



Prepared parents. Healthy families.

National Learning Month

Have you ever tried to learn something new, but were afraid of being made fun of or judged? A classroom or a home might have puzzles that help with brain development, art supplies for creativity, and toys for play, but if a child doesn't feel safe to explore and make mistakes, they might not be able to use those tools to the best of their ability.

Self-confidence (and the courage to try, make mistakes, and learn) begins in an environment of compassion, creativity, patience, and security. However, self-confidence needs something more to really shine: we need to feel responsible for our own growth. How can we as parents help our children learn what they need to learn while encouraging them to love learning at the same time?

Behaviorism and Constructivism

In education and parenting techniques, there are two powerful theories of learning.

Behaviorism focuses on positive and negative reinforcement, memorization, and obedience.

Constructivism focuses on the process of discovery, group discussion of "right" and "wrong" answers, and the creation of new meaning.



Soobin David Oh is an Early Childhood Educator from the Children's Institute and Portland State University believes that we see behaviorism used almost exclusively in schools, which means we need a more balanced approach to educating and caring for young children.

What are some examples?

Soobin says that behaviorist methods are extremely effective in short-term motivation:

- You start with an automatic reflex. Some things you don't put too much thought into -- you simply react. For example: children respond to a horn by freezing their bodies. In certain situations (walking alongside a busy street), this is very useful for children to stay safe. The child reacts without considering why they are reacting.

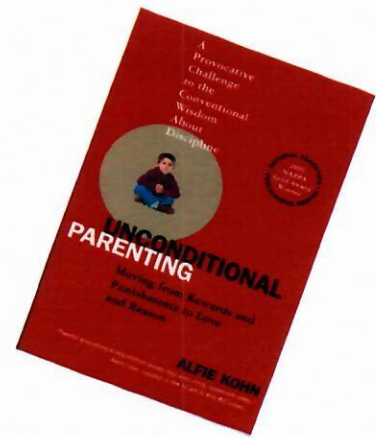
He also says that constructivist methods are extremely effective for long-term motivation:

- You focus on solving problems. As Soobin says, children feel they have a voice and can participate in the active creation of their own learning. For example: when a child draws a picture, you might think to say, "What a beautiful picture!" However, to encourage the child to think about the meaning of their picture instead of what you believe it is worth, you might say, "It looks like you used a lot of colors. Would you like to tell me about the colors you used?"

Book Review

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason by Alfie Kohn

This book encourages parenting techniques that “help children become their most caring, responsible selves.”



Kohne says that we are often taught that “good things must always be earned, never given away.” If our presence and attention for others “depends on their performance,” people feel “they’re accepted only when they act the way we demand.” A child is called ‘disgusting’ for pooping their pants while another child gets candy for using the toilet. This not only makes our love look distant whenever others fail to please us, it often “morphs into conditional self-approval” for the child, who then disowns “the parts of themselves that aren’t valued.”

Especially in a child’s moments of insecurity or tantrum, we need to first show our “unshakable love” by providing refuge.



But wait a minute, you might think that offering refuge before discipline reinforces negative behavior, right? The focus should be on providing a safe setting to explore “what’s going on underneath the visible behavior.” If we assume rude behavior is the “outward expression of feelings and thoughts,” our mindset can guide children to “accept themselves as fundamentally good people, even when they screw up or fall short.”

vroom
Brain building moments

A Changing Conversation

When you’re changing your child, make a funny sound. How does he/she respond? By smiling? Kicking his/her legs? Making a sound? Try a new sound and see what he/she does. Keep adding new ones to the mix!

Ages 0-1

joinvroom.org



Brainy Background powered by Mind in the Making

Back and forth conversations can happen even without words. You are teaching your child about how conversations work. First one person speaks, then the other. This is an early and important lesson about the pleasure and skill of communicating—a skill that’s important in school and in life.

For more activities like these, check out the free Daily Vroom mobile app!

Vroom is a mobile app designed to encourage back-and-forth interaction between children and parents.

The wonderful part of Vroom is that it supports actions parents already do with their children. Learning is a process for both the child and parent, and little steps are as important as big ones!

Vroom trusts that a child’s best teacher is you! Explore new ways to build brain-building connections during every-day activities with your child.

Daily Vroom is available in English and Spanish.

find out more
joinvroom.org

Creating Classroom Community

Last month, we talked about creating a learning environment that encourages children to explore their environments, make mistakes without fear of failure, and discover new meaning. Feeling safe and respected by your community is a huge factor in successful learning, as well.



Focus on Trust and Relationships



As a parent, we may focus on teaching our children how to behave at school. However, as we learned last month, behaving a certain way is great as a short-term goal. A child who trusts you, the parent, and his teachers, will feel good about learning and following the rules at home and at school (or daycare).

Co-create Rules with Children

This might sound scary, but it's actually very powerful. If someone feels invested in creating

a rule, that person is more likely to follow it (and hold themselves accountable when they break it). This might be a routine more than a rule. How many seconds does a child need to brush their teeth? If the child spends too much time brushing their teeth, what should happen?

