

# THE WEEKLY MEMO

Program Year 2023-2024  
December 4, 2023 / Volume #14

## 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](mailto:asalazar@socfc.org)

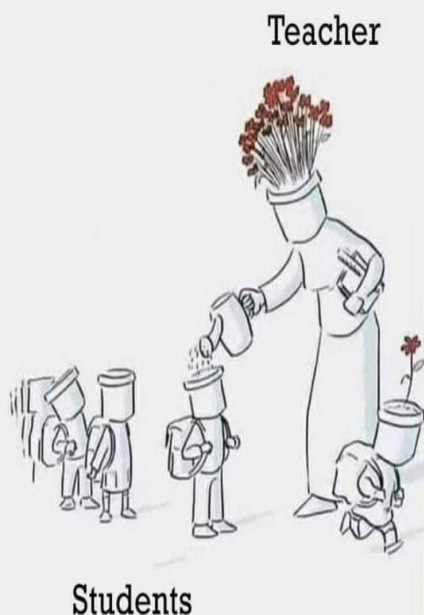
by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

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The beauty of teachers...



# How to Build the Ultimate Snowman According to Science



By: Dr Claire Asher

Published: December 15, 2022 at 11:00 pm

Anyone who has tried to have a snowball fight, or build a snowman only to have the snow fall apart in their hands, will know that some snow is better. That's because the properties of snow vary greatly depending on temperature and moisture.

The best snow for building snowmen is moist or wet snow, which forms when the air temperature is just above freezing – between 0 C and 2 C – meaning that some of the snow melts, creating free water between the ice crystals that acts like glue. Ideally, the snow should be around 3 to 8 per cent moisture. Any more than 15 per cent moisture, and snow becomes slush and too wet to hold a shape.

Freshly fallen moist or wet snow forms as dendrites - the classic branched snowflake shape - and the branches provide more surface area for the water 'glue' to stick to, making this type of snow ideal for snowballs and snowmen. When temperatures drop well below freezing, there is little or no liquid water to act as glue, and the ice crystals instead tend to form as flat plates, which have a lower surface area, making them less sticky.

There are other things to consider when building a snowman. You'll want a level area of ground; ideally not a driveway because tarmac tends to absorb heat, which can melt your snowman prematurely. Similarly, building your snowman in a shady spot will help it last longer.

Start by packing a ball of snow in your hands. The warmth and pressure from your hands will slightly melt the snow, creating more watery glue to hold the crystals together, which will re-freeze once you've finished building, making the snowman stronger. Roll each ball across the snow, aiming for a roughly 3:2:1 size ratio for the base, torso and head to maximise the snowman's stability. Slightly flatten the top of the ball before you stack the next one on top, and reinforce the base of the snowman by packing extra snow around the bottom.

The article and picture were derived from: [How to build the ultimate snowman, according to science - BBC Science Focus Magazine](#)



# Stuffed Peppers with Turkey and Vegetables



Oregon State  
University

## Ingredients

- 1 cup **cooked rice** (white or brown)
- 3 **bell peppers** (green, red, or yellow)
- 10 ounces **ground turkey**
- 1 teaspoon **Italian Seasoning** (or basil and oregano leaves)
- 1 teaspoon **garlic powder** or 4 cloves garlic, minced
- ¼ teaspoon **each salt and pepper**
- ½ cup chopped **onion** (any type)
- 1 cup sliced **mushrooms**
- 1 chopped **zucchini** (about 1 cup)
- 1 can (14.5 ounces) diced **tomatoes** with liquid

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Cook the rice or prepare instant rice according to package directions. Preheat oven to 350 degrees F.
4. Cut the peppers in half from top to bottom. Remove the stem and seeds. Place pepper halves with cut sides up into a baking dish large enough to hold all.
5. In a large skillet over medium heat (300 degrees F in an electric skillet), cook the turkey until no longer pink. Add seasonings during last few minutes.
6. Add onion, mushrooms and zucchini to the skillet. Add a small amount of water or oil, if needed, to keep mixture from sticking. Cook and stir until vegetables are tender.
7. Mix in the tomatoes and rice. Remove from heat.
8. Fill the pepper halves with the skillet mixture.
9. Cover the baking dish with foil. Bake for 40 to 50 minutes or until peppers are tender when poked with a fork.
10. Refrigerate leftovers within 2 hours.

## Notes

- Try chicken, beef or pork instead of turkey.
- Add a sprinkle of cheese near the end of the baking time.
- If there is extra filling, try it in a wrap for another meal.
- No basil or oregano? Try chopped cilantro or other herbs.

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– smaller

+ larger

**Makes:** 6 Pepper Halves

**Prep time:** 10 minutes

**Cooking time:** 90 minutes



Hide nutrition box

Hide recipe notes

## Nutrition Facts

6 servings per container	
Serving size	1/2 pepper (256g)
Amount per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 4g	5 %
Saturated Fat 1g	5 %
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12 %
<b>Sodium</b> 290mg	13 %
<b>Total Carbohydrate</b> 17g	6 %
Dietary Fiber 3g	11 %
Total Sugars 4g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 12g	
Vitamin D 0mcg	0 %
Calcium 49mg	4 %
Iron 1mg	6 %
Potassium 511mg	10 %
Vitamin A 35mcg	4 %
Vitamin C 63mg	70 %

\*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.



