

Hello,

As many of you know, my name is Anna Bakanec (Aunty Anna), and it is to my absolute delight that I am the new "Den Lady" this year!

I am from Westlock, and I attended Westlock Elementary myself as a child, as did my own kids, my nieces, and my nephew.

I would like to let you know that I fully understand that change can be difficult, and I understand that Grandma Den was very loved by the children in this school. I know she will be missed, but I am very much looking forward to getting to know your kiddos.

My own kids are in grades 8 and 12 this year, and as crazy as it sounds, I really miss making lunches and fussing over details in their lunch boxes! Rest assured that I will take pride in making healthy, balanced lunches available to your children... trust me, if there is a way for me to cut back on sugar and salt, and add more veggies into my recipes, I will do it! I do like to make as many things from scratch as I can.

We have decided to reduce the amount of sweets available on a day to day basis, so for the fall I will be running "Tasty Tuesdays" as a way to offer some sweets, but not too close to Friday when ice cream is available. (I specifically mean refined sugar. I will always have naturally sweet treats. I do offer many fruit or yogurt based treats) I will be trying many recipes to try to figure out what your kids like best. Also, I will trial "Meatless Mondays" and see how that goes over. I am totally open to suggestions, questions, and requests!

Some housekeeping:

- I will open for business on the second day of school (Wednesday, Sept 4)
- Sept 4-6 there will be no main meal, but I will have sandwiches, salads, wraps, soups and snacks.
- I do plan to be open Monday through Friday this year.
- Because I plan to be open all week, I am moving toward a week to week pre-order system **FOR MAIN MEAL ONLY**. Meaning that I would plan to collect order forms and money each Friday from the teachers to allow myself prep time for the week ahead. Or you can contact me directly for pre-orders by Friday.
- On a day to day basis, I will still have various sandwiches, wraps, soups, salads, and anything else I can come up with that would **NOT** require pre ordering.
- Den cards will be available, and I **cannot** honour the cards from last school year.
- I do have a facebook page set up under Aunty Anna's Den if you would like to stay up to date on what I am up to: <https://www.facebook.com/auntyannasden/>
- I accept E-Transfers, but please make sure to message me first and tell me what your child's name is and their teacher

Thank you,

Aunty Anna