



THE WEEKLY MEMO

2020-2021, Issue #4 - July 26, 2020- Editors: Ashley Clayton, Nancy Helms

Mission Statement

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

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Sara Forga, our Health and Nutrition Director, sent in information about a new source of nutrition ideas called “Food Hero Monthly.” It is created by Shannon La Fon, the Nutrition Education Program Assistant at the College of Public Health and Human Sciences at OSU - Southern Oregon Research & Extension Center.

Food Hero Monthly is in English and Spanish. Also, be sure to check out the Food Hero website at: <https://foodhero.org/> where many NEW resources are continually being added and are available to you and your community partners. Some ideas include:

- Lots of Food Hero recipe preparation demonstration videos.
- *COVID-19 Activities for Home* link at the top of the page.
- *Gardening* tab at the top of the home page, that links to more great resources, including the new *Stay-at-Home Gardening* videos.
- *Grow This -Oregon Garden Challenge* link at the top of the page.

This month’s publication features “Bell Pepper Basics.” Check it out on page 5! *Bon appetite!*

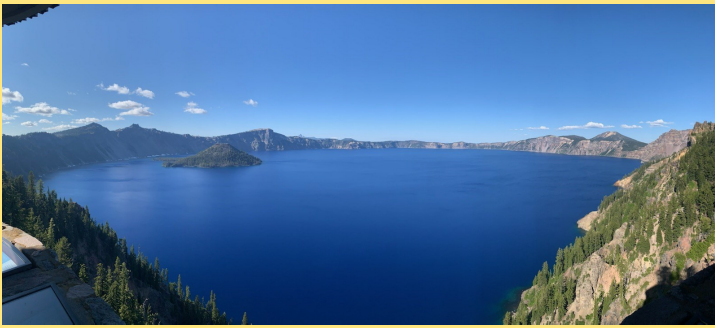
Meetings and Trainings

Next week’s issue of the *Weekly Memo* will have some of our recent staff survey results!



Weekly Memo Submissions

Please send your PDFs, jpegs, and text to Nancy Helms or Ashley Clayton by Wednesdays @ 12 pm.



It looks like our EHS-WM Toddler I Specialist Kristal Sherman and her son, Riley, had a grand time up at Crater Lake enjoying the fresh air and beautiful views!



Child Care During COVID-19:

WHAT FAMILIES NEED TO KNOW



ROUTINES WILL BE DIFFERENT



To minimize contact during drop-off and pick-up, parents or caregivers should remain outside of the building when signing their child in or out and stagger times when possible.

As long as partner agencies are open and operating, children may still have access to support services.

The sections included here summarize how other routines will be different.

FINDING CHILD CARE



For a customized referral to an Emergency Child Care (ECC) provider, contact [211info](tel:211):

- Call 211. Listen to the prompt for "Child Care" and press the specified number
- Text the keyword "children" or "niños" to 898211 (TXT211).
- Email children@211info.org.

Click [here](#) to visit the website.

PHYSICAL DISTANCING



Staff members who work with different stable groups, family members, and others should practice physical distancing of six feet. Young children are likely unable to practice physical distancing. Therefore, maintaining stable groups is important.

The program should support physical distancing when possible: more outside time, less standing in lines, less sharing of items or equipment, not using sensory tables or sandboxes, staggered mealtimes, no family-style meals, etc.

DAILY HEALTH CHECKS



This check directly asks about symptoms and exposure to COVID-19. Symptoms include "being ill with fever, cough, or shortness of breath."

Staff will ask for a verbal verification by an adult that they and/or their child do not have a fever. If they cannot verify, then staff will do a temperature check.

SAFETY & SANITATION



Classrooms and common areas will be fully sanitized at the end of the day and in between groups. Hands should be washed frequently for at least 20 seconds. Face coverings are required for all staff who interact with multiple groups. Infants and sleeping children should NEVER wear a face covering. For more info, visit [ELD's website](#).

