



**Stronger Families, Better Communities,
Brighter Futures**

"UMCHS is an Equal Opportunity Provider"



All Staff Meeting:

**March 9, 2018
No class for
Full Day**



Other Events:

**Spring Break
March 26-30, 2018**

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UMCHS
Umatilla-Morrow Head Start, Inc.



The Network Newsletter

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Good Nutrition... continued from page 1

Ways to reduce fat, salt, and sugar:

- Choose baked or grilled food instead of fried when you're eating out and implement this at home, too.
- Make water and fat-free or low-fat milk your go-to drinks instead of soda or sweetened beverages.
- Serve fruits as everyday desserts-like baked apples and pears or a fruit salad.
- Read labels on packaged ingredients to find foods lower in sodium.
- Skip adding salt when cooking; instead use herbs and spices to add flavor.



Controlling portion size:

- Use smaller plates to control portion sizes.
- Don't clean your plate or bowl if you're full, instead save leftovers for tomorrow's lunch.
- Portion sizes depend on age, gender, and activity level of the individual.

Healthy eating in school:

- Bring healthy snacks into your child's classroom for birthday parties and celebrations, instead of providing sugary treats.
- Pack healthy lunches for your children including whole grains, fruits and vegetables, and fat-free or low-fat dairy products.
- Schools across the nation are making their lunch rooms a healthier place. Learn more with the Chefs Move to Schools initiative-where chefs work with local schools to add flavorful, healthy meals to menus.

Food Safety:

- When cooking, keep these tips in mind to keep your family safe from food poisoning.
- Clean: wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.
- Separate: keep raw meat and poultry apart from foods that won't be cooked.
- Cook: when cooking, use a food thermometer. You can't tell if food is cooked safely by the way it looks.
- Chill: chill leftovers and takeout foods within two hours and keep the refrigerator at 40°F or below.
- Rinse: rinse fruits and vegetables under tap water (even those with skins or rinds that are not eaten).

For more food safety tips visit: FoodSafety.gov.

Good Nutrition



The importance of good nutrition: Emphasis on Fruits & Veggies:

Your food choices each day affect your health—how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

The impact of nutrition on your health: Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents ages 2-19 years are obese. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancers. By making smart food choices, you can help protect yourself from these health problems.

- Mix vegetables into your go-to dishes. Try spinach with pasta or pepper strips in tacos.
- Use fresh, frozen, and canned fruits and vegetables. They all offer the same great nutrients. Just be sure to watch the sodium on canned vegetables, and choose fruits packed in water or 100% juice (not syrup).
- Pack your child's lunch bag with fruits and veggies, sliced apples, a banana, or carrot sticks are all healthy options.

Healthy snacks:

- For a handy snack, keep cut-up fruits and vegetables like carrots, peppers, or orange slices in the refrigerator.
- Teach children the difference between everyday snacks, such as fruit and veggies, and occasional snacks, such as cookies or other sweets.
- Make water a staple of snack time. Try adding a slice of lemon, lime, or a splash of 100% juice to your water for a little flavor.
- Swap out your cookie jar for a basket filled with fresh fruit.

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Feature of the Month Victory Square Center



First celebration in Victory Square I. First, parents and child made a box for their cards as a parent-child activity at home. Families were given the opportunity to bring in a healthy snack. We had apples, mangos, pineapple slices, carrots, bean sprouts, and celery sticks. For dips we had Ranch and Yogurt. Parents helped children distribute their friendship cards; then they helped children serve themselves to a healthy snack. Families and children had a great time.

Victory Square I,
Becky Sanchez
CFA/Teacher



Nutrition Education - Dip Recipes



Children and adults find raw vegetables more enjoyable when they have a dip to go with them. Dips can be a fun way to help children increase their vegetable intake, but unfortunately, many dips are high in fat and sodium. The dip recipes below offer a fresher alternative to store bought dips. These recipes are not only lower in fat and sodium, but make use of nutrient rich foods such as Greek yogurt, spinach and chickpeas. These dip recipes are also a great way to get young children involved in food preparation. Enjoy!

Veggie Herb Dip

1½ cups plain Greek yogurt
½ cup low-fat mayonnaise
½ tsp. each dried dill, parsley
and chives (use fresh if available,
finely chopped, and increase to 1-2 T. each)

2 tsp. fresh lemon juice
½ tsp. garlic powder
½ tsp. paprika

Place ingredients in small mixing bowl; stir until evenly combined. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Spinach Dip

1 cup baby spinach leaves
½ cup plain Greek yogurt
½ cup cooked chickpeas

1/8 tsp. garlic powder
1/8 sweet onion, minced
1/8 tsp. salt

Combine ingredients and process in food processor or powerful blender. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Recipes from *The Early Sprouts Cookbook*
By Karrie Kalich, Lynn Arnold and Carole Russell.

Parent/Child Activity

With Spring already upon us, and spring break during the last week of the month, outdoor activities increase, and one favorite activity that children enjoy is bicycle riding. Here are guidelines to help you prepare your kids at a young age on bicycle safety.



The best preparation for safe bicycle riding is proper training:

- ◆ Resources include an experienced rider, parent, or community program.
- ◆ However, initial training involves simple instruction from parents on balance and pedaling.
- ◆ Proper supervision of younger riders, it is recommended that younger children ride only in enclosed areas, avoid major roads and sidewalks.
- ◆ Proper bicycle selection, appropriate for child's age, and invest in safety equipment such as protective clothing, knee pads, elbow pads and a helmet to prevent significant injuries.
- ◆ Teach your child best bicyclist practices, and to obey traffic rules. Ride in a single file with traffic, not against it. Announce your presence ("On your left") on bike and walking trails as you come up behind and pass pedestrians and other riders.

Information taken from WebMD