

THE WEEKLY MEMO

Program Year 2023-2024
January 15, 2024 / Volume #17

OUR AGENCY VALUES

Transparent Respectful
Communication

-

Compassionate Inclusivity

-

Teamwork

-

Integrity & Accountability

-

Safe & Responsive Culture

OUR MISSION:

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

WEEKLY MEMO SUBMISSIONS:

If you would like your submission to be shown in the following issue please submit any pdf's, jpegs, and text to

Angie Salazar — asalazar@socfc.org

by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

INSIDE THIS ISSUE:

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- 4) Strawberry Salsa Recipe
- 5) Animal Winter Safety Tips



Supporting Listo!

On Tuesday, January 9, representatives from the LISTO Family Literacy Program traveled to the Seven Feathers Convention Center in Canyonville to attend an award ceremony to receive a \$12,000 grant from the Cow Creek Umpqua Indian Foundation. This award will support LISTO's Adult Education programming - English as a Second Language and Adult Basic Education Classes in Spanish.

The mission of the Cow Creek Umpqua Indian Foundation is to offer assistance in education, strengthen youth and family, provide for positive youth development, and add to the quality of life for people in southwestern Oregon. The Foundation invited 83 organizations to receive a total of \$817,330 in grant awards. We came away very honored and touched to be in such great company!

If you know of a Spanish speaking family who would benefit from our literacy program, please download a copy of our LISTO referral from the SOCFC website and send it our way! Phone the LISTO Office at 541-734-5150 x 1070 or have Spanish speakers phone Eunices Ayala Velasco at 541-531-6915.



LISTO Program Director Patty Gutiérrez introduced our program to the award ceremony attendees.



A shared moment of gratitude and excitement. Left to Right: Cow Creek Umpqua Indian Foundation Executive Director, Carma Mornarich; LISTO Parent Coordinator, Eunices Ayala Velasco, LISTO Program Director, Patty Gutiérrez; and LISTO Development Director,



This award will specifically support LISTO's Adult Education instructors who teach English as a Second Language and Adult Basic Education.

Submitted by: Rachelle Schaaf

01/15/24



Festive Tortillas



Ingredients

- 1 cup all-purpose **flour** (see **Notes**)
- 1/8 teaspoon **salt**
- 1/2 teaspoon **red pepper flakes** (optional)
- 1/4 cup **cooked** and finely chopped or mashed **spinach, beet** or **sweet potato** (fresh, frozen or canned)
- 1/4 cup **water** (saved from cooking vegetables, if possible)
- 2 Tablespoons **vegetable oil**

Directions

1. Wash hands with soap and water.
2. Measure flour, salt and red pepper flakes, if desired, into a medium bowl. Mix together.
3. Add the vegetable of your choice, water and oil to the bowl. Mix well. If the dough seems wet and sticky, add 1 to 1 1/2 Tablespoons more flour.
4. Move the dough to a lightly floured surface and knead until smooth, about 3 to 5 minutes. Return dough to bowl, cover, and let sit for 15 to 20 minutes.
5. Divide the dough into 4 balls about the same size.
6. Flatten the balls into a 6- to 8-inch round with a previously floured hand, dish, or a rolling pin. Make sure the surface you press them on is also lightly floured.
7. Heat a dry skillet over medium heat (350 to 375 degrees F in an electric skillet). Add tortilla and cook until it browns a little, about 1-2 minutes. Turn over and cook for about 1-2 minutes. Turn again on the other side and cook until lightly brown.

Notes

- You can replace half the all-purpose flour with whole-wheat flour or masa harina (corn).
- Have other leftover vegetables? Try using them in this recipe.
- Try adding other herbs or spices, such as cumin or oregano.

Thanks to the OSU Extension Latin Heritage Workgroup for this recipe.

