



THE WEEKLY MEMO

2022-2023, Issue #17 - January 9th, 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.

INSIDE

- 2) Welcoming Staff Back at RWD & RVS
- 3) PFCE- Appreciation for Community Partners
- 4) Cranberry-Orange Relish

Crabby Road

1-26-12



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Weekly Memo Submission

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

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

Meetings and Trainings

January 9 —Monday

- 9:00-11:00 Ed Dept. Meeting, Ed Dept.

January 10 —Tuesday

- 1:00-3:00 Hold for Education Interviews, Virtual

January 11 —Wednesday

- 9:00-10:30 Department Directors Meeting, Library
- 10:00-11:00 Family Services Cohort: Health, Teams
 - 10:45-12:15 Health, Library
- 3:15-4:30 Hold for EHS Teacher Interviews, Virtual

January 12 —Thursday

- 8:30-9:30 Health Dept. Meeting, Library
- 9:00-10:00 Mental Health Debrief, Teams

January 13 —Friday

- 8:00-10:00 Center Meeting: Center A
- 11:00-1:00 Center Meeting: Center B
- 1:00-2:30 SOCFC Safety Committee Meeting, M.O. Blue Building Conf. Rm.
 - 1:30-3:30 LMC Meeting, Library

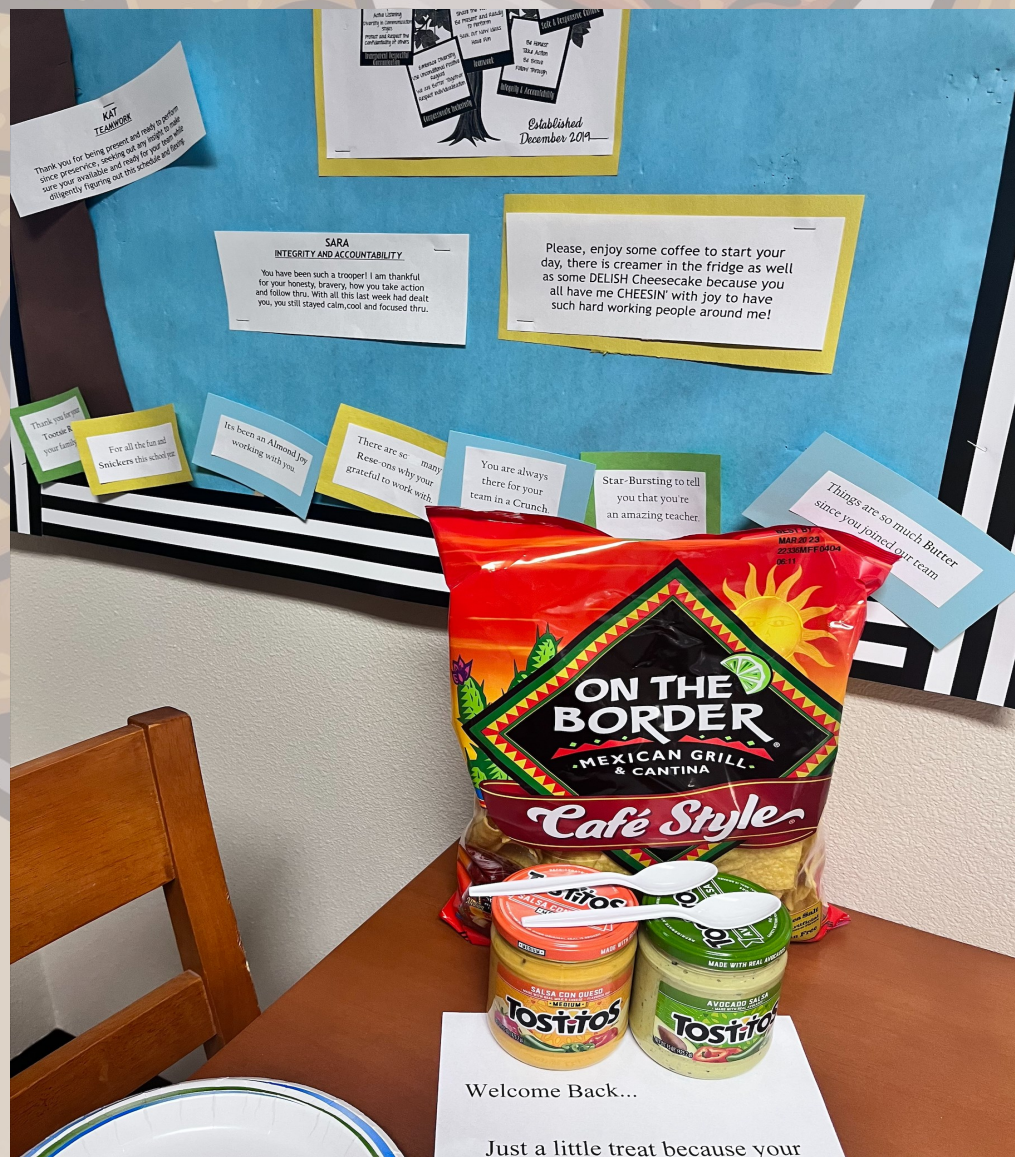
Welcoming Back Staff at Redwood & Riverside

Just a little treat because they're

NAGHO average team!

Thank you for all you do every day!

Submitted by: Tiffany Heller



PFCE would like to recognize and thank our community partners who contributed their time, money, and efforts to making this a special holiday for several of our families:



John L Scott Real Estate

Goodwill Industries

Providence Community Health Foundation

NewsWatch 12 & Windemere - Coats for Kids

Earth Angels Foundation

Remax Real Estate

The Mail Tribune - Light One Candle



Thank You
COMMUNITY PARTNERS



Cranberry-Orange Relish



Ingredients

- 1 medium **orange** (any type)
- 12 ounces **cranberries** (fresh or frozen)
- 1/3 cup **sugar**
- 1/8 teaspoon **cinnamon**

Directions

1. Wash hands with soap and water.
2. Remove the colored outside peel of the orange (known as zest) with a grater. Peel and section the orange.
3. Put the orange zest, orange sections, cranberries, sugar and cinnamon in a food processor or blender. Pulse until chopped into small pieces.
4. Move the mixture to a bowl and chill in the refrigerator for at least 2 hours before serving.
5. Refrigerate leftovers within 2 hours.

Notes

Serve with roasted meats, sandwiches or quesadillas. Use as a topping for yogurt, pancakes or hot cereal.

Try other spices such as nutmeg or cardamom.

If using frozen cranberries, let them thaw about 5 minutes before chopping.

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.



— smaller

+ larger

Makes: 2 1/2 cups

Prep time: 15 minutes

Chill time: 2 hours



Hide nutrition box

Nutrition Facts

10 servings per container	
Serving size	1/4 cup (54g)
Amount per Serving	
Calories	50
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 12g	4 %
Dietary Fiber 2g	7 %
Total Sugars 9g	
Includes 7g Added Sugars	14 %
Protein 0g	
Vitamin D 0mcg	0 %
Calcium 8mg	0 %
Iron 0mg	0 %
Potassium 51mg	2 %
Vitamin A 3mcg	0 %
Vitamin C 12mg	13 %

*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.