

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.

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

1. 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.
2. In a medium bowl, combine corn flour, baking powder, salt, sugar, and raisins, if using. Mix well.
3. 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.
4. 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

Parent & Child Activity - Fall

A fun Fall activity using different shapes of leaves will keep you and your child entertained for hours forming many shapes, like people, animals, etc. Let your kids use their imagination to make fancy pictures. Talk about the different leaf shapes and wonderful colors of autumn.

You'll need:

•leaves •paper •markers or crayons •glue

What to do:

1. Go for a walk to gather the leaves.
2. Have your child trace around different shapes and sizes of leaves or glue them onto paper.
3. Ask him or her to choose the leaves to use for arms, legs, head, etc. or ask them to draw some of these features to form their picture.

Talk with your child about:

- What leaf shape was the easiest to use?
- What leaf shape was the hardest to use?
- The different leaf colors

Other useful information:

While you are having fun together, this activity helps children develop small muscle skills and to use their imagination.



The Network-Newsletter

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Welcome Back to School

Easing Back Into School

Back to school is an exciting (and sometimes nervous!) time for students and parents. A few tips might help you and your child get off on the right foot.

- ♦ Take advantage of opportunities to get to know your child's teacher and his classroom before the first day of school. If they're offered, attend the Open House/Orientation meeting. Use those times to meet your child's classmates and families. It might also be helpful to set up a playdate with a child or two from your child's new class.
- ♦ During the first few weeks after school starts, share your excitement about school with your child. Focus on the fun things he'll learn during the year, and all the different things he'll get to do, like art, music, using the library. If you're excited, your child will be too!
- ♦ Clear away a special area in your house for your child's book-bag, lunchbox, and jacket. Establish



a routine that puts your child in charge of clearing out and hanging up the backpack each day. This will make the morning rush a little less hectic.



- ♦ Be sure to review the papers from your child's backpack each day. Lots of schools use student backpacks and "take home folders" as ways of communicating with families. This is especially true during the first few weeks of school when lots of forms come home.
- ♦ Now that your child is in school, she may feel too old for some of her childhood favorites, but find some quiet time at the end of each day to share a book or two. Take a few minutes to talk about her feelings and her day at school.
- ♦ Small love notes tucked inside a lunch box or book-bag can really bring a smile to your child's face. In addition to reinforcing reading skills, you're also modeling the power of writing.



Taken from: readingrockets.org

Alarming Dangers in School Zones



The Facts About Teen Pedestrians

5  /week

There are 5 teen pedestrian deaths every week in the United States.

13% 

There has been a 13% increase in the pedestrian death rate for 12-19 year olds since 2013.

Age 15-19

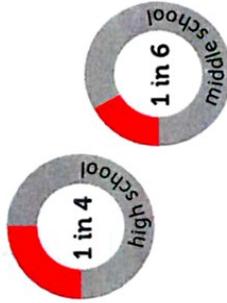


population pedestrian deaths

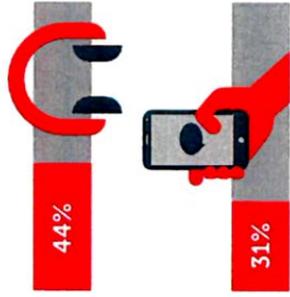
In 2015, while teens ages 15-19 made up 26 percent of all children ages 0-19 years, they made up about half of the pedestrian fatalities.

We observed 39,000 middle and high school students and 56,000 drivers in school zones in 2016.

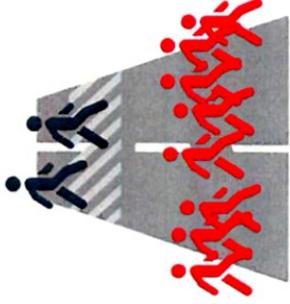
Distractions walking is on the rise. We observed it in 1 in 4 high school students and 1 in 6 middle school students.



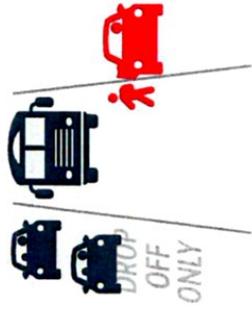
Distractions teens were most likely to be wearing headphones or texting.



Unsafe street crossing behavior was observed in about 80% of students.



Unsafe drop-off or pick-up behavior was observed in nearly 1 in 3 drivers.



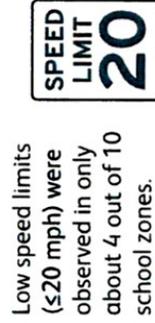
What Communities Can Do to Protect Kids on the Move

Install proven interventions, like crosswalks, speed limits, visible signs and traffic lights.



Marked crosswalks were missing in 3 out of 10 observed crossings.

Set and enforce speed limits in school zones at no more than 20 mph.



Low speed limits (≤ 20 mph) were observed in only about 4 out of 10 school zones.



Educate parents and students about dangerous walking and driving habits (e.g., crossing mid-block, texting or talking on the phone.)

Implement and enforce school drop-off/pick-up policies.

