

NUTRITION FIRST NEWS



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Stiffer Fines For Texting While Driving, Smoking With Kids In Car

by KGW Staff (KGW reporter Mark Hanrahan contributed to this report.)

SALEM – As of Tuesday, Oregon drivers caught texting while driving or smoking with a child in the car will face stiff new fines.

The fine for using a cell phone without a hands-free device while driving has increased \$50 this year to \$160. A judge can also increase the fine to \$500 in certain circumstances involving multiple offenses. The new law went into effect January 1.

During the 2013 session, the Oregon legislature passed a ban on smoking in a motor vehicle with a child under the age of 18. That law also took effect Jan. 1.

Background: Oregon bans smoking with kids in car Smoking with kids in the car is a secondary offense. This means that police must pull a driver over for a primary offense first, such as speeding or having a taillight out, before a motorist can be charged with smoking with children present.

“The fine for an adult smoking in a car with a minor present is up to \$250 for the first offense,” said Jennifer Eskridge of the Marion County Health Department. “The fine for a second offense is up to \$500.”

Utah, California, Louisiana, Arkansas and Maine have similar laws, Eskridge said.

The Oregon Health Authority estimates that 50,000 Oregon families are exposed to second hand smoke in cars each year.



FRUIT SOUP

This soup is as pretty as it is delicious!



- ✓ 5 cups orange juice
- ✓ 1 cup nonfat milk
- ✓ 3 cups nonfat, plain yogurt
- ✓ 2 tbsp lemon juice
- ✓ 1 tbsp honey
- ✓ $\frac{1}{4}$ tsp ground cinnamon
- ✓ $\frac{1}{4}$ tsp ground nutmeg
- ✓ 1 cup apples, chopped
- ✓ 1 cup blueberries
- ✓ 1 cup strawberries, sliced
- ✓ 1 cup banana, sliced
- ✓ 1 cup mandarin oranges
- ✓ 1 cup pineapple chunks

In a large mixing bowl, combine orange juice, yogurt, milk, lemon juice, honey, cinnamon and nutmeg. Stir. Add apples, blueberries, strawberries, bananas, mandarin oranges and pineapple to mixture. Stir thoroughly.

Each serving provides an excellent source of vitamins A and C, folate, calcium and potassium and a good source of magnesium and fiber. Serves 6 to 8, fruit and protein groups. Courtesy: More Matters

FRUIT PIZZA

- ✓ 1 English muffin
- ✓ 2 tbsp whipped, fat-free strawberry cream cheese
- ✓ $\frac{1}{3}$ cup strawberries, sliced
- ✓ $\frac{1}{4}$ cup red grapes, quartered
- ✓ $\frac{1}{4}$ cup canned mandarin oranges, drained

Toast the English muffin until golden brown. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes and orange slices on top of the cream cheese. Serves 2, fruit and grain groups. Courtesy: More Matters



CRAFT: Coffee Filter Butterflies

- Assorted colors of pipe cleaners
- Large size paper coffee filters
- Water-based markers or watercolor paints and brushes
- Small spray bottle filled with water

Give each child a coffee filter and have them color on it with markers or paint. Encourage them to make designs. Have them hold up the coffee filter and spray it with a light water mist. Let them watch the colors run and spread. Once the filter is dry, bunch it in the middle and wrap a pipe cleaner around it. Make sure you leave a little extra pipe cleaner to make two antennae. *Potpourri January 2014*



Spaghetti Squash W/ Ground Turkey



This nutritious and satisfying meal is packed with vegetables and lean protein.