Maybe spending too much time brushing teeth will cut into time spent reading a bedtime book. With parental guidance, rules can be created together in order to feel everyone is contributing to the household.



Encourage Child Voice

Along the same lines of creating house rules together, children have many opinions about how they should spend their time. This doesn't mean they get to decide what they do all the time, but if it's play time, it's not a bad idea to ask the child if they want to play outside in the yard or go to the nearby park. If they need to clean up their toys, ask if they want to listen to music while they clean up or sing a song together. Giving children a choice and honoring their decision empowers the child to feel responsible for themselves. This boosts their confidence and self-worth.

Adapted by the National Association for the Education of Young Children.

Smooth Transitions Reduce Stress

Transitions are when children move from one activity to another. Check out these resources from NAEYC:

- ["How to Help Your Child Have a Successful Morning"](#)
- ["How to Help Your Child Have a Successful Bedtime"](#)
- ["How to Use Visual Schedules to Help Your Child Understand Expectations"](#)
- ["How to Help Your Child Transition Smoothly Between Places and Activities"](#)
- ["Creating Routines for Love and Learning"](#)

From The Center on the Social and Emotional Foundations for Early Learning:

- ["Some Starters for Giving Positive Feedback and Encouragement"](#)



Samaritan
Health Services

Pollywog was developed to align health care, parenting education, and early childhood services for children, prenatal to age five, and their families in Linn, Benton, and Lincoln counties, in Oregon.

Visit www.pollywogfamily.org for upcoming Linn-Benton Community College Parenting Education classes, Parenting Success Network Parent Workshops, and Prenatal Classes offered through the Samaritan hospitals.

Why is Communication Important?

October 9, 2019, Shirley Blake

We recently celebrated my younger son's third birthday! With his third birthday came a noticeable development in his language. He is quite articulate with thoughtful questions and comments. After a recent visit with his pediatrician he said,



"My doctor takes care of me. He loves me." The entire family is enjoying Samuel's comments and questions. We are entertained by Samuel's newly developed communication skills.

Communication skills start when children are babies. As parents and caregivers, we tune into our babies' cries, jerky reflexes, facial expressions, and smiles. As parents, we are our child's first teacher and we largely teach our children through modeling. Skills develop with our little ones when there is more teaching through dialogue.

In early learning, we highlight the importance of social emotional competence and skills. Communication goes hand in hand with social emotional capability. So why are communication skills important? How do we encourage good communication?

Good communication skills are important for all. For children it is key so that they may interact with peers and adults to have their needs met. I recall a time when my oldest son Karson was a little over a year old and was very ill. I remember thinking *I wish Karson could tell me what is wrong and how I could help*. He could not and it was frustrating for both of us. More reasons communication skills are important are:

- To be able to resolve conflicts
- For relationships, maintain and engage

Related Articles

[Nourishing a Thankful Spirit](#)

November 18, 2019

Have you ever seen the quote, "Change your thoughts and you change your world"? Well, it's true. How do we make our brain happy so that we may have a better lens to view life? Through working in the early childhood field and with medical personnel, social workers, therapist, counselors, and behavioral specialists, I have come to know the special effects gratitude has on your brain the science exists.

[Read more »](#)

[Hope for Peace and Joy](#)

November 4, 2019

Three years ago, my son's preschool class made mini-pumpkin pies. I still admire his teacher for leading the baking project. The pumpkin pie was small, cute, and the smell was both comforting and mouthwatering. Luckily, my preschooler shared some of his little pie with me and I am not sure if it was because my son made it but that little pumpkin pie was so yummy! It made me think that things are to be enjoyed no matter how big or small. Quality over quantity, a good



-To learn, ask questions

-It is essential for school, work, and activities

As a modern mom being a good

communicator has been very important as my family navigates many schedules, hot topics, ideas, projects, life demands, extended family, friends and many transitions. My biggest challenge has been to slow down to give that space for my children to communicate. I have been more mindful of making eye-contact, facial expressions, gestures, body language and being an active listener. I also try hard to assure I use the correct word phrases. I have a bilingual brain and focusing is necessary to ensure good communication.

Encourage good communication by reading to my children and engaging them in rich dialogue about many topics in life. I especially love teaching them about our Mexican culture and heritage as well as other cultures. It helps them to be more open with understanding different perspective and ways of living life. Asking them questions and giving them space and patience to verbally process helps. The challenge with this is my busy schedule so it is taking some time every day (okay almost everyday) to listen to them and ask questions. Weekends are great for interactive activities and car rides are a easy way to engage in enriching dialogue.

Language is a practiced skill. With more awareness and practice we can role model healthy communication and continue to learn as we transcend through life!

Check out the resources below on communication, until next time!



How to Support Your Child's Communication Skills– The capacity to communicate is the ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally. Most children learn to communicate to get a need met or to establish and maintain interaction with a loved adult.

What is Active Listening- Active listening refers to a pattern of listening that keeps you engaged with your conversation partner in a positive way. It is the process of listening attentively while someone else speaks, paraphrasing and reflecting back what is said, and withholding judgment and advice.