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Makes: 4 tortillas
Prep time: 30 minutes
Cooking time: 15 minutes



- Hide nutrition box
- Hide recipe notes

Nutrition Facts	
4 servings per container	
Serving size 1 (spinach) tortilla (65g)	
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 2mg	10%
Potassium 116mg	2%
Vitamin A 67mcg	7%
Vitamin C 3mg	3%

*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.



Strawberry Salsa



Ingredients

- 1 1/2 cups chopped **fresh strawberries** (about 1 pint or 10 to 12 ounces before trimming)
- 1/2 **jalapeno pepper**, finely chopped
- 1/4 cup finely chopped **onion**
- 2 Tablespoons chopped **cilantro**
- 1 1/2 teaspoons **lime juice**

Directions

1. Wash hands with soap and water.
2. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
3. Refrigerate leftovers within 2 hours.

Notes

- Try adding to tacos or wraps.

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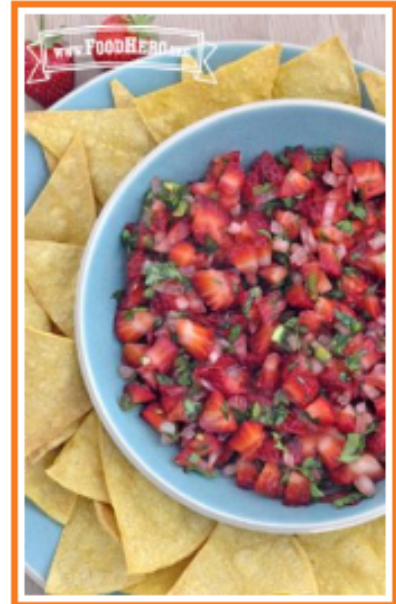
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Makes: 2 cups

Prep time: 20 minutes

Chill time: 30 minutes



Hide nutrition box

Hide recipe notes

Nutrition Facts

8 servings per container

Serving size **1/4 cup (43g)**

Amount per Serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 0mg 0%

Potassium 67mg 2%

Vitamin A 2mcg 0%

Vitamin C 23mg 26%

*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.

Animal Winter Safety Tips



All animals react differently to the cold, even if they are considered to be "cold-weather" animals. Age, health, regular exposure to the cold and more can affect how your animal may experience health consequences in colder temperatures. Consult your veterinarian for more information on how to care for your own pet's health this winter. At 45°F, young, elderly and/or sick animals can begin to suffer health consequences.

Provide Shelter



At 32°F or less, no owned dog or cat should be left outdoors unless they have access to a well-insulated structure that

- Is large enough to curl up in and has a **wind block** at the door
- Includes a **heated water bowl** so they have access to an unfrozen water
- Has a floor, is **elevated from the ground**, has warm dry blankets or dry straw and has heating or an outdoor heating pad



Feral Cats

Feral cats have likely found warm places to hide, but if you are worried about a local feral cat, you could consider putting out a **weather-safe container** with bedding and a hole for entry. You also want to provide water, but you need to be vigilant to make sure it does not freeze.



Warning Signs

Signs that an animal may be getting too cold include:

- Trembling
 - Sleepiness
 - Slowed breathing
 - Mobility issues
 - Dry skin
 - * Numbness
 - * Illness
- (these last two are the most serious)



Walking Your Dog

• Consider **shortening the walk** if the temperature is too frigid. Help them get more exercise inside your home.



• Check with your vet whether your pet may want **additional clothing** beyond their "fur coat" in this chilly weather.



• Watch for any **signs of injury** or extreme cold to their paws, especially in the snow or ice. Wipe off paw pads on your way inside to prevent chemical melting agents from injuring paws or being ingested.



Pet Care Kit

Be prepared for loss of heat and/or power outages to your home. **Prepare a pet care kit** so you have what you need for your pet if you need to leave in a hurry. Learn more at AlexandriaAnimals.org/CareKit.



Make Some Noise

Don't forget about our wild neighbors who may use your vehicle as a wind block in these chilly temperatures. **Make plenty of noise** and give them time to make their exit before driving away!



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