

NUTRITION FIRST NEWS



September 2015



A group of professional people posed this question to a group of 4 to 8 year-olds,

'What Does Love Mean?'

The answers they got were broader, deeper, and more profound than anyone could have ever imagined!

See what you think:

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore.. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'
Rebecca- age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'
Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'
Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'
Chrissy - age 6

'Love is what makes you smile when you're tired.'
Terri - age 4

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.'
Danny - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and just listen.'
Bobby - age 7 (Wow!)

'If you want to learn to love better, you should start with a friend who you hate.'
Nikka - age 6
(We need a few million more Nikkas on this planet)

'Love is when you tell a guy you like his shirt, then he wears it everyday.'
Noelle - age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.'
Tommy - age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.'
Cindy - age 8

'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.'
Clare - age 6

'Love is when Mommy gives Daddy the best piece of chicken.'
Elaine-age 5

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'
Jessica - age 8

'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.'
Chris - age 7

'Love is when your puppy licks your face even after you left him alone all day.'
Mary Ann - age 4

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.'
Lauren - age 4

'When you love somebody, your eyelashes go up and down and little stars come out of you.' (what an image)
Karen - age 7

'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross.'
Mark - age 6

And the final one:

The winner was a four-year-old child whose next-door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry'

Found on the Internet.

Potato, Black Bean & Kale Skillet Recipe

A lively Southwestern skillet dish featuring diced potatoes, kale and black beans, spiced up with garlic, chili and cayenne, and topped with a dollop of non-fat Greek yogurt.

- ✓ 4 Green Giant Klondike Rose potatoes
- ✓ 1 bunch Kale (curly, Italian or other variety), approx. 6 oz.
- ✓ 2 T olive oil
- ✓ 1 garlic clove, minced
- ✓ 1/4 cup chopped onion
- ✓ 1 tsp chili powder
- ✓ 1/4 tsp salt
- ✓ 1/8 tsp cayenne pepper
- ✓ 1 15-oz can no-salt-added black beans, drained and rinsed
- ✓ 1/2 cup plain non-fat Greek yogurt



Dice potatoes into $\frac{1}{2}$ " pieces. Chop kale. Heat oil in large skillet over medium heat. Add garlic and onions; cook 2-3 minutes until just starting to brown. Add diced potatoes, chili, salt and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently. Serve with Greek yogurt.



Sunshine Salad

- ✓ 2 cups carrots, shredded
- ✓ 1/2 cup low-fat vanilla yogurt
- ✓ 1/2 cup pineapple, crushed
- ✓ 1/4 cup raisins

Mix all ingredients together in a mixing bowl. Toss and serve immediately.

Pecan Crusted Broccoli

- ✓ 1/4 cup pecans
- ✓ 1/2 tsp marjoram
- ✓ 1 Tbsp olive oil
- ✓ 1 lb frozen broccoli, chopped and cooked
- ✓ 1 Tbsp dry bread crumbs

Sauté pecans in olive oil in small skillet for 2-3 minutes. Add bread crumbs and marjoram, stirring frequently. Remove from heat when toasted. Toss cooked broccoli with topping mixture. Serve.



Banana Dogs

This would make a great breakfast also, and easily portable for picnics Get creative with this super easy snack. Customize with your favorite nuts and fruits!

- ✓ 1 medium banana
- ✓ 1 Tbsp natural peanut butter
- ✓ 1/2 Tbsp honey
- ✓ 1/4 cup blueberries
- ✓ 1 whole wheat tortilla

Mix peanut butter and honey until combined. Spread mixture evenly down center of tortilla. Place whole banana on top of peanut butter spread. Top with blueberries.

Fold tortilla and enjoy! All recipes courtesy of: fruitsandveggiesmorematters.org





Child Care Tax Workshop ~ FREE

All are Welcome

Several CPA's, well-versed in the intricacies of Child Care taxes, have agreed to provide a free child care tax workshop. The workshop will be located in the Community Action building located at 2475 Center Street NE in Salem (same building that houses Child Care Resource and Referral) and the Nutrition First modular is next to it.

The tax material will be translated into Spanish, and Carmen will be here to translate for those who wish. Everyone will be given a packet of tax material and worksheets. Again, this is a free workshop and all are welcome. However, the conference room is limited to 75 people. We would appreciate your letting us know if you are attending so we can make enough packets. Thank you!

Saturday, November 7, 2015 at 1:30 until 4:00, depending on the number of questions.

This will qualify as Set One training and will be listed on the ORO training website.

Clase Sobre Impuestos Gratuita Para Proveedoras De Cuidado Infantil

Varios CPA's, (contadores certificados públicos) versado en las complejidades de los impuestos de guarderías de cuidado infantil, se han ofrecido a dar una clase gratuita a proveedoras de cuidado infantil. La clase estará localizada en la Agencia Community Action localizada en el 2475 Center St. En la ciudad de Salem 97301 (en la misma oficina donde trabaja la señora Bertha Camacho) a un lado de la oficina de Nutrition First.

Habrà un paquete de información disponible por proveedora y estará Carmen para traducir la clase a las proveedoras de habla hispana que asistan a la clase. De nuevo esta clase es gratuita, pero solo habrá cupo para 75 personas. Favor de avisarme si es que está interesada en asistir.

La clase será el sábado 7 de Noviembre de las 1:30 am a la 4:00 de dependiendo en las preguntas.

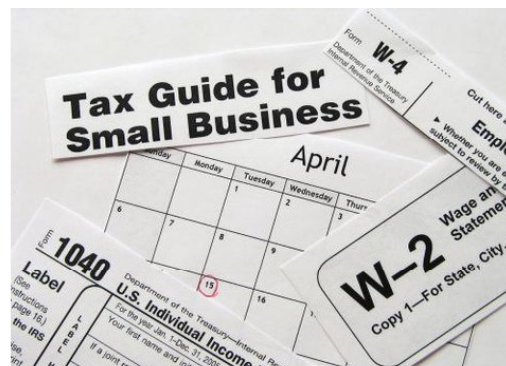
Esta Clase contara como clase nivel uno (set one training), y será registrada con el sistema ORO.

Семинар Для Воспитателей

Несколько бухгалтеров, хорошо разбирающихся в тонкостях налоговой системы для воспитателей детских садов (Child Care taxes), согласились провести семинар который состоится по адресу 2475 Center Street NE, Salem OR в здании, которое находится рядом со зданием пищевой программы. Каждый посетитель получит пакет с необходимой информацией о налогах. Напоминаем что это бесплатный семинар, однако зал рассчитан на 75 человек и мы будем очень рады если вы заранее запишитесь. Так мы сможем приготовить пакет документов для каждого. Спасибо!

Семинар состоится на английском языке в субботу 7 Ноября с 1:30 до 4:00 (зависит от количества вопросов)

Этот семинар засчитывается как класс (Set One training) и будет опубликован в списке классов для воспитателтей на сайте ORO.



Images courtesy of Tom Coneland

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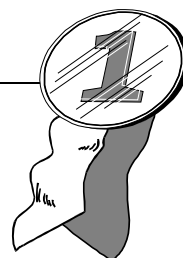
Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

Mid-Willamette Valley Community Action Agency, Inc.
2475 Center St. NE
Salem, OR 97301

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MENU WINNERS



- The menu winners for August are **Rubie Ann Mathews Igo of Toledo & Violet McPherson of McMinnville**
- 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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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

USDA and MWVCAA Nutrition First are equal opportunity providers and employers
