



FAMILY
DAY

FOCUS

WELCOME
ISSUE 2025

Welcome!



MESSAGE FROM
DIANE DALEY, CEO

Bracing for a new school year can feel both exciting and overwhelming for everyone.

For many families, September is almost like a brand-new year: 'starting fresh' by decluttering homes of summer clothes, soggy towels and flip-flops, getting organized and adopting some healthy new habits.

Being organized matters, because it boosts motivation, lessens anxiety and helps us hit our goals with less last-minute scrambling.

Finding simple solutions can make life feel lighter and less overwhelming, especially as we transition from summer to school.

September can also be one of the most expensive times of the year – new school supplies, clothes,

activities, and routines can quickly add up. As families settle into the season, it's the perfect time to explore practical ways to stretch your hard-earned money.

In this issue of *FOCUS*, you'll find tips, resources, and inspiration to help you gear up for a busy fall. A little planning can go a long way toward building your family's confidence, well-being, and peace of mind.

I'm also thrilled to announce that once again this year, Family Day is partnering with **OPEN DOORS** for a truly memorable event: the annual **Get Out and MOVE for Family Day** fundraiser!

Last year, this event – **free** for children and families in our programs, as well as Family Day staff, caregivers, and their families – set an attendance

record; more than 900 people came together for a fun-filled day that combined the best of both worlds-- outdoor adventures and activities in the breathtaking autumn forests of the Kortright Centre for Conservation--all while making a meaningful difference for the children and families we serve.

**Mark your calendar for
Saturday, October 4, 2025
(rain or shine!)**

For more information and to register, visit: <https://familydaycare.com/get-out-and-move-for-family-day-2025/>

I invite you to help us to spark a life-long love of the outdoors as we bring nature-based learning to life!

Here's to making life a little easier and a lot more enjoyable!



Dollars and Sense

Top Tips for Budgeting & Decluttering

20 Top Tips for Money-Mindful Living

1 Create a Budget

Then stick to it. Split your monthly income into essentials (50%), wants (30%) and savings (20%).

2 Pack Your Lunch

Buying lunch costs at least \$5 more per meal than bringing your own. With 260 working days a year, packing a lunch rather than buying one can result in savings of \$1,300 (plus more for transit and tips) per year.





3 Buy Generic

Generic brands (a store's own, private brands such as NoName, Compliments, Life Brand) are about 40% cheaper; many are much the same quality when compared to their more established, advertised brands. They cost less because there's no money spent on expensive product advertising.



4 Make a Shopping List and Stick to It

A list helps you resist the urge to buy on impulse, saving you up to 30%.

5 Cook In Bulk and Cook at Home

Cooking in large quantities means fewer takeout/delivery nights and less food waste. Picking up takeout and ordering in can cost more than \$1,400 each year.

6 Buy Used

Second-hand shopping can help you save up to 50% per item. Whether it's clothing, small appliances or sporting goods, buying used can save you up to \$2,000 a year.

7 Buy Less

Buy only what you really need and always devote part of each paycheck to savings.

8 Find Free Hobbies

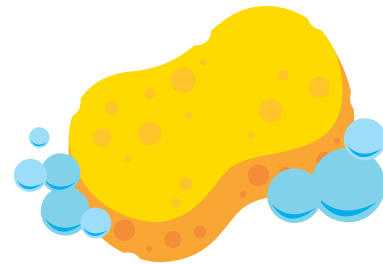
Find out how to have fun for free by browsing online. Choose from hiking, volunteering, singing, biking, photography, scrapbooking, holding movie marathons and more.

9 Use Less Laundry Detergent

You only need to use 1 tablespoon for every regular load. Using only 1/3 of a scoop or cup, your detergent will last three times longer.

10 Drink Water

The cost of sodas, bottled juices, sports drinks and specialty beverages (such as Latte, Cappuccino, Chai Tea, Bubble Tea) can really add up. Choosing water not only saves you money and quenches your thirst; it helps keep you healthy too.



11 Make Your Own Cleaning Products

Do-It-Yourself cleaning products cost pennies compared to commercial brands, which can run anywhere from \$5-\$10 per bottle. Find recipes for homemade cleaners online or in print publications.

12 Create Your Own Gifts

Making your own unique gifts is not only more affordable than shopping online or in stores, but also so much more rewarding, for both the gift-giver and the recipient!

13 Review Your Subscriptions

It's a good idea once or twice a year to have a look at your recurring automatically renewing magazine/newspaper/streaming and other subscriptions. You discover you're paying for something you no longer use or want. Turn off automatic renewals; research less expensive options.

14 Explore Thrift and Consignment Stores

Thrifting allows you to spend significantly less than buying brand new, saving you more than \$1,700 a year (according to one survey).

15 Buy Clothes Out of Season

Stores significantly reduce prices at the end of each season, to make room for new inventory.

