

NUTRITION FIRST NEWS



Dec 2014



Shredded Paper Snowman ~

Simple Recycled Craft For Kids

To make your own Shredded Paper Snowman, you will need:

- ❖ 2 Paper Plates stapled together
- ❖ Shredded Paper
- ❖ Black Paper Circles for Eyes and Buttons
- ❖ Orange Paper Triangle Nose
- ❖ White Glue

I stapled 2 paper plates together into a simple snowman shape. Next I encourage my little folks to squeeze glue all over their paper plates. Make sure to protect your table with paper.

Once the plates are nice and "gluey", have kids start pressing handfuls of shredded paper onto their plates. You may end up with bits of paper everywhere, but it sweeps up really easy.

We found that we needed to add a 2nd layer of glue and more shredded paper on top of the first layer. By adding the 2nd layer, it made the paper stick better and also gave our little snowman a little extra dimension.

This is the first time that we created anything from shredded paper. It was so much fun, that we will have to find more ways to create with it. Another wonderful free material to craft with!

"Paper Snowman" (which according to the creator is his proper name) turned out so adorable. I especially love all the buttons. My kids ate lunch together, and I heard lots of funny comments about snowmen not liking strawberries, just carrots. I love kids! These little guys will probably continue dropping paper, but that's OK. I can just hear the kids saying "Look, my snowman is melting!". I think this is my favorite snowman craft that we have made so far! *Courtesy of and adapted from;* <http://www.housingaforest.com>

Potato & Cheddar Soup

What could be more comforting than a bowl of soup laden with potatoes, cheddar cheese and bacon?

- ▶ $\frac{1}{4}$ pound sliced bacon, cut into thin strips
- ▶ 1 large onion, chopped
- ▶ 3 pounds baking potatoes (about 6) peeled & cubed
- ▶ 4 $\frac{1}{2}$ cups water
- ▶ 1 teaspoon salt
- ▶ 6 ounces grated cheddar cheese (about 1 $\frac{1}{2}$ cups)
- ▶ $\frac{1}{4}$ cup chopped chives



In a large saucepan, cook the bacon over moderate heat until crisp. Remove the bacon with a slotted spoon and drain on paper towels. Pour off all but two tablespoons of the bacon fat. Reduce the heat to moderately low. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the potatoes, water and salt and bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until potatoes are tender, 15 to 20 minutes. Remove half the soup from the pan and puree in a food processor. Alternatively, mash some of the potatoes with a potato masher. Return the mashed or pureed potatoes to the pan. Over low heat, add the cheese and stir until melted. Remove the soup from the heat. Taste the soup and add more salt if needed. Serve the soup topped with the bacon and the chives. *Note: Red or yellow potatoes have less starch than baking or Idaho potatoes and hold up better when boiled; but for this soup, we need the potatoes to break down into smaller pieces and thicken the soup.* www.delish.com/recipes

Apple Glazed Sweet Potatoes



So easy, just simmer sweet potato slices in juice and serve! Makes 4 servings (1/2 cup each). Prep time is 10 minutes and cooking time is 30 minutes. I'll be trying this recipe for the holidays!

- ▶ 2 ½ cups unsweetened 100% apple juice
- ▶ ½ teaspoon ground cinnamon
- ▶ ¼ teaspoon salt
- ▶ 2 pounds sweet potatoes (about 4), peeled and thinly sliced

Combine apple juice, cinnamon and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until sweet potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Snowman Biscuits

Here's an easy recipe that children can have fun assembling with you!

- ✓ Refrigerated biscuits - 3 biscuits per snowman
- ✓ Raisins
- ✓ Pretzel sticks

To assemble each snowman, lay 3 biscuits vertically on cookie sheet. Add raisins for eyes, nose, mouth and buttons. Use pretzel sticks for arms. Bake according to biscuit directions. Be creative and use other food items to decorate the edible snowmen!



Healthy Cookies



- ▶ Non-stick cooking spray
- ▶ 2 ripe bananas, mashed
- ▶ 1 cup of uncooked quick oats
- ▶ ¼ cup crushed walnuts

Preheat oven to 350 degrees. Spray cookie sheet with non-stick spray. Combine the mashed banana and oats in a bowl. Fold in the walnuts and place on cookie sheet by tablespoon. Bake 15 minutes.

Egg free, dairy free, gluten free* and delicious! *Use gluten free oats such as Bob's Red Mill quick oats to make them gluten free. Adapted from skinnytaste

Peach Crumble

- ▶ Nonstick cooking spray
- ▶ 4 (15-ounce) cans juice packed peach slices, drained
- ▶ 2 tablespoons cornstarch
- ▶ 1 teaspoon vanilla
- ▶ 1 ¼ teaspoons ground cinnamon
- ▶ 2/3 cup old fashioned oats
- ▶ ¼ cup brown sugar
- ▶ 1/3 cup flour
- ▶ 2 ½ tablespoons butter

Preheat oven to 400 degrees. Spray a 9-inch deep pie pan with nonstick cooking spray and pour drained peaches in the pan. In a small bowl, stir in cornstarch, vanilla and 1 teaspoon cinnamon; pour the mixture over peaches. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while warm.



Remember to check our **Nutrition First Facebook page** for lots of great holiday recipes and craft projects! Go to <https://www.facebook.com/NutritionFirstOregon>



Gorritos Festivos

Necesita

- ▶ 10 uvas verdes
- ▶ 10 fresas
- ▶ 1 plátano
- ▶ 10 bombones
- ▶ chicos
- ▶ pica dientes o palitos delgaditos.

Sobre un pica dinte ponga una uva, luego una rodaja de plátano delgado y tape con una fresa encima de la puntita de la fresa ponga un bombón chico para crear un gorrito festivo.

Biscocho de muñeco de Nieve

Esta es una receta fácilmente de hacer con sus niños!

Ingredientes:

- ✓ Biscochos refrigerados, 3 biscochos por muñeco
- ✓ Pasas
- ✓ Palitos de Pretzel

Instrucciones:

Pon 3 biscochos sobre una charola de hornear galletas, agregue las pasas para los ojos, nariz, boca y 3 para los botones. Use los pretzels para sus brazos. Y hornee usando las instrucciones del paquete de los biscochos. Se creativo y use otras comidas para su mono (ejemplo pimienta anaranjado para su nariz)



Снеговика из бисквитов.

Предлагаем вам праздничный рецепт, который дети легко и с удовольствием смогут сделать сами!

Компоненты:

- ✓ Бисквиты (полуфабрикаты) – 3 бисквита для 1 снеговика
- ✓ Изюм
- ✓ Палочки Pretzel
- ✓ Приготовление:

Чтобы сделать снеговика, положите 3 бисквита вертикально на противне. Из изюма выложите глаза, нос, рот и пуговицы. Используйте палочки pretzel для рук. Выпекайте соответственно инструкции для бисквитов. Используйте собственное воображение для большей декорации!

Recuerde visitarnos en Facebook para información y recordatorios sobre su programa de comida

Nutrition First

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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

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MENU WINNERS

- The menu winners for Nov. are **Elizabeth Fergus of Salem & Erin Johnson of Salem**
- 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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