

Southern Oregon Child & Family Council, Early Head Start, Head Start, The Family Connection & LISTO

THE WEEKLY MEMO

Program Year 2023-2024 September II, 2023 / Volume #4

OUR AGENCY VALUES

- Transparent Respectful
 Communication
- Compassionate Inclusivity
 - * Teamwork
 - Integrity & Accountability
 - * Safe & Responsive Culture

"Education
is the most powerful
weapon
which you can use
to change the world."

Nelson Mandela

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 pdfs, jpegs, and text to

Angie Salazar — asalazar@socfc.org by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

INSIDE THIS ISSUE:

2-3) Foothills is Ready for School!

4) Whole-Wheat Zucchini Bread

5) September Fun Facts

9/11/23

Foothills is Ready for School!!



Cook Trina & Cook Asst Ana



FTL-AM Class (left to right) Sharon, Carrie, Kori, Cory



FTL-PM (left to right)- Lori, Gabi, Melissa

FTL DUR- (left to right) Michelle, Mashayla, Maria, Sarah



Submitted by: Dane Miller

9/11/23

Foothills is Ready for School!



Welcome to the center sign



Hallway hopscotch



Gabi hopscotching down our hallway

9/11/23



Whole-Wheat Zucchini Bread



Ingredients

- 1 1/2 cups whole-wheat flour or all-purpose flour (try a combination)
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup vegetable oil
- 1/2 cup brown sugar or honey (see Notes)
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups grated zucchini (squeeze out some moisture after measuring)
- 1/2 cup chopped nuts or seeds, any type (optional)
- 1/2 cup raisins or dried cranberries (optional)

Directions

- 1. Wash hands with soap and water.
- Preheat oven to 350 degrees F. Lightly greast a 9x5-inch bread pan and set aside.
- In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
- In a separate bowl, combine oil, brown sugar, eggs, vanilla and zucchini. Mix until well combined.
- Add the wet ingredients to the dry ingredients. Stir until the dry ingredients are moistened, without overmixing. Gently add nuts and raisins, if desired.
- 6. Pour batter into pan and spread into the corners.
- Bake 45 to 60 minutes or until a wooden pick inserted into the center of the loaf comes out clean.
- 8. Remove pan from oven and let cool for 10 minutes.
- Remove bread from pan and let cool completely on a rack. Slice to serve.
- 10. Wrap to store for several days or freeze for up to 1 month.

Notes

- You can substitute 1/4 cup oil with 1/4 to 1/2 cup mashed banana or unsweetened applesauce.
- You can use grated carrot or mashed banana with grated zucchini for a total of 1 1/2 cups.
- Try other spices such as cloves, allspice or ginger. If you like spices, use more than the recipe suggests.
- · Honey is not recommended for children under 1 year old.

Paid for in part by Oregon SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider and Employer.







Makes: 16 slices

Prep time: 15 to 20 minutes Cooking time: 45 to 60

minutes



- ☐ Hide nutrition box
- ☐ Hide recipe notes

Nutrition Fa	icts
Serving size 1 sli	ice (49g)
Amount per Serving Calories	150
	aily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 20g	79
Dietary Fiber 2g	79
Total Sugars 10g	
Includes 7g Added Sugars	14 %
Protein 3g	
Vitamin D 0mcg	09
Calcium 39mg	49
Iron 1mg	6%
Potassium 130mg	29
Vitamin A 11mcg	19
Vitamin C 2mg	2 9

calories a day is used for general nutrition advice.

9/11/23 4





Aster September Flowers



Sapphire

Birthstone

Chinese Moon Festival National Talk
Like a Pirate Day

SEPTEMBER SCIN COOK

National

Potato Day



Goodbye Summer



Hello Fall



Astrology Signs



Virgo



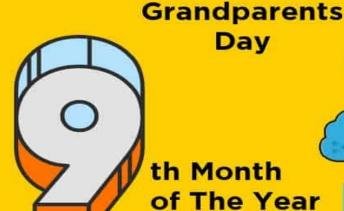
Libra



National Coffee Day



National Play Doh Day





0