Six Communication Skills Every Child Should Know- Teaching children how to communicate politely and effectively is one of a parent's most important tasks.

motto to have this holiday season.

[Read more »](#)

Balancing Motherhood

October 24, 2019

This past weekend I was able to hold a sweet baby girl while mom used the restroom and it took me back to those baby-era days. My sons are in preschool and elementary school so it is a different ball game, still demanding but in different ways. When my boys were babies, basic human necessities were a process and a lot of work to make happen. For instance using the restroom in peace and quiet was an unrealistic expectation. I frequently felt like I was sneaking away to do simple things like showering.

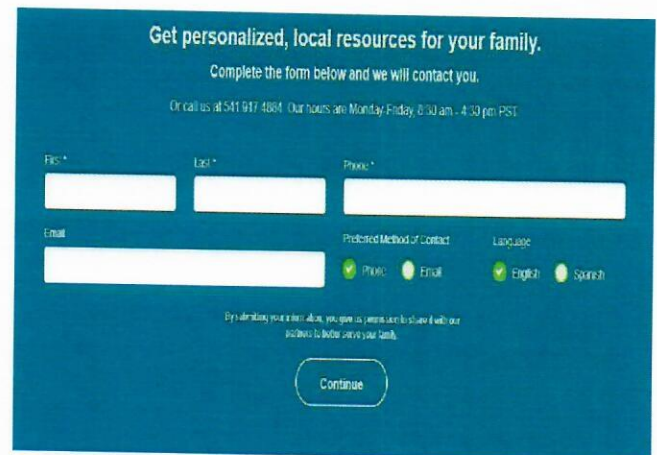
[Read more »](#)

Changes to Pollywog Website

A new version of VistaLogic has been installed and is available for you to review. The Pollywog website has also been updated--slightly--in order to be able to integrate some of the changes that we are seeing in this new version of the program.

The alterations to the website portal are very slight and shouldn't be difficult to navigate. When a new parent opens the website and scrolls down to the portal, the drop-down menu is no longer included on the screen. Instead, when you press the "Contact Me" button, you will now be taken to a secondary menu, a Pollywog Welcome Survey, and asked a couple of questions: Primary Interest with a selection of choices, How you heard about Pollywog with a selection of choices, and if you would like to receive

text messages. When you answer the questions, press the "Save & Continue" button, and you will be taken to the "Thank you. We will contact you within three business days" screen.



Get personalized, local resources for your family.

Complete the form below and we will contact you.

Or call us at 541.917.4884. Our hours are Monday-Friday, 8:00 am - 4:30 pm PST.

First * Last * Phone *

Email

Preferred Method of Contact: Phone Email

Language: English Spanish

By submitting your information, you give us permission to share it with our partners to better serve your family.

This is a relatively small change, but will allow Pollywog to gather a couple of pieces of data that we were missing, and allow us to serve our parents and partners more efficiently.

What's Happening

- ✓ The next Pollywog Partner Meeting has been scheduled for Thursday, October 10, 2019, from 9-10:30am, in LM-131 at the Luckiamute Center on the LBCC campus. A calendar invitation will be sent out soon to the listserv. We will be discussing: the current status of the Pollywog Program and the new version of the Clara database, the status of the Lincoln County Expansion, and a special presentation by Brooke Jackson of the OSU Extension Service about the Food Heroes program.
- ✓ Currently there are 972 individuals in the Pollywog database, 48 prenatal, parenting education, and children's activities available, and 96 eReferrals have been made.

Changes to VistaLogic Database

In late August we began updating the Clara system with a series of new functions and menus. When you open the program, you will be pleasantly surprised by the new look of the software--much more attractive and clear. There are also a much smaller menu of choices (down the left of the screen). We are trying to streamline the process of bringing a new client

into the database and getting them organized and ready to receive services. For example, if we have a new client and her two children in the system, we can create an "application" which will link all three individuals together and let you see what services, courses and activities this entire family is getting. Technically, we are creating a "care plan" for the family.

When a family enters through the database, and completes the Pollywog Welcome Survey, they will appear in Pollywog as a service request -- they are requesting Pollywog. Our Family Connections staff will then contact that person, and complete an "application"--a few more questions, such as "Are you pregnant?" or "Do you currently have health care insurance?"--and then complete the request that the person contacted us about, such as getting enrolled in a course or getting help with a specific problem.

We will be discussing the new update at the upcoming Partner Meeting on October 10 (see EL Hub Calendar), and demonstrating the new functionality of the software. New training is also being created and we'll get it out to partners as soon as possible.

