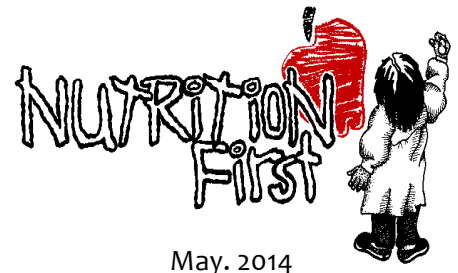


NUTRITION FIRST NEWS



May, 2014



- ✓ **ABC Snacks – Eating Your Way Through The Alphabet:** Provider Valerie Collins of Aumsville sent me this link to a really cute website that has a snack for every letter of the alphabet. Not all of them are healthy, but there are some really cute ideas! Go to <http://blog.allaboutlearningpress.com> and click on the ABC Snacks box about halfway down the page on the right-hand side. Thanks, Valerie!



Free Dental Care: Presented by the Oregon Dental Association and hosted by the Marion & Polk Dental Society, the event will be held this year at Chemeketa Community College, 4000 NE Lancaster Drive, Building 7 in Salem. Friday and Saturday, July 11th and 12th, 2014 from 6 am to 6 pm (doors open at 4:00 am). The clinic is first-come, first-served. Anyone (adults and children) willing to wait in line can be seen, whether uninsured, under-insured, or insured. Come early! Clinic capacity will likely be reached by 10 am each day. **NO photo identification, social security number or any other personal identification is required.** Interpreters will be available to assist Russian and Spanish-speaking patients. The following services will be provided: cleanings, fillings, root canals on front teeth, extractions, x-rays, oral health education, and a limited number of partials. For more information, click on 'Oregon MOM' at www.oregondental.org.

- ✓ **Camera to PDF:** I have yet to try this, but supposedly on provider's smart phones, you can go to the app store and get the "Camera to PDF" app to turn your phones into scanners. For those of you using your phones to take pictures of your menus and then emailing them to us, this option might make it a lot easier for you AND for us to read, as some of those "picture" menus are very difficult to read clearly. If anyone tries this, let us know!

Chicken & Asparagus Stir-Fry

- ✓ 1 ½ pounds skinless, boneless chicken breast, cut into 1-inch cubes
- ✓ ½ cup reduced-sodium chicken broth
- ✓ 2 Tbsp reduced-sodium soy sauce (or tamari for gluten-free)
- ✓ 2 tsp cornstarch
- ✓ 2 Tbsp water
- ✓ 1 Tbsp canola or grapeseed oil
- ✓ 1 bunch asparagus, ends trimmed, cut into 2-inch pieces
- ✓ 6 cloves garlic, chopped
- ✓ 1 Tbsp fresh ginger
- ✓ 3 Tbsp fresh lemon juice
- ✓ Black pepper to taste

Combine chicken and soy sauce or tamari in a small bowl. In a second bowl, combine the cornstarch and water and mix well. Heat a large nonstick wok or fry pan over medium-high heat. Add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the ginger and garlic and cook until golden, about 1 minute. Set aside. Increase the heat to high, and then add 1 teaspoon of the oil and half the chicken and cook until brown and cooked through, about 4 minutes on each side. Remove chicken and set aside and repeat with the remaining oil and chicken. When cooked, set the chicken aside. In the same wok or pan, add the soy sauce mixture; bring to a boil and cook about 1 ½ minutes. Add lemon juice and cornstarch mixture and stir well. Add the chicken and asparagus, stirring until coated. Remove from heat and serve. *Meets requirement for meat/meat alternate and fruit/vegetable groups. Serve over rice and meet the bread/grain group.* Credit: Community Health Education Center



Southwest Quinoa Salad

One of the girls in the Nutrition First office made this recently, and it was good, good, good!

- ✓ 1 cup quinoa cooked according to package directions
- ✓ 1 (14 oz.) can black beans, drained and rinsed
- ✓ 1 (14 oz.) can corn, drained
- ✓ ½ large red bell pepper, chopped
- ✓ 4 green onions, diced
- ✓ ¼ cup chopped cilantro
- ✓ Juice from 2 limes
- ✓ 1/3 cup olive oil
- ✓ 1 tsp ground cumin
- ✓ ½ tsp black pepper
- ✓ 1 tsp salt



After the quinoa is done cooking, fluff it with a fork, transfer it to a large bowl, and allow it to cool completely (about 15 minutes). In a small bowl, whisk together lime juice, olive oil, ground cumin, black pepper and salt. When the quinoa has cooled, add in the black beans, corn, red bell pepper, chopped green onions and cilantro. Stir in dressing and toss to coat. Cover and refrigerate. This dish keeps well. Meets the requirement for bread/grain at any meal or snack. Credit: centercutcook.com



Quinoa & Tomato Salad

- ✓ 1 cup uncooked quinoa
- ✓ 2 cups grape tomatoes, or cherry tomatoes, red and/or yellow (OR 2 lg tomatos)
- ✓ 1 Tbsp olive oil
- ✓ 1 Tbsp white wine vinegar, or more to taste
- ✓ 1/2 tsp table salt, or more to taste
- ✓ 1/4 tsp black pepper, or more to taste
- ✓ 2 Tbsp chives, fresh, minced