EXCLUSION POLICY



ELD created a diagram that outlines what to do if a child or staff member is sick or exposed to a person who tests positive for COVID-19. Click [here](#) to view.

GROUP SIZES



Programs must maintain stable groups of up to 10 children. "Stable" means the same group of children, and teacher and staff, are in the same group each day.

Visit oregonearlylearning.com/COVID-19-Resources for more info. Take action to prevent the spread of COVID-19! Together, we can ensure healthy and safe care for our children.

UPDATED JULY 2020



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Graphic sent in by Alexandra Trautman

We are sad to announce the passing of Susan Longhurst. Susan worked for SOHS for many years, mentoring, teaching and supervising. This obituary is from the Grants Pass Daily Courier and was sent in by Susan Baker, RIV.



On July 4, 2020, we lost a gentle and caring woman who shone a light in the world and touched so many with her love. Only the memories of what a special person she was and the joy she brought can help her family and friends through the sadness we feel at her passing. Susan Longhurst was born in Couer d'Alene, Idaho, to Margaret and Milton Hoffman. She grew up in Portland, Oregon, and graduated from Portland State University with a degree in Early Childhood Education. Her working life was dedicated to educating and enriching the lives of young children as well as training and encouraging adults who cared for them. She taught and was a supervisor for Southern Oregon Head Start for many years. In the later years of her career, she concentrated on training others to be the kind of teacher she was - knowledgeable, creative, gentle, and loving. She touched many hundreds of lives, children and adults, and made a huge difference in their lives. While at Portland State, she met Gordon Longhurst and they shared a life together for 52 years. They married in 1974 and their first child, daughter Jesse Moon, was born in 1975. Their son, Noah Sky, was born in 1980. They followed their dream of building a life in the country, homesteading land outside of Grants Pass in 1976, where they built a home and created a special place where they could enjoy the natural world and grow healthy food to nourish their family. Susan was one of the founders of the Growers' Market in Grants Pass, helping it through the difficult early years so that it could grow to be the flourishing success it is today. Susan loved the natural world, from trees to birds and bugs to flowers. She was never happier than when she was hiking in the woods or playing on the beach, especially with her family. She brought her love of the natural world to her other work as an educator and was a pioneer and influential advocate for getting young children outside to experience the wonders of nature. Susan was a nurturer in everything she did. An accomplished cook and a fantastic gardener, she delighted in growing healthy food and beautiful flowers. She was always happiest if she was doing something that would bring happiness to another and could always be counted on when someone needed help and compassion. Susan loved her children fiercely, raising them to be strong and loving people with the knowledge and values she taught them. When her grandchildren arrived, she got a second chance to share her endless love, delighting in art projects, cooking, camping trips, and exploring the world together. In 2015, she was diagnosed with breast cancer. Over the next five years, she dealt with her disease with strength and determination and continued to live her life to the fullest. During that time, she and Gordon moved to Ashland, where she was closer to their daughter Jesse's family and so able to spend more time with the grandchildren. She and Gordon continued to travel, which was another of her favorite things, making trips to Ireland and England, Quebec, and many trips in the Northwest. She was still cooking and gardening and helping others right up until the sudden final crisis that took her life. She faced that crisis with the same bravery and strength she's shown for five years, worrying about her family more than herself to the end. Susan is survived by her husband, Gordon; daughter, Jesse; son, Noah; grandchildren, Max and Vera; her mother, Margaret; sister, Jayne; brother, Milton; and nieces, nephews and many friends. A celebration of Susan's life will occur when arrangements can be made to hold it safely. Please contact Gordon at gordon@budget.net if you'd like to be notified when it will occur. A scholarship will be established at Rogue Community College to assist students studying Early Childhood Education. Donations in Susan's name can be made to The Family Nurturing Center - <https://familynurturingcenter.org/donate/>



Give Them More
of the
Good Stuff!