Pollywog Training Update

In order to help our partners keep up-to-date with the status of other partners, we have decided to create a section in each Friday Update that gives a quick rundown on where partners are in the on-boarding process, and who is available to refer to right now:

Partners who have signed MOUs and have staff trained to work in Pollywog:

Family Tree Relief Nursery
Old Mill Center / Healthy Families
Old Mill Center / Preschool & Counseling
Samaritan Albany General Hospital
Samaritan Lebanon Community Hospital
Linn County Health Department
Family Connections
Kidco Head Start
Community Doulas

Partners waiting for training:

OR Department of Human Services
Community Services Consortium
Women, Infants & Children (WIC)
Samaritan Pacific Communities Hospital

Partners waiting to sign MOUs:

Early Intervention
GAPS/Welcome Center

Contact Us

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<https://pollywogfamily.org/>

Facebook:

<https://www.facebook.com/PollywogFamily/>

LINN-BENTON COMMUNITY COLLEGE
Contracted Classified Position Description

Title: Program Assistant 1
Department: Parenting Education
Reports To: [Pollywog Program Coordinator](#)

Grade: 14
Position No:

SUMMARY:

Provides support for the Pollywog Program. Supports and assists in the achievement of key measures and objectives of the Pollywog Program. Collects required information from community partners, summarizes data, prepares meeting materials and quarterly reports, and assists with maintaining websites, databases and other forms of communications.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

1. Assists the Pollywog Coordinator in planning, promoting and coordinating meetings with the programs' partners and for Pollywog related community events. Attends meetings, takes notes and provides information.
2. Establishes and coordinates a communication system between Pollywog partners, including use of electronic forms of communication. Assist with maintaining and updating Pollywog websites. Develops presentations and publications to communicate the goals and outcomes of Pollywog for a wide variety of community stakeholders.
3. Works with the Pollywog Coordinator to develop marketing. Distributes flyers and other promotional materials. May design, research, write and edit newsletters for professionals and parents on all aspects of early learning.
4. Collects, inputs and maintains data required by funders. Works with the Pollywog Coordinator to prepare required quarterly reports.
5. Assist with entry of course information into the Pollywog database. Assists with ensuring database records are up to date and accurate, meeting all required timelines and expectations.
6. Provides information and assistance to community partners on a variety of Pollywog matters, requiring detailed knowledge of the systems, funding, metrics, assessment, procedures, policies and activities of the Pollywog program across the three-county region.
7. Performs other related duties as assigned.

QUALIFICATIONS:

Knowledge and Skills: Requires personal computer, word processing, website management and data base application skills. Requires strong record keeping and documentation skills. Requires good organizational, planning, communication, problem solving, customer relations and phone skills. Must have good writing and editing skills.

Abilities: Must be able to independently perform the duties of the position efficiently and effectively. Requires the ability to operate general office equipment including computers, word processing and database applications used by funders and the college. Requires the ability to maintain and revise established procedural systems and controls. Must be able to prioritize and organize tasks in order to meet schedules and time lines. Must be able to use judgment and discretion in determining tools, procedures and sequence of operations. Requires the ability to communicate formally and informally with contacts both inside and outside the college setting. Must be able to work respectfully with individuals of all cultures, backgrounds, perspectives, and abilities.

Education and Experience: Position requires a minimum of 12 quarter credits in Child Development, Human Development Family Studies, Early Childhood Education, or Education, OR work experience equivalent to three years', full-time, in an early childhood setting working directly with children.

Licenses and Certificates: Requires a valid Oregon driver's license or access to transportation to attend required meetings and events.

Physical Skills and Abilities: Requires ability to operate computer software and office equipment to perform essential duties of the job. Must be able to communicate effectively in person and over the phone. May require lifting light to medium weight materials (10 to 25 lbs.).

Working Conditions: Work is normally performed in an office setting with minimal exposure to health and safety hazards. Periodic travel to community class locations, meetings and events within Linn, Lincoln and Benton Counties. Employee provides own transportation. Substantial time is spent working at a computer. May be required to work occasional evenings and/or weekends.

Created: 7/29/19

Revised:

Reviewed:



Give Them More
of the
Good Stuff!

Grape Basics



Shop and Save

- ✿ For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.
- ✿ Look for firm, plump grapes that are firmly attached to green, flexible stems.
- ✿ Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.
- ✿ Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.

All grapes – any color –
contain vitamins C and K
which help heal cuts.



Raisins

- ✿ Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.
- ✿ Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.
- ✿ Store raisins in an airtight container in a cool, dry, dark place.
- ✿ Once opened, reseal the package tightly to help prevent hardening. For best quality use within 6 months.
- ✿ If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.
- ✿ It takes 1 cup of grapes to make ¼ cup of raisins. They both have about 100 calories.

Store Well Waste Less

- Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.
- Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container or



perforated plastic bag. For best quality, use within 7 to 10 days.

- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.

► Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.

Enjoy Grapes

Grape and Cucumber Salad

Ingredients:

- 3 cups **grapes**, cut in half or quarters
- 3 cups sliced **cucumber**
- ¼ cup thinly sliced **green onion**

Dressing:

- ¼ cup **vinegar**
- 1 teaspoon **oil**
- 2 teaspoons **brown sugar**
- ¾ teaspoon **salt**
- ¼ teaspoon **hot sauce**, optional

Directions:

1. Place the grapes, cucumber and green onion in a medium bowl.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if using.
3. Pour over grapes and cucumbers and stir until mixed.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 15 minutes

Visit
FoodHero.org
for more tasty
ways to use
grapes.

