



THE WEEKLY MEMO

2022-2023, Issue #3 - September 19, 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.

INSIDE

- 2) National Fruit & Veggies month
- 3) Fun facts
- 4) Corny Jokes
- 5) Steps for healthy fruits & veggies
- 6) Vegetable & Beef Skillet

Meetings and Trainings

September 19 —Monday

- 9:00-12:00 Ed Coach/ Sup Work Day
- 9:30-11:30 Ed Management Meeting, TEAMS
- 1:00-3:00 0-5 Site Managers Meeting, Blue Building Conf. Rm.

September 20 —Tuesday

- 1:30-3:00 Policy Council, TEAMS
- 3:00-9:00 Policy Council Last Meeting, Blue Building Conf. Rm.

September 21 —Wednesday

- 10:00-11:00 New FA Cohort: Mental Health/Dis, TEAMS
- 10:00-11:00 Employee Discussion, Blue Building Conf. Rm.

September 22 —Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library

September 23 —Friday

- Shared Family Staffings Due
- 9:00-10:00 New Teacher/SP Cohort: Content 1, Redwood Center
- 12:00-1:30 New TA/CA Cohort: Content 1, Redwood Center
- 1:00-2:30 Jackson County Safety Committee Meeting, M.O. Blue Conference Room

September 26 —Monday

- 1:00-2:00 HBHV Cohort, TEAMS

September 27 —Tuesday

- 9:00-11:00 Directors Meeting, Blue Building Conf. Rm.
- 10:00-12:30 Hold for Education Interviews, Library

- 1:00-2:30 Leadership Team Meeting, Blue Building Conf. Rm.

September 28 —Wednesday

- 9:00-11:30 Shanice's Reflective Supervision Group, Library
- 9:00-10:00 New SM Cohort, Virtual
- 10:00-11:00 Reflective Supervision -Nikki Group, Blue Building Conf. Rm.

- 1:00-2:00 Onboarding Updates, TEAMS

September 29 —Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library
- 9:00 Reflective Supervision Team ED, Blue Building Conf. Rm.
- 1:00-3:00 Reflective Supervision Returning SMs, Blue Building Conf. Rm.

September 30 —Friday

- 9:00-12:00 Reflective Supervision Orientation, Blue Building Conf. Rm.
- 1:00-2:30 JoCo Safety Committee Meeting, PV Conference Room

Did you know?

September comes from the Latin word *septem* meaning "seven" because it was the seventh month of the early Roman calendar

Weekly Memo Submission

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

Angie Salazar-

asalazar@socpc.org

By Thursday @ 12 p.m.

September is National

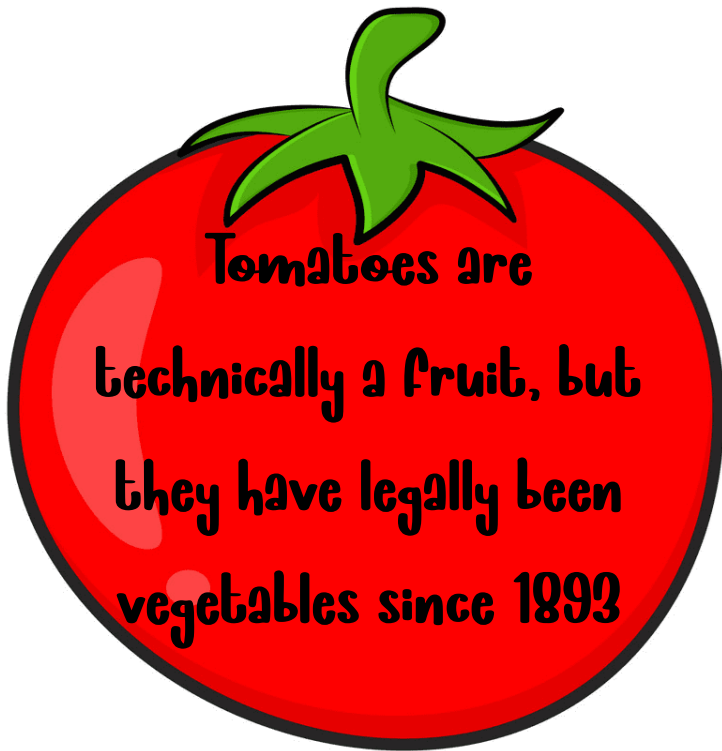
FRUITS AND VEGGIES Month!

Add some color to your days by
challenging yourself to eat more fruits
& veggies!

