



THE WEEKLY MEMO

2022-2023, Issue #38 - June 26, 2023- 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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Meetings and Trainings

June 26 —Monday

- 9:00-10:30 Data Discussion, Library
- 10:00-11:00 Hands-On CPR Practice, Blue Building Conf. Rm.

June 27 —Tuesday

- 9:00-11:00 Directors Meeting, Blue Building Conf. Rm.

June 28 —Wednesday

- 9:00-10:30 Department Directors Meeting, Blue Building Conf. Rm.
- 11:30-3:30 Hold for Education Interviews, Library

June 29 —Thursday

- 8:30-9:30 Health Dept. Meeting, Library
- 12:30-3:30 Hold for Education Interviews, Library

June 30 —Friday

© HMK. LIC.

My summer workout program is a piece of cake! Sometimes TWO PIECES. Buttercream day is a KILLER.



Weekly Memo Submission

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

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

Merlin's End of Year Celebration!



Merlin's End of Year Celebration!



Head Start Memories 1960-1970s



Head Start Memories 1960-1970s





Watermelon Cooler



Ingredients

3 cups cubed **watermelon**, seeds removed
½ cup **orange juice**

Directions

1. Wash hands with soap and water.
2. Place watermelon and juice in blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.

Notes

- Juice from 2 oranges (about 1/2 cup)

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Makes: 3 cups
Prep time: 5 minutes



Hide nutrition box

Hide recipe notes

Nutrition Facts

3 servings per container	
Serving size	1 cup (194g)
Amount per Serving	
Calories	70
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 16g	6 %
Dietary Fiber 1g	4 %
Total Sugars 13g	
Includes 0g Added Sugars	0 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 15mg	2 %
Iron 0mg	0 %
Potassium 244mg	6 %
Vitamin A 44mcg	5 %
Vitamin C 26mg	29 %

*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.



Melon Cooler



Ingredients

- 2 cups cubed cantaloupe
- 1 cup low-fat lemon yogurt
- 1 cup orange juice

Directions

1. Wash hands with soap and water.
2. Blend all ingredients until smooth.
3. Refrigerate leftovers within 2 hours.

Notes

- This drink tastes best chilled.
- Try substituting honeydew or watermelon for cantaloupe.
- For a flavor booster, try lemon juice or frozen berries.

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Makes: 3 cups
Prep time: 10 minutes



Hide nutrition box

Hide recipe notes

Nutrition Facts

3 servings per container	
Serving size	1 cup (268g)
Amount per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 0mg	0%
Potassium 602mg	15%
Vitamin A 192mcg	21%
Vitamin C 80mg	89%

*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.



Peach Cooler



Oregon State University

Ingredients

- 1/2 cup **nonfat dry milk**
- 1 cup chopped frozen **peaches**
- 1/2 cup **cold water**
- 1/2 cup **orange juice** (juice from 1 orange)

Directions

1. Wash hands with soap and water.
2. Put all ingredients into a blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.

Notes

- 1 cup chopped or sliced peaches (about 1 1/2 to 2 medium fresh).
- Serve as a snack or dessert during the summer months.

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Makes: 2 cups
Prep time: 10 minutes



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Hide recipe notes

Nutrition Facts	
2 servings per container	
Serving size	1 cup (202g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 563mg	10%
Vitamin A 145mcg	16%
Vitamin C 18mg	20%

*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.