Fruited Tabbouleh

Ingredients:

- 1½ cups **broth**, chicken or vegetable
- 1 cup **bulgur wheat**
- 1 cup **grapes**, cut in half or quarters
- ⅓ cup minced **onion**
- 3 Tablespoons chopped fresh **mint leaves** or parsley
- 1 small **orange**, peeled and diced or ¾ cup (one 11-ounce can) **mandarin oranges**, drained

Dressing:

- 2 Tablespoons **oil**
- 2 Tablespoons **lemon juice** or **vinegar**
- 2 teaspoons **sugar**
- ¼ teaspoon **salt**
- ½ teaspoon **ground ginger**
- ½ teaspoon **ground cumin**
- ¼ teaspoon **black pepper**

Directions:

1. Heat broth to boiling, stir in bulgur and turn off heat. Cover and set aside for 25 minutes.
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint or parsley, and orange.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Pour over bulgur and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 25 minutes + cooling time

Grape Salsa

Ingredients:

- 2 cups **grapes**, cut in pieces
- ½ cup sliced **green onion**
- ½ cup diced **Anaheim chilies**, fresh or canned
- 2 Tablespoons chopped **cilantro**
- 2 Tablespoons **vinegar**
- ¼ teaspoon **garlic powder** or 1 clove **garlic**, minced
- ½ teaspoon **salt**
- ⅛ teaspoon **hot sauce**

Directions:

1. Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes + 1 hour standing time



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse grapes under cool running water.**
- ✿ **cut grapes in half or smaller to reduce the chance of choking.**



¡Deles Más
de las
Cosas Buenas!

Fundamentos de las Uvas

Comprar y Ahorrar

- ✿ Para comerlas frescas, selecciona uvas de mesa. Tienen la cáscara delgada y son dulces y jugosas. Uvas cultivadas para jugo o vino tienen cáscaras más gruesas y contienen mucho más azúcar.
- ✿ Busque uvas firmes y gordas que están firmemente sujetadas a tallos verdes y flexibles.
- ✿ Evite las uvas que estén arrugadas, pegajosas que tengan manchas marrones o tallos secos y quebradizos.
- ✿ Las uvas son comúnmente de un color púrpura, rojo o verde pálido. Pueden ser sin semillas o con semillas. Pruebe colores, tamaños y texturas diferentes eligiendo la variedad con el precio más bajo.

Todas las uvas—de cualquier color—
contienen vitaminas C y K,
que ayudan a curar cortaduras.



Pasas

- ✿ Dependiendo de que variedad sea la uva, las pasas (uvas secas) se vuelven marrones o doradas.
- ✿ Busque recipientes herméticamente cerrados o recipientes a granel cubiertos. Las pasas deben sentirse suaves y flexibles.
- ✿ Almacene las pasas en un recipiente hermético en un lugar fresco, seco y oscuro.
- ✿ Una vez abierto, vuelva a sellar el paquete herméticamente para ayudar a prevenir el endurecimiento. Para la mejor calidad, utilice dentro de 6 meses.
- ✿ Si las pasas se endurecen, remójelas en un líquido caliente por 5 a 15 minutos. Escorra y utilice.
- ✿ Se requiere 1 taza de uvas para hacer $\frac{1}{4}$ de taza de pasas. Ambos tienen aproximadamente 100 calorías.

Almacena Bien Desperdicia Menos

- Deje las uvas en el tallo, pero quite cualquier uva que esté marchita, marrón o mohosa.
- Las uvas se pueden guardar en el mostrador durante un día o dos, pero se conservan por más tiempo cuando se refrigeran. Colóquelas en un



- recipiente abierto o bolsa de plástico perforada. Para la mejor calidad, utilice dentro de 7 a 10 días.
- Enjuague bajo agua fría justo antes de comerlas. Demasiada humedad extra durante el almacenamiento acelera el deterioro.

► Las uvas enteras son un grave peligro de asfixia para niños menores de cuatro años de edad. Corte las uvas por la mitad a lo largo o incluso corte en cuartos.

Disfrute las Uvas

Ensalada de Uvas y Pepino

Ingredientes:

- 3 tazas de **uvas**, cortadas a la mitad o en cuartos
- 3 tazas de rebanadas de **pepino**
- ¼ de taza de **cebollines** en rodajas finas

Aderezo:

- ¼ de taza de **vinagre**
- 1 cucharadita de **aceite**
- 2 cucharaditas de **azúcar morena**
- ¾ de cucharadita de **sal**
- ¼ de cucharadita de **salsa picante**, opcional

Preparación:

1. Ponga las uvas, el pepino y el cebollín en un tazón mediano.
2. En un tazón pequeño o un frasco con una tapadera hermética, mezcle o agite los ingredientes del aderezo.
3. Vierta sobre las uvas y pepinos y revuelva hasta que quede mezclado.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 6 tazas

Tiempo de preparación: 15 minutos

Salsa de Uvas

Ingredientes:

- 2 tazas de **uvas**, cortadas en trozos
- ½ taza de rodajas de **cebollín**
- ½ taza de **chiles Anaheim** picados, frescos o enlatados
- 2 cucharadas de **cilantro** picado
- 2 cucharadas de **vinagre**
- ¼ cucharadita de **ajo en polvo** o 1 diente de **ajo**, finamente picado
- ½ cucharadita de **sal**
- ⅛ de cucharadita de **salsa picante**

Preparación:

1. Combine todos los ingredientes en un tazón mediano; mezcle bien. Deje reposar al menos 1 hora. Escorra el exceso de líquido antes de servir.
2. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 2 tazas

Tiempo de preparación: 20 minutos + 1 hora de reposo

Visite FoodHero.org/es para buscar más formas deliciosas de utilizar las uvas.