- 1 spaghetti squash
- 2 tomatoes, diced
- 1 tbsp basil
- 1 tbsp oregano
- 1 tsp minced garlic
- $\frac{1}{2}$ cup diced onions
- 1 pound ground turkey
- $\frac{1}{4}$ cup Parmesan cheese
- 2 tbsp olive oil

Puncture squash; bake at 350 degrees for 35-45 minutes in oven. In a fry pan over medium heat, add olive oil and sauté garlic, onions, herbs and spices for two minutes. Then add ground turkey and cook another 5 minutes until browned. Add tomatoes last. Once the squash has finished baking, cut it in half, remove seeds, and scrape out the "spaghetti". Top with cheese and turkey sauce. *Serves 6-8 as the vegetable and meat/meat alternate groups. Courtesy: Health Advocate.com*

Mama's Chicken & Rice

- 1 tbsp vegetable oil
- 1 pound boneless skinless chicken, diced
- 2 cups water
- 1 cup thick and chunky salsa
- 2 cups instant rice, uncooked
- 2 cups whole kernel corn, drained or frozen corn, thawed
- 1 cup shredded cheese, divided

Heat oil in large nonstick skillet on medium-high heat. Add chicken and cook until no longer pink. Add water and salsa to skillet and bring to a boil. Stir in rice, corn and $\frac{1}{2}$ cup cheese. Reduce heat and simmer for 5 minutes covered. Sprinkle $\frac{1}{2}$ cup cheese on top and serve. *Claim as meat/meat alternate and grain, OR vegetable (can only claim two food groups in a casserole dish). Credit: USDA*



Remember:

*** If you provided care on January 1st, you'll need to turn in a holiday note with your January menu.***

Thanks!

bocadillos de invierno



Nevisca de Banana -

Coloque las bananas en el congelador y congélelas. Retírelas de congelador y pélelas. Licue 1 banana con una taza de leche.

Hombre de Nieve de Yogur -

Coloque 3 cucharadas colmadas de yogur en un plato y haga la forma de un hombre de nieve. Decore con pequeños trozos de fruta: banana, fresa, mora, durazno o piña. Use pretzels cortados para formar los brazos. Para el sombrero, use una galleta.

Bolas de Nieve de Mantequilla de Maní -

Mezcle 2 tazas de galletas de graham molidas con ½ taza de mantequilla de maní. Forme bolitas pequeñas. Páselas por azúcar impalpable.

Hombre de Nieve de Panquecas -

Haga panquecas muy pequeñas de 3 tamaños diferentes. Coloque las 3 panquecas en un plato para darle la forma de un hombre de nieve. Decore con trozos pequeños de fruta. ¡Vierta salsa de manzana y disfrute!

WINTER SNACKS

Banana Blizzard – Place bananas in freezer & freeze. Remove a banana from the freezer and peel it. Blend together 1 banana and 1 cup skim or 1% milk.

Yogurt Snowman – Place three scoops of yogurt on a plate in the shape of a snowman. Decorate with small pieces of fruit – chopped banana, strawberry, blueberry, peach or pineapple. Use pretzel sticks for arms. Use a cracker for a hat.

Peanut Butter Snowballs – Mix 2 cups of crushed graham crackers with ½ cup peanut butter. Shape into small balls and roll in powdered sugar.

Pancake Snowman – Make tiny pancakes in three different sizes. Place three pancakes on a plate in the shape of a snowman. Decorate with small pieces of fruit. Top with applesauce and eat! *Courtesy: Nutrition Matters*

Зимние перекуски

Коктейль Blizzard с бананом.

Заморозьте в морозилке банан. Очистите мороженый банан от кожуры. Взбейте в блендере со стаканом обезжиренного или 1 % молока.

Снеговик из йогурта.

Выложите на тарелке в виде снеговика 3 ложки йогурта. Декорируйте фруктовыми кусочками – бананов, клубники, голубики, персиков или ананасов. Используйте претцелы в качестве палочек для рук снеговика и крекеры для шапки.

Снежки из орехового масла.

Смешайте 2 чашки крошек из грэм крекеров с 1/2 чашки орехового масла. Сделайте из смеси шарики и посыпьте их сахарной пудрой.

Снеговик из блинов.

Напеките маленьких блинчиков разного аэмера. Разложите по 3 блинчика на каждую тарелку в виде снеговиков. Украсьте кусочками фруктов. Добавьте яблочный соус и сервируйте.



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MENU WINNERS

- The menu winners for December are **Brandy Parkison of Salem & Barbara Lundbom of Carlton**
- Keep those menus coming in on time -- you might be next!
- Remember -- to enter, menus need to be in an envelope with your name and address on the outside.



Thanks and Good Luck!!

"Good nutrition is the right of all children."

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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