

Nutrition Education ~ Corn Bread



The following recipe is a great activity for children at home or in the classroom. They will have fun grinding the corn, measuring and mixing the ingredients.

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|------------------------------------------------------|----------------------------|
| 3 cobs fresh corn or 1-10oz pkg. frozen corn, thawed | |
| 1 cup masa harina de maiz | 1 tablespoon baking powder |
| ½ tsp. Salt | ¼ cup sugar |
| 1 tablespoon raisins (optional) | 1 Egg |
| 3 tablespoons butter, melted | |

- Heat oven to 350° F. Remove kernels from cob and grind corn kernels using a meat grinder or a food processor. It should form a stiff dough.
- In a medium bowl, combine corn flour, baking powder, salt, sugar, and raisins, if using. Mix well.
- In a large bowl, mix corn dough, egg, and butter. Add dry ingredients and stir until all ingredients are moistened. If the dough is too stiff, add 1-2 Tbsp. fat-free milk.
- Spray a round 8 ½ x 2-inch baking dish with nonstick cooking spray and pour dough into pan. Bake for 30-35 minutes or until a knife inserted in the center comes out clean.

Serves: 8 Serving size: 1 slice

Recipe from: *Cocinando para Latinos con Diabetes* by Olga V. Fusté



The Network Newsletter

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Focus: Reducing Holiday Stress

Holiday time can be stressful with the pressure to buy and give gifts; and maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done.

Preparing for the holidays:

- ◆ **Know your spending limit.** Lack of money is one of the biggest causes of stress. set a budget, don't spend more than you've planned. Don't buy gifts that you'll spend the rest of the year trying to pay off.
- ◆ **Give something personal.** You can show love and caring with any gift that is meaningful and personal. Call them instead of buying expensive gifts to let people know how important they are to you, write them a note and share your feelings.
- ◆ **Get organized.** Make a list or use an appointment book to keep track of tasks to do and events to attend.
- ◆ **Share the tasks.** You don't have to do everything yourself. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the meal.
- ◆ **Learn to say no.** it's okay to say "no" to events that aren't important to you, this will give you more time to

say "yes" to events that you do want to attend.

- ◆ **Be realistic.** Focus on the traditions that make holidays special for you and your family. Sometimes there are family problems that don't go away. When you have a hard time being around someone, you can plan on when you visit.



During the holidays

- Avoid stressful situation during the holidays.
- ◆ **Take breaks from activities.** Pay attention to your needs and feelings. Spend time by yourself. Meditate, or do some relaxation breathing, or go for a walk.
- ◆ **Keep a regular sleep, meal, and exercise schedule.** Limit alcohol consumption. Taking care of yourself will help you deal with stressful situations.
- ◆ **Get support if you need it.** If you are already dealing with the death of a loved one or the breakup of a relationship. Most people need treatment to get better. Talk to your doctor.

Feature of the Month

Enterprise Head Start Class



We learned about bus safety from our bus driver, John Neil.



We cannot do great things, only small things with

Great Love.



Mother Teresa,
Roman Catholic missionary and Nobel
Peace Prize winner



Parent
& Child
Activity



Launching young readers!

Reading Rockets

Learning That's Hands-On Holiday Fun

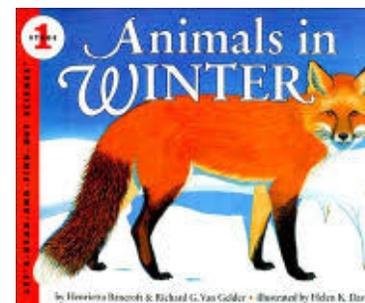
Focus on reading readiness and enjoy winter holidays at the same time with these simple activities you can incorporate into your preschooler's daily routine:

- * Winter's chill offers a different medium for writing and drawing. Let your children "write" on frosted windows or in the snow.
- * On short trips to the store or holiday vacations to visit family or friends, play this game to help your preschooler recognize different sounds. Say "We're going to the store. What sound do you hear in the beginning of the word store? It's the /s/ sound. What else starts with /s/ that we can get at the store?" (or, "What are we bringing to grandma's house that starts with /g/?")
- * In conversations about holiday celebrations, introduce interesting and new words to your preschooler. For example, "Dad got a plethora of ties last year. Since he has so many ties, let's get him a different gift." or "I like our family tradition of baking cookies together. It is something we do every year that I really enjoy."
- * Let your preschooler have a hand in holiday list-making. Even if it is just sitting with you as you write a shopping list, your preschooler will benefit from exposure to the power and practicality of literacy.
- * Set aside time just for reading. Curl up on the couch together and read aloud an old favorite or check out books about another culture's winter celebrations.

For more holiday reading, visit:

www.ReadingRockets.org/articles/books/c360/

www.ColorinColorado.org



Books for winter reading:

Animals in Winter:
by Henrietta Bancroft &
Richard George Van Gelder

Snow: by P.D. Eastman