Tabulé con Frutas

Ingredientes:

- 1 ½ taza de **caldo** de pollo o vegetal
- 1 taza de **trigo quebrado**
- 1 taza de **uvas**, corte a la mitad o en cuartos
- ⅓ de taza de **cebolla** finamente picada
- 3 cucharadas de **hojas de menta** o **perejil**, fresca picadas
- 1 **naranja** pequeña, pelada y picada o ¾ de taza (una lata de 11 onzas) de **mandarinas enlatadas**, escurridas

Aderezo:

- 2 cucharadas de **aceite**
- 2 cucharadas de **jugo de limón** o **vinagre**
- 2 cucharaditas de **azúcar**
- ¼ de cucharadita de **sal**
- ½ cucharadita de **jengibre molido**
- ½ cucharadita de **comino molido**
- ¼ de cucharadita de **pimienta negra**

Preparación:

1. Caliente el caldo hasta que hierva. Incorpore el trigo quebrado y apague la llama. Cubra y ponga a un lado por 25 minutos.
2. Quite la tapa y esponje el trigo quebrado con un tenedor. Deje que se enfríe al menos 5 minutos.
3. Mezcle las uvas, la cebolla, las hojas de menta o perejil y la naranja.
4. En un tazón pequeño o un frasco con una tapadera hermética, mezcle o agite los ingredientes del aderezo. Vierta sobre el bulgur y revuelva bien. Enfríe hasta que esté lista para servirlo.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 6 tazas

Tiempo de preparación: 15 minutos



- Cuando los niños ayudan a preparar los bocadillos, son más propensos a probarlos. Enséñeles a los niños a:
 - enjuagar las uvas bajo agua fría corriente.
 - cortar las uvas a la mitad o más pequeñas para reducir la posibilidad de atragantarse.



Creamy Fruit Salad



Ingredients

- 1 cup drained **pineapple** chunks
- 1 large **apple**, chopped (3 1/4" diameter)
- 1 **banana**, sliced
- 1 **orange**, chopped
- 3/4 cup low-fat **piña colada yogurt**

Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.

Notes

- For a different taste, try adding different fruits like grapes, blueberries or peach slices.
- Try other flavors of low-fat yogurt.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 4 cups
Prep time: 10 minutes

Nutrition Facts

Serving Size 1/2 cup (99g)
Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 8%

Sugars 13g

Protein 1g

Vitamin A 4% • Vitamin C 30%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ensalada de Fruta Cremosa



Ingredientes

- 1 taza de **piña** en trozos, escurrido
- 1 **manzana** grande, picada (3 1/4" de diámetro)
- 1 **plátano** en rodajas
- 1 **naranja** picada
- 3/4 de taza de **yogur de piña colada** bajo en grasa

Preparación

1. Ponga los pedazos de piña en un recipiente hondo mediano.
2. Prepare la manzana, el plátano, y la naranja como está indicado en la lista de ingredientes, y añádalas al recipiente.
3. Añada el yogur al recipiente y mezcle delicadamente con una cuchara, hasta que la fruta esté bien cubierta.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.

Notas

- Para un sabor diferente para esta ensalada, pruebe añadiendo varias frutas, como uvas, arándanos o rebanadas de durazno.
- Pruebe con yogur de otros sabores, yogur bajo en grasa.

Rinde: 4 tazas
Tiempo de preparación: 10 minutos

Datos de Nutrición

Tamaño de la Porción 1/2 taza (99g)
 Porciones por Envase 8

Cantidad por Porción

Calorías 70 **Calorías de Grasa** 5

% Valor Diario*

Grasa Total 0g 0%

Grasa Saturada 0g 0%

Grasa Trans (transgénica) 0g

Colesterol 0mg 0%

Sodio 15mg 1%

Carbohidratos Total 16g 5%

Fibra Dietética 2g 8%

Azúcares 13g

Proteínas 1g

Vitamina A 4% • Vitamina C 30%

Calcio 4% • Hierro 0%

*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de las calorías que usted necesita.

	Cantidades	2,000	2,500
Grasa Total	Menos de	115g	65g
Grasa Saturada	Menos de	20g	25g
Colesterol	Menos de	300mg	300mg
Sodio	Menos de	2,300mg	2,300mg
Carbohidrato Total		300g	375g
Fibra Dietética		25g	30g

Calorías por gramo:

Grasa 9 • Carbohidratos 4 • Proteínas 4

Este material se desarrolló en parte con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). SNAP ofrece asistencia relacionada con la nutrición paragente con recursos limitados.

