

THE WEEKLY MEMO

Program Year 2023-2024
September 11, 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 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:

- 2-3) Foothills is Ready for School!
- 4) Whole-Wheat Zucchini Bread
- 5) September Fun Facts

Foothills is Ready for School!!!

Cook Trina & Cook Asst Ana



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

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



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

Submitted by: Dane Miller

Foothills is Ready for School!!



Welcome to the center sign

Hallway hopscotch



Gabi hopscotching down our hallway



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.
2. Preheat oven to 350 degrees F. Lightly grease a 9x5-inch bread pan and set aside.
3. In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
4. In a separate bowl, combine oil, brown sugar, eggs, vanilla and zucchini. Mix until well combined.
5. 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.
7. 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.
9. 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.

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Makes: 16 slices
Prep time: 15 to 20 minutes
Cooking time: 45 to 60 minutes



- Hide nutrition box
- Hide recipe notes

Nutrition Facts	
16 servings per container	
Serving size	1 slice (49g)
Amount per Serving	
Calories	150
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 130mg	2%
Vitamin A 11mcg	1%
Vitamin C 2mg	2%

*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.

30

DAYS IN THE MONTH



Chinese Moon Festival



National Talk Like a Pirate Day

Aster September Flowers



SEPTEMBER

FUN FACTS



Sapphire Birthstone



National Potato Day



Goodbye Summer



Hello Fall



Grandparents Day

Astrology Signs



Virgo



Libra

Patriot Day



National Coffee Day



9th Month of The Year



National Play Doh Day



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