



# THE WEEKLY MEMO

2022-2023, Issue #18 - January 16th, 2023- Editors: Angie Salazar & Ashley Clayton

## Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

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## Meetings and Trainings

### January 16 — Monday



### January 17 — Tuesday

- 9:00-10:00 Directors meeting with Department Directors, Blue Building Conf. Rm.
- 10:00-11:00 Directors Meeting, Blue Building Conf. Rm.
  - 10:00-11:00 FA Check In, Library
  - 10:00-12:00 Hold for Education Interviews, Virtual
    - 12:45-2:45 Listo Staff Meeting, Library
- 1:00-3:00 0-5 Site Managers Meeting, Blue Building Conf. Rm.
  - 1:00-3:00 Hold for FA Interviews, Virtual

### January 18 — Wednesday

- 9:00-10:00 New SM Cohort, Virtual
- 10:00-11:00 Family Services Cohort: Mental Health/Dis, Teams
- 11:30-12:00 Main Office Staff Meeting, Blue Building Conf. Rm.
  - 12:00-3:00 Listo Prep, Blue Building Conf. Rm.
  - 1:00-3:00 Hold for Education Interviews, Library
  - 3:00-3:30 Directors On Call—Optional, Teams

### January 19 — Thursday

- 8:30-9:30 Health Dept. Meeting, Library
- 5:30-8:30 Board of Directors with Policy Council, Park View

### January 20 — Friday

- 8:30-2:30 In-Service, RCC Riverside Campus 117 S. Central Ave., Medford, OR 97501
- 9:00-2:30 Mandatory Cook/Assist Meeting, Foothills



## Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

# Information on In-Service Day

## January 20th

- The Training will be from 8:30-2:30 at RCC/SOU Higher Education Center 101 S Bartlett St Medford (upstairs)
- Room details will be provided in person, at the training, on the day. Each room will have a sign and posted roster outside the door.
- Light snacks will be served during breaks. Lunch will **not** be provided.
- Mileage will be paid when the “temporary work location” (training site) - is more than 30 miles from staffs regular assigned work location. Mileage will only be paid for those who actually drive (not those who catch a ride) if their regular work location is more than 30 miles from the training location. Mileage will not be paid if the miles to the temporary location are less than the commute to your normal assigned center.
- Supervisors will be responsible for ensuring the accuracy of their staff’s time-sheet.
- Please connect with Cheryl if you have any questions
- Parking Receipts-Write staff’s name and the name of the training on the back of the receipt. Then send to Cheryl.

	8:30-9:30	9:30-11:30	11:30-11:45	11:45-1:00	1:00-1:15	1:15-2:30
ED Staff (T, TA, CA, Specialist, HBHV)	Passport to Excellence	Session 1 (ACES/TCIT)	Break	Session 2 (multiple subjects)	Break	Session 3 (multiple subjects)
FA (FASMS)	Passport to Excellence	Session 1 (ACES)	Break	FA Content	Break	FA Content
AA	Passport to Excellence	Session 1 (ACES)	Break	AA Content	Break	AA Content
SMs	Passport to Excellence	Session 1 (TCIT)	Break	Session 2 (multiple subjects)	Break	Session 3 (multiple subjects)
Jodi's Promoting Safety (as assigned, HS ONLY)	Passport to Excellence	PSECS	Break	PSECS	Break	PSECS



January is

National Oatmeal  
Month!





# Give Your Family More of the Good Stuff!



## Oat Basics

*Oats are a good source of soluble fiber  
which is great for heart health.*

### Shop and Save

- Compare package sizes for the lowest cost per ounce.
- Bulk oats may cost less than packaged oats.
- Oats should smell faintly sweet or have no aroma. Avoid oats that have a musty or oily scent.



### Store Well Waste Less

- Store oats in tightly covered containers to keep out moisture and insects.
- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
  - When well packaged and stored in the freezer, they can last up to a year.



### Types of Oats

**Whole Oat** grains are called groats.

**Rolled Oats (Old Fashioned)** – Whole oat groats are steamed and rolled into flakes.

Cooking time is about 5 minutes.

**Quick Oats** – the groats are cut into pieces before being steamed longer and rolled thinner than regular rolled oats. Cooking time is about 1 minute.



**Instant Oatmeal** – pre-cooked oat pieces have been dried and rolled into thinner, smaller flakes. Just add hot water to prepare; can be very soft.

**Steel Cut (Irish oats)** – whole oat groats cut into 2 to 3 small pieces

Cooking time is about 20 to 30 minutes. They will have a chewy texture. May also be available as quick cooking (3 minutes).



**Scottish Oats** – the groats are ground and broken into small bits. They have a creamy porridge consistency when cooked.