Estos beneficios le pueden ayudar a comprar comida nutritiva para una mejor dieta. Para obtener más información, llame a Oregon Safe Net al 211. USDA es un proveedor y empleador que ofrece oportunidad igual para todos.

2017 Oregon State University, El Servicio de Extensión (Extension Service) de Oregon State University ofrece programas educativos, actividades, y materiales sin discriminación basada sobre edad, color, incapacidades, identidad o expresión de identidad sexual, información genética, estado matrimonial, origen nacional, raza, religión, sexo, orientación sexual, o estado de veterano. El Servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.

Name _____

Bananas



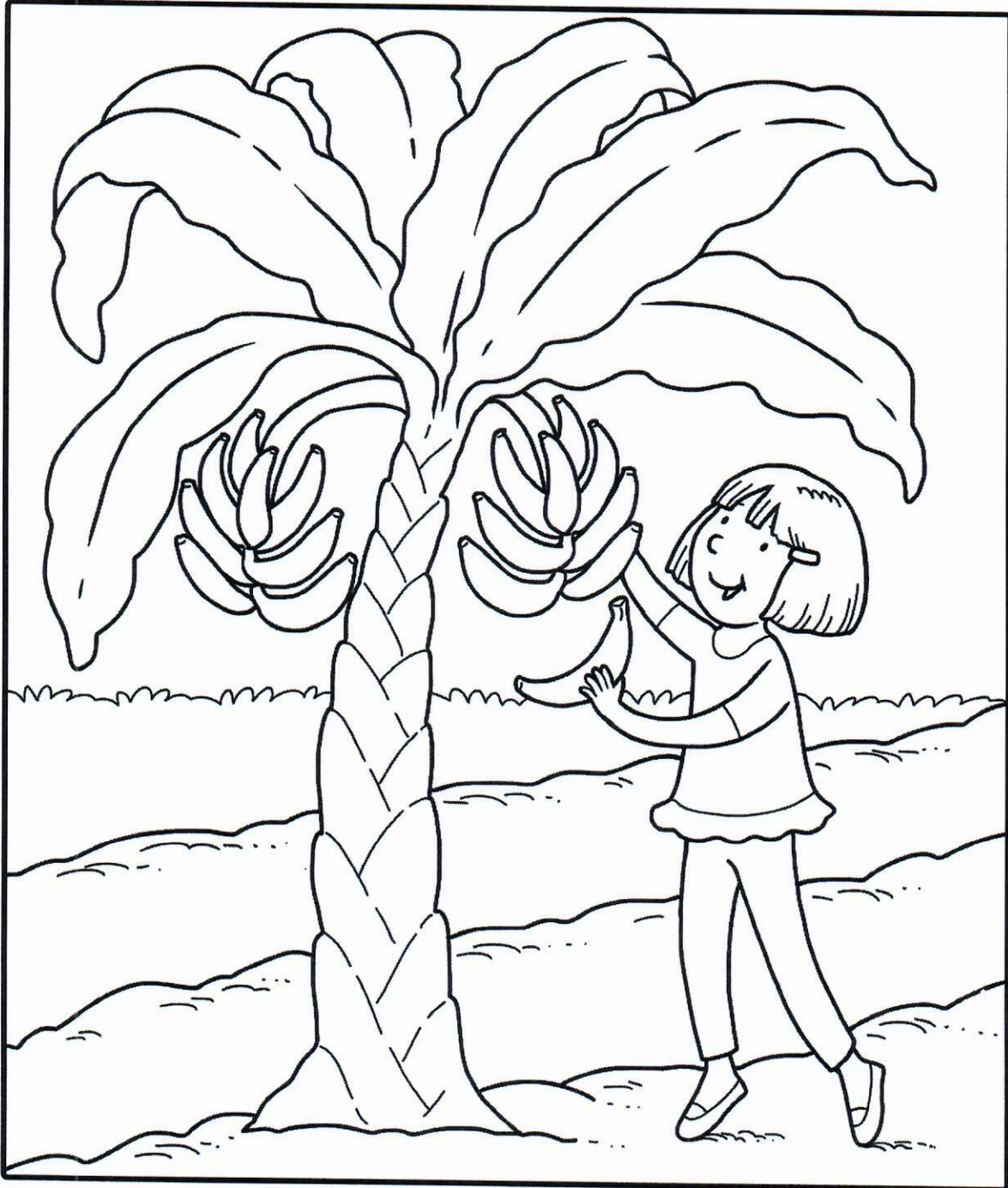
I like bananas because

_____.



Nombre _____

Plátanos



Me gustan los plátanos porque _____.



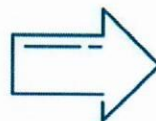
Food Hero in Your Community



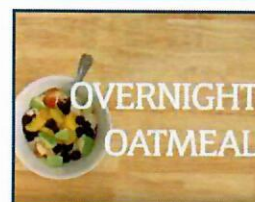
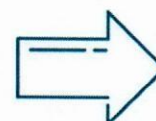
Ideas for promoting healthy messages with your community members!

