

THE WEEKLY MEMO

Program Year 2023-2024
August 28, 2023 / Volume #2

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

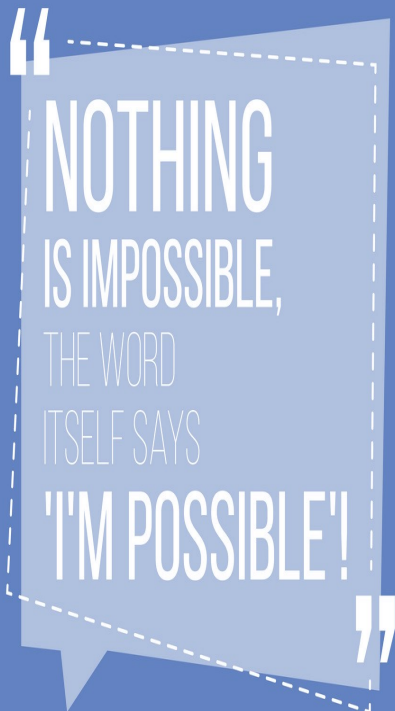
Angie Salazar — asalazar@socfc.org

by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

INSIDE THIS ISSUE:

- 2) Pets of Southern Oregon Head Start
- 3-5) DIY Desk Craft
- 6) Blueberry Crisp
- 7) Pineapple Veggie Chicken



PETS OF SOUTHERN OREGON HEAD START

Share with us your wonderful photos of your pet(s)!!!
Pick your favorite photo (out of a million!) to share with
everyone!

Send in a small description of your pet along with the
photo.

Please send your submissions to
Angie Salazar (asalazar@socfc.org) by 8/31
to be able to feature your pet(s) on the next volume of
the weekly memo!!



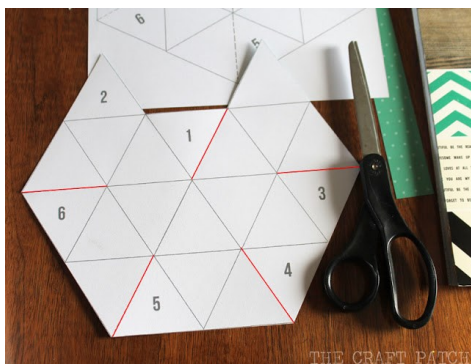
Need a Little DIY Project for your Desk?



Image was retrieved from www.thecraftpatchblog.com

Instructions

1. Cut your pieces of paper down to the standard 8 1/2 x 11 paper size. One piece will be the outside of the bowl and the other will be the inside.
2. Load both pieces of paper into the printer so that the folding template (on page 5) will print on the back of the paper (not the patterned side). Print the template on both pieces of paper.
3. Cut around the outside edge of the hexagon and along the dotted lines, shown in red in the photo below:



Make these cute DIY geometric bowls to hold your paper clips or rubber bands! Feel free to share any pics of your artistic creation!

Materials Needed:

- Patterned or solid colored paper (no cardstock)
- Scissors
- Glue
- Folding Template (on page 5)

4. Begin folding along each printed line. The interior piece should be folded toward the patterned side of the paper and the exterior piece should be folded away from the patterned side like this:

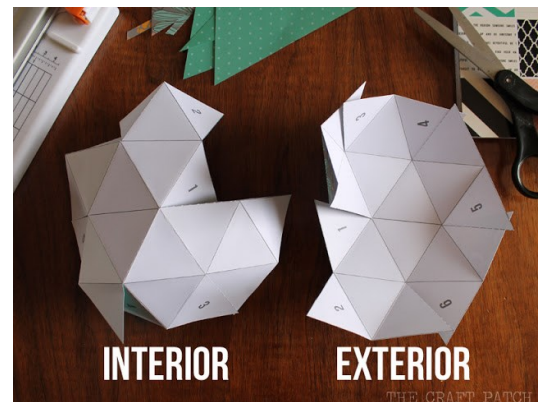
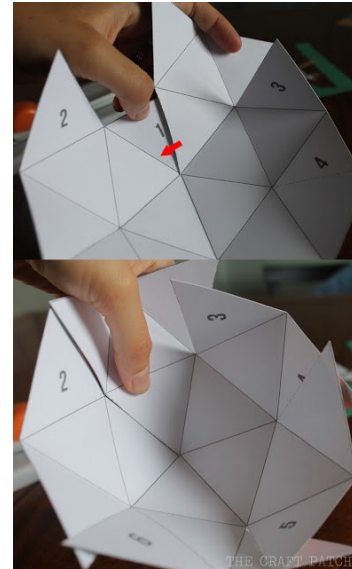