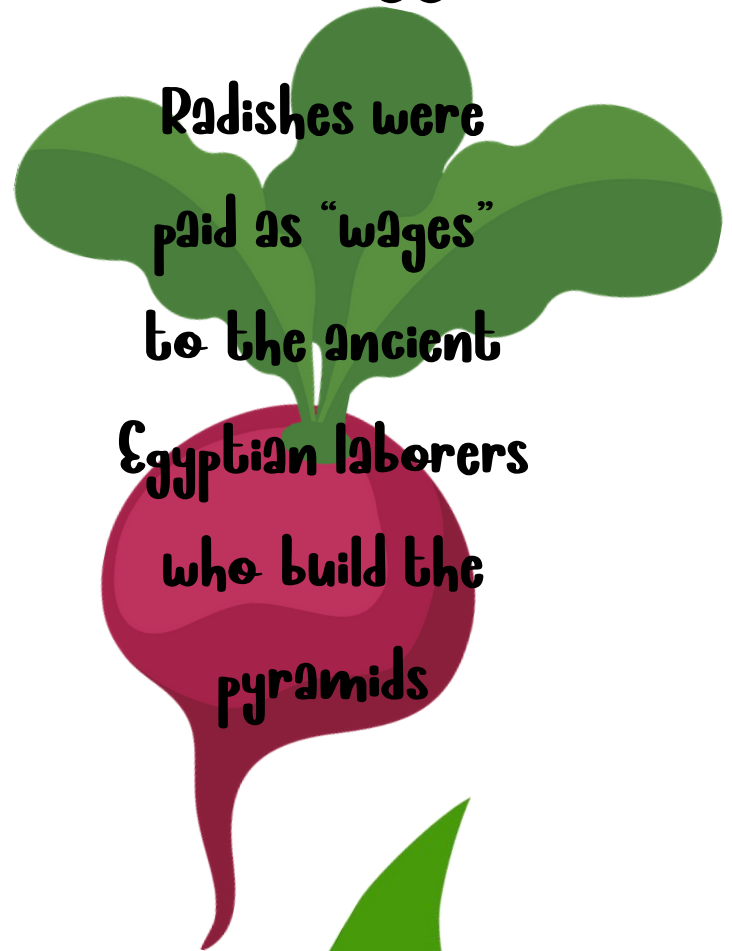
Challenge yourself to try new fruits or
vegetables each day!

You might even find some new recipes
along the way!

Fun Facts about Fruits & Veggies!



Tomatoes are technically a fruit, but they have legally been vegetables since 1893



Radishes were paid as "wages" to the ancient Egyptian laborers who build the pyramids



Potatoes were the first food to be grown in space



Corn is a member of the grass family

CORNY JOKES PEAR-FECT

FOR ANY OCCASION

Why did the farmer lose the comedy competition?

His jokes were too corny.

Why did the carrot make a hair appointment?

It's roots were showing.

Why did the head of lettuce get all dressed up?

It's roots were showing.

Why did the tomato stay after school?

To ketchup on it's schoolwork.

Why did the man get fired from the orange juice factory?

He just couldn't concentrate!

Which fruit always feels sad?

A blueberry!

What do you give a sick lemon?

Lemon-Aid!

Why was the peach late to work?

He had to make a pit stop!

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

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Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>



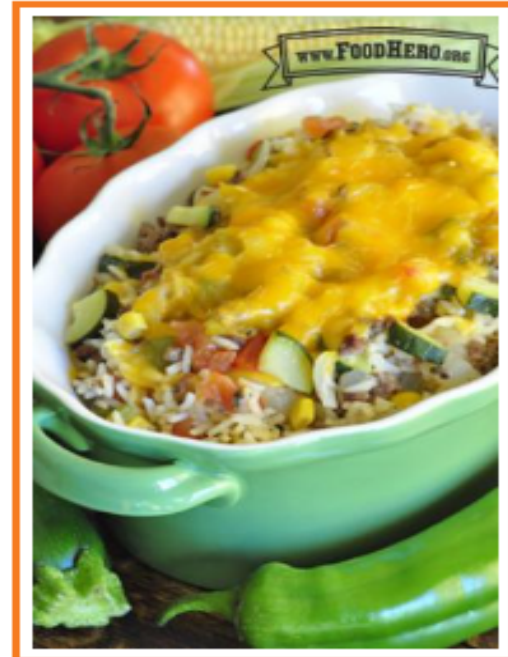
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Ingredients

- ½ pound lean **ground beef** (15% fat)
- ¾ cup chopped **onion**
- 1 cup uncooked white **rice**
- 1 can (15 ounces) diced **tomatoes** (about 2 medium fresh tomatoes)
- 1 ½ cups **vegetables** fresh, frozen, or canned and drained (try one or more—zucchini, bell pepper, broccoli, corn, cauliflower)
- 1 ¾ cups **water**
- 1 ½ teaspoons **chili powder**
- 1 Tablespoon **oregano**
- 1 teaspoon **salt**
- ½ cup (2 ounces) **shredded cheese**

Makes: 8 cups
Prep time: 10 minutes
Cooking time: 45 minutes

– smaller + larger



Directions

1. Wash hands with soap and water
2. Cook beef in a large skillet over medium-high heat (350 degrees F in an electric skillet) until no longer pink. Drain fat (see **Notes**).
3. Add onion and cook until soft, about 3 to 5 minutes.
4. Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
5. Reduce heat to medium low (250 degrees F in an electric skillet). Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
6. Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm.
7. Refrigerate leftovers within 2 hours.

Hide nutrition box

Notes

- Try brown rice and simmer for 20 more minutes.
- Try ground turkey or 1 ½ cups of cooked beans (a 15-ounce can, drained and rinsed) in place of beef.
- For extra flavor, in step 3 add ¼ teaspoon pepper and 1 teaspoon garlic powder or 4 cloves of minced garlic.
- No oregano? Try chopped cilantro.
- Pour fat from cooked meat into a metal container. Let it cool, then dispose of it in a garbage can.

Nutrition Facts

| | |
|-------------------------------|-----------------------|
| 8 servings per container | |
| Serving size | 1 cup (190g) |
| Amount per Serving | |
| Calories | 210 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 390mg | 17% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 6% |
| Iron 2mg | 10% |
| Potassium 310mg | 6% |
| Vitamin A 101mcg | 11% |
| Vitamin C 15mg | 17% |

*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.

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.