Five Free Tools

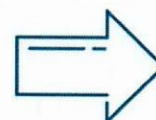
- 1. Share Healthy Messages:** Follow and share Food Hero social media posts: foodhero.org/social-media.



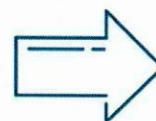
- 2. Show Healthy Videos:** Play and share “how-to” Food Hero recipe videos! Access a 21-minute montage video, or shorter videos here: foodhero.org/videos.



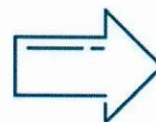
- 3. Model Healthy Eating:** Print out recipes or Food Hero Monthlies for community spaces. Serve a Food Hero quantity recipe at community events: foodhero.org/quantity-recipes.



- 4. Feature a Healthy Ingredient:** Food Hero has a suite of resources for over 50 common ingredients, such as recipes, monthly magazines, illustrations, coloring sheets, a Bulletin Board Kit and more. Use these resources creatively throughout your office and program: foodhero.org/ingredients.



- 5. Honor Champions:** Use the Food Hero Award to celebrate healthy successes and behaviors: foodhero.org/award-template. There are countless ways to use this. Be creative and have fun!



All of these resources are available in English and Spanish.

We would love to hear from you! Email ideas, questions or comments to food.hero@oregonstate.edu.



Paid for in part by Oregon SNAP. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer. This publication will be made available in an accessible alternative format upon request. Please contact Food Hero 541-737-1017 or food.hero@oregonstate.edu

Food Hero (FH) Website Tour

Recipes: <https://foodhero.org/recipes/healthy-recipes>

- *Banana Pancakes*
- Has extra Notes, Magazine, and Video
- Prep time/makes/nutrition facts
- All recipes go through extensive testing, and meet USDA nutrition guidelines. 95% of our recipes have a fruit or veggie in them.

Ingredients: <https://foodhero.org/ingredients>

- *Apples*
- **Recipes** – You can print out
- **Quantity Recipes** – Making large recipes, perfect for CAFCP crediting
- **Coloring sheets** – You can print to give kiddos in waiting room, or have handy when you have an appointment with parent and kiddo needs something to do
- **Hand Stamp Image** – You can order
- **Illustration** – You can print in office or a shop
- **Joke** – You can print for display in waiting room
- **Monthly Magazine** – You can print these for our office/lobby/community
- **Posters** – These were printed in partnership with OR Harvest for Schools
- **Videos** – You can play in waiting room
- **Pinterest** – Has everything about ingredient per board
- **Infographic** – You can share on social media or post in office

Community toolkit <https://foodhero.org/community-toolkit>

- **Event Tools:**
 - **At Your Site** → Ways you can use FH where you work
 - **Award Template** → Use for clients, or co-workers. You can type in electronically & print, or print & hand write.
 - **Event Signs** → Use to display name of FH recipe
 - **Event tips/list** → Demo Checklist. May help when getting ready for a cooking class.
 - **Group Handwash** → May help to have students use during a cooking class
 - **Holiday Calendar** → Use as resource for social media
 - **Passports/Charts** → Use for little kiddos
- **Impacts:**
 - **Annual Updates** → FH Annual Update 2019.
- **Other Tools:**
 - **Bingo** → Can use during Spring Break
 - **Bulletin Boards** → in the future, can purchase through Printing and Mailing (approx. \$100 per kit)

Food Hero (FH) Website Tour

Kids: <https://foodhero.org/kids>

- **Kid Approved Recipes** → *At least 70% of the kids who tried them "Liked!" the taste.*
- **Coloring Sheets** → Have in lobby, office, community events, etc.
- **Activity Sheets** → Crossword Puzzles, Word Searches, Word Scrambles, Connect the Dots. Have in lobby, office, community events, etc.
- **Videos** → Perfect to learn new recipes, or display on TV in waiting room
- **Jokes** → Use on social media, or display in office

Social media for Food Hero

Facebook, Twitter, Instagram, YouTube and Pinterest

- You can post a FH recipe
- You can share a FH post (easiest for you!)

How can I get these resources for my program?

- For bulk Monthlies, Coloring Sheets, Activity Sheets, Bingo, Recipes and Passports: Simply find the file you want on the website, download/save, and send to your preferred printing shop. Files are already high resolution, and with bleed (if not, let me know).
 - We kindly ask that you do not print FH Monthlies in house to give to clients, as the quality is not as good, and it is not the image we want a FH resource to have.
- For Recipes or Coloring Sheets: Printing in house is okay!
- For Handstamps: Simply find the file you want on the website, and send it to your preferred shop. We use www.rubberstamps.net.
- Bulletin Board Kit: Hopefully ready for orders in Spring 2020.
- BEPA 2.0 Kits: Order from this link <https://extension.oregonstate.edu/bepa>

How do I share the www.FoodHero.org link in the Resources section of our website?

- Email brooke.jackson@oregonstate.edu for the logo, and tips of which resources to share! (maybe you want to link straight to recipes, or coloring sheets, or FH Monthlies)

How can I display FH videos on the TV in my lobby?

- Email brooke.jackson@oregonstate.edu