# Turkey Pumpkin Chili



## Ingredients

- 1 teaspoon **vegetable oil**
- 1 pound lean **ground turkey** (15% fat)
- 3/4 cup chopped **onion** (about 1/2 medium onion)
- 1/2 cup chopped **green pepper** (about 1 small pepper)
- 2 cloves **garlic**, minced or 1/2 teaspoon garlic powder
- 1 can (15 ounces) **kidney beans**, drained and rinsed
- 1 can (15 ounces) **great northern beans**, drained and rinsed
- 1 can (16 ounces) **pumpkin**
- 1 can (15 ounces) crushed **tomatoes**
- 1 can (15 ounces) low-sodium **broth**
- 1/2 cup **water**
- 2 Tablespoons packed **brown sugar**
- 1 package **taco seasoning** mix (1.25 ounces)

## Directions

1. Wash hands with soap and water.
2. In a large saucepan, heat oil on medium heat.
3. Add ground turkey, onion, green pepper and garlic.
4. Cook and stir, breaking meat apart until it is brown and vegetables are tender.
5. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
6. Bring to a boil. Reduce heat, then cover and simmer for 1 hour.
7. Refrigerate leftovers within 2 hours.

## Notes

- Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube of bouillon.
- Use leftover turkey cut in bite-size pieces instead of ground turkey. Sauté the vegetables, then add the turkey with the other ingredients.
- No Taco Seasoning? Mix together 1 Tablespoon chili powder and 1 teaspoon each cumin and oregano. Add some red pepper flakes if you like it spicier.

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**Makes:** 10 cups  
**Prep time:** 5 minutes  
**Cooking time:** 90 minutes



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Hide recipe notes

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 cup (295g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 96mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 482mg	<b>10%</b>
Vitamin A 194mcg	<b>22%</b>
Vitamin C 12mg	<b>13%</b>

\*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.

# Happy Birthday!



# Feliz Cumpleaños!

DECEMBER 1ST

Charles Ellis

DECEMBER 2ND

Danielle Atchley

DECEMBER 3RD

Lisa Settle

DECEMBER 4TH

Christina Escobar

Esther Merklein

Winter Hammersmith

DECEMBER 5TH

Laurie Hester

DECEMBER 7TH

Elida Cabrera

Sherry Whaley

DECEMBER 8TH

Laura Lakavage

DECEMBER 9TH

Rebecca Robinson

DECEMBER 10TH

Emily Daughtrey

DECEMBER 11TH

Christina Lewis

Jodi Droesch

DECEMBER 13TH

Susan Johnson

DECEMBER 14TH

Amanda Ward

Elizabeth Jenkins

Karen Brown

DECEMBER 16TH

Kathy Stassi

DECEMBER 19TH

McKenzie Donnelly

DECEMBER 20TH

Bethanee Grace

Danyelle Wise

DECEMBER 21ST

Natasha Dauphin

DECEMBER 25TH

Christine Russo

DECEMBER 28TH

Andrea Sedano Sanchez

Natasha Newman

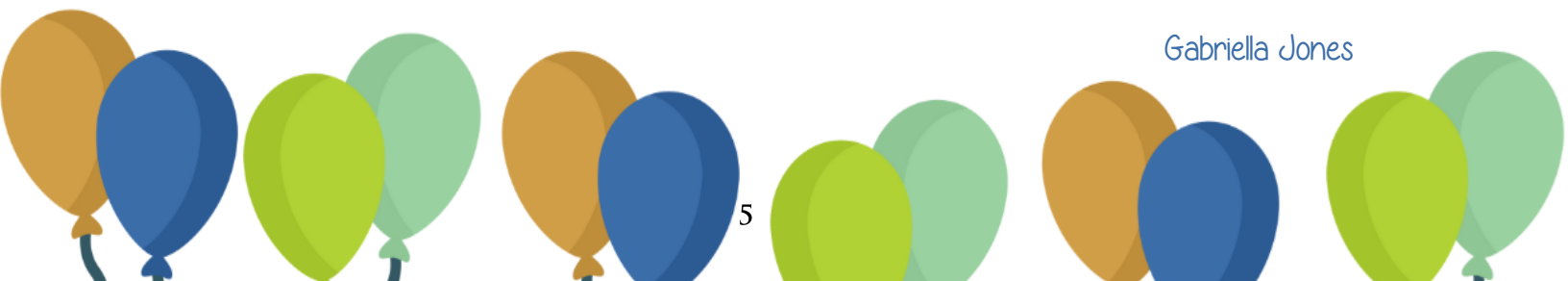
DECEMBER 29TH

Mary Bingham

Rachel Reel

DECEMBER 31ST

Gabriella Jones



# Happy Anniversary!



# Feliz Aniversario!

## 1 YEAR

Natasha McCracken

## 2 YEARS

Doris Palmer

Lori Steele

## 4 YEARS

Bryan Potter

Ivory Walker

## 7 YEARS

Ansley White

Cindal Lamb

Rosalba Morfin Celestino

## 15 YEARS

Angelica Figueroa-Hull

Christopher Alan Wisely

## 22 YEARS

Rogelio Fernandez