16 Wash Your Own Car

Ask a friend or family member to join you. Washing your car at home might become a fun tradition!

17 Use Less Meat

Go meatless at least once a week to stretch your food budget.

18 Barter or Trade Instead of Buying

Car pool with friends if possible. Snow shoveling, leaf raking, gardening, painting, cooking and baking are all things that you can offer or accept in exchange for something you want or need.



19 Hang Your Laundry

Not only could you save 10-20% on utility bills by line-drying your laundry, but it can also extend the lifespan of fabrics AND minimize your household's carbon footprint by 2,400 pounds yearly!

20 Buy Reusable Instead of Disposable

Swap paper towels, plastic water bottles, disposable razors and other single use items with less expensive, reusable alternatives.

Do You Want to Declutter? 5 Top Tips

For some of us, decluttering can be overwhelming, even a bit scary. Here's how to get started:

1 Start with a small space, like one kitchen drawer.

This will allow you to see progress quickly, which will motivate you to keep decluttering throughout your home.

Remove everything from the closet, drawer or corner. Next, dispose of trash and items you cannot donate. Finally, only keep the items you use, then return them back to that closet, drawer or space.

2 Do not try to organize while you are decluttering.

This is so important! Decluttering is NOT organizing. As you declutter a space, container after container and basket after basket will begin to empty. Save those empty containers and baskets for later when you want to begin organizing, which is a lesson for another day!

3 Be honest with yourself.

Throwing things away can be more than a little emotional for some people. A good general rule to follow: if you

have not used the item in the past year, it's time to get rid of it. Physical clutter is mental clutter; you'll feel more at peace with less stuff.

When it comes to those sentimental items you do want to keep, set up a designated container for each member of your household.

4 Keep what you use every day close at hand.

Most utensil drawers are full of tools that are either only used a few times a year (or NEVER used!) Keep your daily utensils in an easy-to-access drawer with an organizer; find a new spot for the items you hardly ever use. You can use this concept for any space, not just your utensil drawer.

5 If you can't organize the space, you have too much!

If you discover, even after decluttering, you still have too many things for that space, it probably means you have too much. For example, do you really need 20 pens in your office drawer? Pair it down to three to five.

Use see-through storage containers. They allow you to see what's in them, but they still offer a place for everything.





Get out and MOVE for Family Day! Saturday, October 4, 2025

FREE for the whole family!

Join us for a day of forest fun, with hands-on nature activities and interactive stations for all ages. Come and go anytime between 10 AM and 2 PM at the Kortright Centre for Conservation and explore at your own pace!

We welcome all children and families in our programs, along with Family Day staff and caregivers and their families, to enjoy this special outdoor event. Last year, over 900 people joined us – don't miss it!



Join us!



OPEN DOORS
PROUDLY PRESENTS:
**Get out and MOVE
for Family Day!**
at the Kortright Centre



Register for free through
the Family Day website
(<https://bit.ly/3GSt7Uv>)

Please confirm your
attendance by
September 22nd

Every Litter Bit Helps!

Did you know that every single year, ONE Ontario elementary student—who eats conventionally packed school lunches every day--sends their own body weight in waste to the landfill?

A 'litterless lunch' produces almost 90% less waste than single-use, disposable containers, wrappings and bags; litterless lunches also save money and are definitely healthier. While the litter from one school lunch may seem meaningless, when you factor in an entire metropolis of learning institutions, it's quite a different story.

Teaching our children to respect and care for our environment can help create more eco-conscious adults.

Small switches to consider:

- 🍏 Reusable lunch bags or a sturdy, easy-to-clean reusable lunch box
- 🍏 A good quality reusable beverage bottle
- 🍏 Reusable drinking straws and cutlery
- 🍏 Leak-free, spill-free, easy-to-open reusable containers in bisphenol-A-free plastic
- 🍏 Reusable sandwich bags
- 🍏 A thermos for hot beverages/soups

Incorporating healthy, natural foods into litterless lunches can help lower your family's carbon footprint while encouraging healthier eating habits. It's also a great opportunity to give children and young people ownership of their meal planning.

Litterless lunches don't have to be a chore! In fact, your family can enjoy healthy, hearty lunches that are quick, easy to prepare AND environmentally friendly: for grab-and-pack options, transfer tonight's leftover curry, chili or soup into a thermos for tomorrow's lunch; store fruit and cut up veggies in the fridge, buy in bulk and pre-portion yogurt, pudding, dips and cheese cubes in reusable containers.



SOURCE: <https://www.ontario.ca/files/2025-05/mecp-school-cleanup-guide-en-2025-05-01.pdf>



**FAMILY
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Greater Toronto

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familydaycare.com



facebook.com/FamilyDayCareServices



@FamilyDayGTA

Our Programs

- Licensed Home Child Care
- Child Care Centres
- School Age Programs
- Resource Programs
- EarlyON Child and Family Centres
- Homework Plus

For countless families, Family Day is the only way!