Put quinoa in a fine-mesh sieve or fine strainer. Place under cold running water until water runs clear (this eliminates the bitter taste contained in quinoa's coating); drain well. (Or you can buy certain brands of quinoa that are pre-rinsed.) Place rinsed quinoa in a medium saucepan and cover with 2 cups of cold water; bring to a boil over high heat. Reduce heat to low, cover and simmer until the grains are translucent and the germ has come out of each grain, about 15 minutes. Cover and remove from heat; let sit for 5 minutes. Spoon quinoa into a large bowl and set aside to cool. Meanwhile, finely chop tomatoes, reserving 2 tablespoons of the tomato juice; set tomatoes aside. In a cup, combine tomato juice, oil, vinegar, salt, pepper and chives; stir well. When quinoa is at room temperature, stir in chopped tomatoes; add tomato vinaigrette and toss again. Yields about 1 1/4 cups per serving. source: [Weight watchers](http://Weightwatchers.com)

**** The simple ingredients in this recipe make it a perfect complement to spicy main dishes. ****

**** Vary this recipe by using fresh basil, thyme, cilantro or oregano instead of the chives. ****

Pink Pickled Eggs

This is a fun recipe to make for kids, and a great protein source.

- ✓ 6 hard-boiled eggs
- ✓ 1 clove crushed garlic
- ✓ ¾ cup juice from cooked or canned beets
- ✓ 1 bay leaf
- ✓ 1 cup cider vinegar
- ✓ 1 tsp salt
- ✓ 2 Tbsp sugar
- ✓ ½ tsp allspice
- ✓ Dash of black pepper

Peel hard boiled eggs; place in quart jar. In a saucepan, combine all remaining ingredients. Heat, but do not allow mixture to boil. Pour hot liquid over eggs. Cool, then cover and refrigerate overnight or longer. The longer the eggs soak, the deeper the pink color will penetrate. Yield: 6 servings, meets the requirement for meat/meat alternate.



CLÍNICA DENTAL GRATUITA

Se ayudara a cómo van llegando

Cuando: Julio 11 y 12, 2014 de 6 am a 6 pm (las puertas se abrirán a las 4 am)

Presentada por: Oregon Dental Association /Y coordinado por: Marion & Polk Dental Society

Donde: Colegio Comunitario de Chemeketa 4000 Ne Lancaster Drive, edificio 7 en Salem OR

La clínica es primero llegada, primero servido cualquier edad (niños y adultos) si están dispuestos a esperar serán atendidos. Aunque tengan o no tengan seguridad. ¡Venga temprano! La capacidad de la clínica es esperada a estar llena para las 10 de la mañana. **No identificaciones son**

requeridas. Y habrá intérpretes disponibles en español y ruso en la clínica. www.oregondental.org

Servicios proveídos:

- Limpiezas dentales
- Rellene de carió
- Endodoncias en dientes frontales
- Un límite de numero en parciales
- Extracciones
- Educación de salud oral
- Radiografías

Servicios NO Proveídos:

- Dentaduras completas
- Implantes dentales
- Endodoncia en muelas
- Coronas
- Extracciones de las muelas del juicio que aun no brotan
- Narcóticos no serán distribuidas



УСЛУГИ СТОМАТОЛОГА БЕСПЛАТНО!

Обслуживание в порядке живой очереди.

Пятница и Суббота, **11-12 Июля, 2014г.** с 6-ти утра до 6-ти вечера.

Дверь будет открыта с 4-х утра.

Услуги будут предоставлены Ассоциацией Стоматологов Орегона на базе Стоматологической Ассоциации Мэрион и Полк районов в помещении Университета Чемекета – Chemeketa Community College, 4000 NE Lancaster Drive, Salem, OR. Здание #7.

Для получения большей информации обратитесь к сайту “Oregon MOM” : www.oregondental.org

Кто может получить лечение?

Обслуживание в порядке живой очереди. Всем, взрослым и детям, кто не против ожидания в очереди, будет оказана помощь, не смотря на наличие или отсутствие мед.страховки. **Приходите заранее!** Количество тех, кого возможно будет обслужить до окончания рабочего дня наверняка будет зарегистрировано уже в пределах 10 часов утра каждый день.

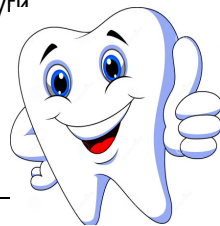
Персональные документы и # социальной службы **не требуются.** Будут присутствовать переводчики для русско-говорящего населения.

Предоставляемые услуги

- Cleanings -чистка
- Fillings- пломбы
- Root canals on front teeth-корневые каналы на передних зубах
- A limited number of partials- лимитированные услуги протезирования
- Extractions – удаление зубов
- Oral health education - консультации
- X-rays – рентген

Не предоставляемые услуги

- Full dentures – полное протезирование
- Dental implants – Стоматологическое имплантирование
- Root canals on molars- корневые каналы корневых зубов
- Crowns - коронки
- Extractions of unexposed wisdom – удаление не достаточно выросших ещё зубов мудрости
- Narcotics will not be dispensed- наркотические лекарства выдаваться не будут



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Nutrition First

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503-581-7563 or 1-800-288-6368

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

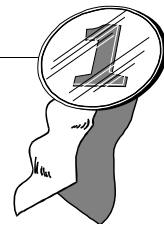
Mid-Willamette Valley Community Action Agency, Inc.
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Salem, OR 97301

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MENU WINNERS

- The menu winners for April are **Andria Wonderly & Robyn Statler, both of Keizer**
- 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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