



THE WEEKLY MEMO

2021-2022, Issue #39 - July 18, 2022- 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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2) Peach Salsa

3-4) Fun & Wacky Holidays

Meetings and Trainings

July 18 — Monday

- 9:00-10:00 PFCE Weekly Team Meetings, VIRTUAL
- 9:00-12:00 Education Support Check In Meeting, Blue Building Conf. Rm.
- 10:00-11:30 ED Dept. Meeting, TEAMS

July 19—Tuesday

- 1:30-3:00 Policy Council

July 20 —Wednesday

- 1:00-2:00 Onboarding Updates

July 21 —Thursday

- 9:00-10:00 PFCE Dept. Meeting, TEAMS
- 2:30-3:30 Health & PFCE Meeting, PFCE OFFICE

July 22 —Friday

- Goal Tracking Sheets Due
- Summer Checkpoints Due
- 9:00-11:30 FS Meeting, Foothills

July 25 —Monday

- 9:00-10:00 PFCE Weekly Team Meetings, VIRTUAL
- 10:00-11:30 ED Dept. Meeting, TEAMS

July 26 —Tuesday

- 1:00-2:30 Management Team Meeting, TEAMS

July 27 —Wednesday

- Department Directors Meeting, Blue Building Conf. Rm.

- 1:00-2:00 Onboarding Updates

July 28 —Thursday

- 9:00-10:00 PFCE Dept. Meeting, TEAMS

July 29 —Friday

- 1:00-2:30 CPR-Hands On Training, Blue Building Conf. Rm.

I think Dr. Seuss' first name is Arthur. People who write books are arthurs so his name must be Arthur Seuss

-Marley, age 4

Weekly Memo Submission

Please send your PDF s, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.



Peach Salsa



Ingredients

- 1 cup chopped **peaches**, canned or fresh
- 1 large **tomato**, chopped
- 1 **bell pepper**, chopped
- ½ cup chopped **onion**
- ½ cup chopped **cilantro**
- 1 Tablespoon **lime juice**
- ¼ teaspoon each **salt** and **pepper**

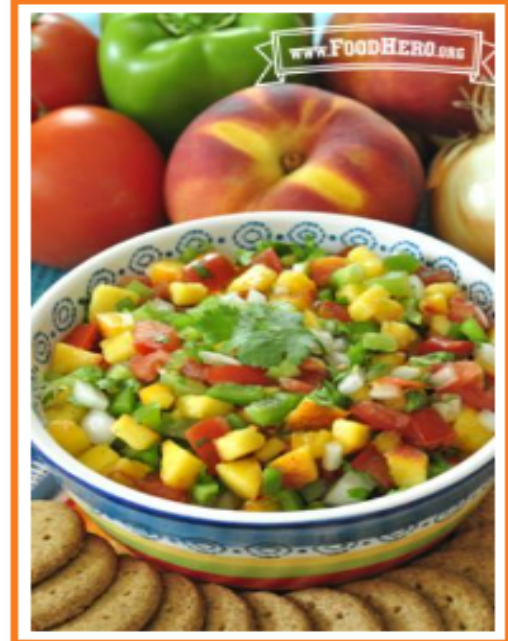
Makes: 2 cups
Prep time: 15 minutes

– smaller + larger



Directions

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.



Notes

- For extra flavor, add cayenne pepper or diced jalapeno peppers.
- Serve with fresh vegetables, crackers or Food Hero Baked Tortilla Chips.
- Try with tacos, tostadas, fish, chicken, and more.
- Freeze extra lime juice for later.

Hide nutrition box

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

Serving Size 2 tablespoons (46g)
Servings Per Container 16

Amount Per Serving

Calories 20 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 0g

Vitamin A 6% • Vitamin C 15%

Calcium 0% • 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	85g	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

Fun & Wacky Holiday's this week!



July 18th

National Caviar Day!



July 19th

National Raspberry Cake Day!



July 20th
National Hot Dog Day!



July 21st
National Junk Food Day!



July 22nd
Hammock Day!