Bell Pepper Basics

Shop and Save

- Fresh peppers are more available and tastier while in-season during the summer and early fall.
- Choose bell peppers that are firm and heavy for their size with bright coloring and glossy skin. If stems are still attached, they should be firm and green.
- Avoid peppers that have thin wrinkled skin or brown patches.
- Buy only what you will use within a week or plan to freeze extras for future use.



Bell peppers are an excellent source of Vitamin C and B6.



Store Well Waste Less

- Keep bell peppers fresh by washing just before using.
- Whole bell peppers can be stored in the refrigerator for up to 5 days.
- It is easy to freeze peppers for longer storage. Place recipe-sized pieces in a single layer on a cookie sheet and freeze until firm, about 1 hour. Move to a labeled freezer container and use within 8 months.

How to Safely Cut Bell Peppers



1. With fingertips curled under, cut off the top of the pepper.
2. Place the cut side down. Then cut one quarter off.
3. Turn and cut off the remaining three sides.
4. Cut off the bottom end of each quarter.
5. Trim off the white membranes and seeds and discard.
6. Cut the four sides into recipe-size pieces.



This material is funded by USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides additional assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, visit OregonSNAP.net or call 1-877-333-3333. It is an equal opportunity provider and employer.

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Share on:



Enjoy Bell Peppers

Bell Pepper Nachos

Ingredients:
4 bell peppers
1 cup salsa
2 teaspoons seasoning (try one or more - chili powder, garlic powder, ground cumin, pepper)
2 cups cooked meat (chopped or shredded), beans or tofu
½ cup shredded cheese

Directions:
1. Preheat oven to 350 degrees F.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.
Makes 8 cups
Prep time: 5 minutes
Cook time: 15 minutes

Go to FoodHeroes.org for easy, tasty bell pepper recipes

Roasted Bell Peppers

Ingredients:
4 bell peppers
2 teaspoons vegetable oil
½ teaspoon Italian seasoning
¼ teaspoon garlic powder
¼ teaspoon each salt and pepper

Directions:
1. Preheat oven to 450 degrees F.
2. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with vegetable oil. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and pepper.
3. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.
4. Refrigerate leftovers within 2 hours.
Makes 8 bell pepper halves
Prep time: 5 minutes
Cook time: 30 minutes

Bell Pepper Salad

Ingredients:
4 bell peppers
½ medium onion
2 ½ Tablespoons vinegar
1 Tablespoon vegetable oil
¼ teaspoon each salt and pepper

Directions:
1. Wash bell peppers and remove tops and seeds. Cut into ¼-inch wide strips.
2. Peel onion and slice into thin strips.
3. In a large bowl, stir together vinegar, vegetable oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.
Makes 6 cups
Prep time: 5 minutes
Chill time: 30 minutes



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

- wash and clean peppers.
- measure and mix ingredients.
- assemble bell pepper nachos.



¡Deles Más de las Cosas Buenas!

Fundamentos de los Chiles Campana

Compre y Ahorre

- Escoga chiles campana que sean firmes y pesados para su tamaño con una coloración brillante y piel brillante. Si los tallos aún están conectados, deben ser firmes y verdes.
- Los chiles frescos son más disponibles y sabrosos durante la temporada de verano y a principios del otoño.
- Evite chiles que tengan la piel delgada o marchita o que tengan manchas de color café.
- Compre solamente la cantidad que usará durante una semana congele los que sobren para usarlos en el futuro.



Los chiles campana son una fuente excelente de vitamina C y B6



Almaceñe Bien Desperdicie Menos

- Mantenga los chiles campana frescos lavándolos justo antes de usarlos.
- Los chiles campana enteros se pueden almacenar en el refrigerador por hasta 5 días.
- Es fácil congelar los chiles para un almacenamiento más largo. Coloque trozos del tamaño que necesita para una receta en una sola capa en una bandeja para hornear y congele hasta que estén firmes, aproximadamente 1 hora. Transfiera a un recipiente a prueba del congelador con etiqueta y use dentro de 8 meses.