**Oat Bran** – the outer coating of the oat grain; very high in fiber.

**Oat Flour** – A whole-grain flour that can be used in baking or thickening.



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.

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# Cooking with Oats

## Savory Oatmeal

### Ingredients:

- ½ cup non-fat or 1% **milk**
- 1 ½ cups reduced-sodium **chicken broth**
- ½ cup **steel cut oats**
- ⅓ cup reduced-fat **cheddar cheese**, shredded
- ¼ cup **green onion**, diced
- ½ cup **tomatoes**, diced

### Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups

Prep time: 15 minutes

Cook time: 25 to 30 minutes



**Kids  
Can!**

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

- wash veggies under cool running water
- measure liquid ingredients
- cut green onions with kitchen scissors
- grate cheese

Visit  
[FoodHero.org](http://FoodHero.org)  
for more  
oat recipes

## Cranberry Oatmeal Balls

### Ingredients:

- 1 cup quick-cooking **oats**
- ⅓ cup **almonds**, chopped
- ⅓ cup reduced-fat **peanut butter**
- ¼ cup **honey**
- ⅓ cup dried **cranberries**

### Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

### Notes:

- Honey is not recommended for children under 1 year old.
- To avoid sticky fingers, keep the oat balls cool until ready to eat.

Makes 18 one-inch balls

Prep time: 10 to 15 minutes plus 30 minutes chilling

## Quick Fix

- Serve hot oatmeal with fruit – fresh, dried, frozen or canned.
- Add quick or rolled oats to a meatloaf recipe.
- Make overnight oatmeal in the refrigerator; just add milk or yogurt and top with fruit.





# Raspberry Oatmeal Bars



## Ingredients

### **Crust and topping:**

- ½ cup all-purpose **flour**
- ¼ cup packed **brown sugar**
- 1 cup **quick-cooking oats**
- 3 Tablespoons **butter** or **margarine**
- 2 Tablespoons unsweetened **applesauce**
- 1 Tablespoon **orange juice**

### **Filling:**

- 1 Tablespoon all-purpose **flour**
- 1 Tablespoon packed **brown sugar**
- 1 ½ teaspoons **orange juice**
- 2 cups **raspberries** (fresh or frozen)

**Makes:** 12 Bars (2 inches x 2.5 inches)

**Prep time:** 20 minutes

**Cooking time:** 45 minutes



## Directions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F. Lightly grease an 8x8-inch baking pan.
3. **Crust and topping:** Mix flour and sugar in a bowl. Cut butter into mixture until crumbly. Mix in oats. Set half aside for topping.
4. To remaining mixture, stir in applesauce and orange juice. Press in bottom of baking pan
5. **Filling:** Combine flour, sugar, juice and raspberries. Mix well.
6. Spread filling on crust. Sprinkle with topping.
7. Bake 40 to 45 minutes. Cool. Cut into 12 bars.
8. Store in an airtight container in the refrigerator.

## Notes

No raspberries? Use fresh or frozen blackberries.

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.

## Nutrition Facts

12 servings per container	
Serving size	1 bar (47g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 44 mg	0%
Vitamin A 25 mcg	2%
Vitamin C 6mg	7%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Banana Oatmeal Bread



## Ingredients

- 1 cups **oats** (quick cooking or old fashioned rolled)
- 1/4 cup nonfat or low-fat **milk**
- 2 **eggs**
- 1/3 cup **vegetable oil**
- 1/2 cup **sugar**
- 1 cup mashed ripe **banana**
- 1 1/2 cups **whole-wheat flour**
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- 1/4 teaspoon **salt**

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease the bottom and sides of an 8- or 9-inch bread pan.
3. In a medium bowl, mix together the oats, milk, eggs, oil, sugar and mashed banana. Let this mixture stand for at least 10 minutes.
4. In a large bowl, stir together the flour, baking powder, baking soda and salt.
5. Add the wet oat mixture to the dry flour mixture and stir gently to combine. Be careful not to overmix.
6. Pour the mixture into the bread pan and spread evenly.
7. Bake a 9-inch loaf for 45 minutes or an 8-inch loaf for 50 minutes or until a wooden pick inserted into the center of the loaf comes out clean. If you have a food thermometer, the center of the loaf will be at least 190 degrees F.
8. Remove from the oven and let cool in the pan for 10 minutes.
9. Remove the loaf from the pan and let cool completely on a rack. Slice to serve.
10. Wrap to store for several days or freeze for up to a month.

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**Makes:** 12 slices  
**Prep time:** 15 minutes  
**Cooking time:** 45 to 50 minutes



## Nutrition Facts

12 servings per container	
Serving size	1 piece (71g)
Amount per Serving	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 141mg	4%
Vitamin A 17mcg	2%
Vitamin C 2mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.