This means a shift from summer vacations into an autumn routine. You may be coming back from a holiday, and your kids may be going back to school or starting at a post-secondary institution.

The DCV has everything to get you prepared for back to school or work, from staple-less staplers and antibacterial scissors to flash drives and electric pencil sharpeners. The 2012 dated products are in as well. To help you with your office orders, please circulate the [online flyer](#).

All DCV products can be delivered right to your desk to beat the hassle of crowded stores, long lines and busy parking lots. Shipping is free for ministry orders. For personal purchases, shipping is free for orders over \$25.

Click on [Office Supplies & Stationary](#) to get started. In the case that you can't find what you need at the DCV, Grand & Toy offers discounts to BC Government employees for business and personal purchase. Please [email](#) to receive instructions on the G&T BC Government

Employee Discount Program. Here is a short poem to keep things light-hearted:

*Gone are the fun times in the pool, it's time for the kids to head back to school.*

*Summer days are short and time sure flies, now one must go and buy school supplies.*

*Look to us at the DCV, to help you out on your shopping spree.*

*We have pencils and pens if you need a reminder, and lots of colours if you're wanting a binder.*

*There are many earth-friendly supplies, with your office green guidelines they will comply.*

*Corn plastic products biodegrade within a year and half, so quit the environmentally-harmful riffraff.*

*The new 2012 agendas will help you plan ahead, so you won't miss*

*an appointment and look like an airhead.*

*No matter if for your work or personal lifestyles, flash drives are great for transporting your files.*

*We have organizational containers to keep your desk neat, and you know our prices are hard to beat.*

*The white recycled copy paper is one of our top sellers, and a price of about \$5 per pack makes it pretty stellar.*

*The new sharpeners will give your pencils a precise tip, while the BeGreen mechanical pencils have the perfect grip.*

*We have packing peanuts made from the starch of corn, and they will ensure your products arrive looking unworn.*

*Skip the busy retail store stampedes, visit the DCV Online Store for all your office product needs!*

### DISTRIBUTION CENTRE VICTORIA

[www.pss.gov.bc.ca/dcv/](http://www.pss.gov.bc.ca/dcv/)

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*Make sure to  
bookmark the DCV*

*Online Store:  
[www.dcv.gov.bc.ca](http://www.dcv.gov.bc.ca)*





# Ralph's Product Review



Sugar Cane Dishware #7920015205 to 207

\$15.47 to \$27.66 per pack

### Features & Benefits:

- \* More environmentally-friendly than plastic
- \* Made from renewable resources
- \* Biodegradable and compostable
- \* Sugar cane is sturdier and less absorbent than paper
- \* Microwavable
- \* Non-toxic
- \* Safe for hot and cold foods
- \* Freezer safe

Eco-friendly without sacrificing quality, this dishware is made from the fibrous matter left from processing sugar cane. Not only does this help the environment by making use of a waste product, but sugar is an annually renewable resource. The material looks, feels and performs like paper, but turns to compost within six weeks after being thrown into a compost heap. The DCV carries bowls (12 oz) and plates (7 and 9 inch).



I give it two paws up!

**Pros:** sturdier and less absorbent than paper plates and bowls.

**Cons:** reusable dishware, such as ceramic, is still the greenest option.

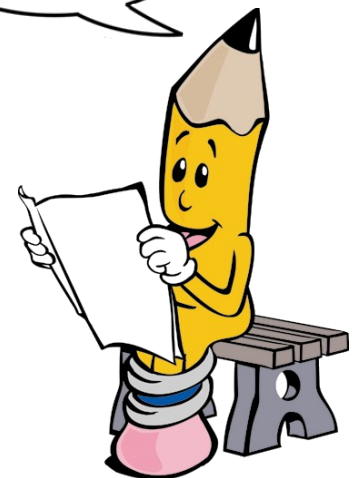


## Green Your Life

Here are some tips to keep your autumn routine green:

- 1) Pack a lunch instead of buying one. If you make your lunch (or a family member's) focus on organic food and items with less packaging.
- 2) Consume less. Reuse backpacks, office products, clothes and bags. Take inventory of what you already have to avoid duplicates.
- 3) Buy used. For those college or university students, there are usually many options for buying used textbooks. Online ads (and [Asset Investment Recovery!](#)) are also a great option for cheap, previously-loved furniture.
- 4) Check the DCV's [Green Connection category](#) first. If you must buy new office products, begin by shopping for eco-friendly alternatives.
- 5) Sign-up for e-newsletters instead of receiving a paper copy. If your office or child's school doesn't offer an electronic newsletter, then suggest it.
- 6) Make sustainable transportation the first choice for travelling to work and school. Consider options such as walking and biking trails, carpooling programs and expanded bus routes.

Always make the green decision and soon it will become a habit.





## Featured Recipe: *Crunchy Raspberry Blackberry Muffins*

With the kids, spouses back to school and work, it's always handy to have meals prepared. Muffins not only make easy breakfasts, but they can be tossed in lunch bags and are great as a snack for after school or work. Make a batch on Sunday to use throughout the week. Try the recipe for Upside Down Cranberry Muffins (featured in [last month's newsletter](#)) or the Crunchy Raspberry Blackberry Muffins from *Fabulous Fairholme: Breakfast & Brunches* (#999940179, \$25.95) featured below. Fairholme Manor is an award-winning B&B in Victoria and the cookbook offers many easy breakfast recipes for those hectic mornings. The granola, frittatas, scones, muffins and loaves can all be prepared in advance for grab-and-go snacks.



The irresistible Crunchy Raspberry Blackberry Muffins from *Fabulous Fairholme: Breakfast & Brunches* by Sylvia Main

### Ingredients:

- \*3 cups all-purpose flour
- \*1 1/2 cups sugar
- \*1 tablespoon baking powder
- \*1/2 teaspoon baking soda
- \*1/2 teaspoon salt
- \*1 tablespoon cinnamon
- \*1 1/4 cups whole milk
- \*2 extra large eggs, lightly beaten
- \*1 cup unsalted butter melted
- \*1 cup fresh or frozen raspberries
- \*1 cup fresh or frozen blackberries
- \*1/4 cup raw sugar

### Preparation:

Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius). Spray muffin tins lightly with cooking spray.

Sift together flour, sugar, baking powder, baking soda salt and cinnamon in large mixing bowl. In separate bowl, combine milk, eggs and melted butter. Make a well in the centre of the dry ingredients and pour wet ingredients into well. Gently fold together muffin batter without over mixing. Gently fold in raspberries and blackberries.

Scoop batter into prepared tins and sprinkle muffins with raw sugar. Bake 25 to 30 minutes or until tester comes out clean. Muffins should be golden. Let muffins cool in tins for five minutes, then remove and cool on racks.