..... Cómo Cortar los Chiles Campana de Manera Segura



1. Con los dedos curvados hacia abajo, corte la parte superior del chile.
2. Coloque con la parte cortada hacia abajo. Luego corte un cuarto del chile.
3. Voltee y corte los tres lados restantes.
4. Corte la parte inferior de cada cuarto.
5. Quite las membranas blancas y las semillas y deseche.
6. Corte los cuatro lados en rodajas del tamaño que necesita para una receta.



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) según se requiere. SNAP ofrece asistencia relacionada con la nutrición para personas con bajos ingresos. Este material le guiará a comprar comida nutritiva para una mejor dieta. Para obtener más información, visite Oregon.Life/HealthyLiving. USDA no es responsable por errores o omisiones. ©2018 Oregon State University. El Servicio de Extensión Cooperativa de Oregon State University ofrece programas educativos, actividades, materiales de distribución con base científica, roles de apoyo técnico, asistencia y expresión de identidad racial. Información práctica, escrita, distribuida a través de canales electrónicos.

Compartir en:



Disfrute los Chiles Campana

Nachos con Chile Campana

Ingredientes:
4 chiles campana
1 taza de salsa
2 cucharaditas de condimento (pruebe uno o más - chile en polvo, ajo en polvo, comino molido, pimienta)
2 tazas de carne cocida (picada o deshebrada), frijoles o tofu
1/2 taza de queso rallado

Preparación:
1. Precaliente el horno a 350 grados F.
2. Lave los chiles campana, quite las semillas y córtelos en pedazos del tamaño de un bocado. Organice los pedazos uno junto al otro en una sola capa en una bandeja para hornear grande, forrada en papel de aluminio.
3. En un tazón mediano, combine la salsa, los condimentos y la carne, los frijoles o el tofu. Vierta la mezcla de manera uniforme sobre los pedazos de chile y cubra con queso.
4. Hornee por 15 minutos o hasta que los chiles estén calientes y el queso se haya derretido. Sirva calientes.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 8 tazas
Tiempo de preparación: 5 minutos
Tiempo para cocinar: 15 minutos

Visite FoodHero.org/US para recetas fáciles y deliciosas con chiles campana.

Chiles Campana Rostizados

Ingredientes:
4 chiles campana
2 cucharaditas de aceite vegetal
1/2 cucharadita de condimento italiano
1/2 cucharadita de ajo en polvo
1/4 de cucharadita de sal y pimienta

Preparación:
1. Precaliente el horno a 450 grados F.
2. Lave los chiles campana y quiteles la parte superior y las semillas. Corte los chiles a la mitad y úntelos con aceite vegetal. Coloque los chiles con la parte cortada hacia arriba en una bandeja para hornear y espolvorelos con condimento italiano, ajo en polvo, sal y pimienta.
3. Asé los chiles hasta que estén tiernos y quemados en algunos puntos, aproximadamente 30 a 35 minutos.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 8 mitades de chile campana
Tiempo de preparación: 5 minutos
Tiempo para cocinar: 30 minutos

Ensalada de Chile Campana

Ingredientes:
4 chiles campana
1/2 de una cebolla mediana
2 1/2 cucharadas de vinagre
1 cucharada de aceite vegetal
1/8 de cucharadita de sal y pimienta

Preparación:
1. Lave los chiles campana y quite la parte superior y las semillas. Córtelos en tiras de 1/4 de pulgada de ancho.
2. Pele la cebolla y corte en tiras delgadas.
3. En un tazón grande, mezcle el vinagre, el aceite vegetal, la sal y la pimienta. Añada el chile campana y la cebolla y revuélvalas suavemente hasta que quede todo cubierto. Cubra el tazón y refrigere por 30 minutos antes de servir.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 6 tazas
Tiempo de preparación: 5 minutos
Tiempo de enfriamiento: 30 minutos



Cuando los niños ayudan a preparar alimentos saludables, son más propensos a probarlos. Enséñele a los niños a: lavar y limpiar los chiles, medir y mezclar los ingredientes, ensamblar los nachos de chile campana.