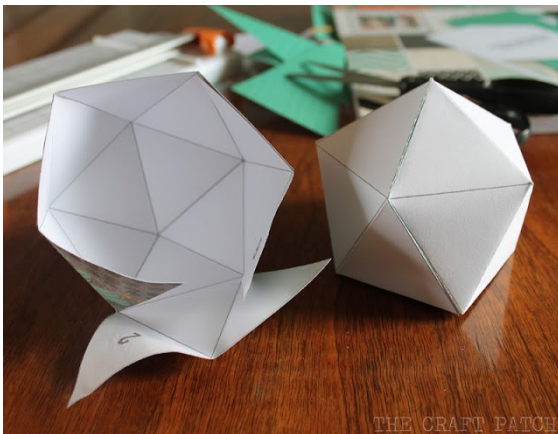
Image was retrieved from www.thecraftpatchblog.com

Instructions (continued)

5. Spread glue across all of triangle #1, then slide the triangle next to it over until the two triangles overlap completely, as shown:



6. Repeat with all of the numbered triangles for the interior piece. Leave two sections unglued on the exterior piece so you'll have space to insert the interior piece.

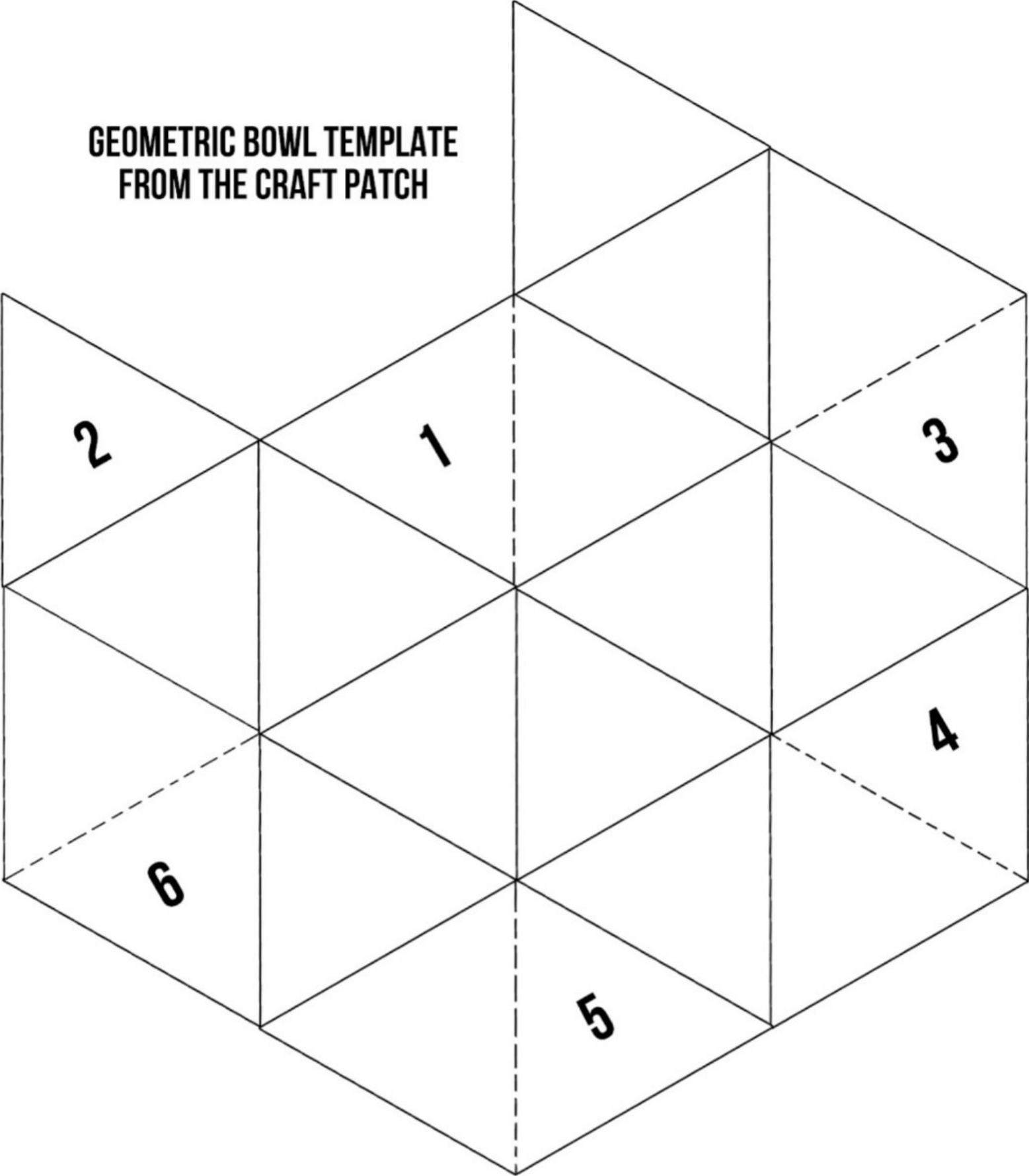


7. Spread glue on the white side of the paper on the interior piece, then fit it into the exterior piece, pressing firmly and smoothing everything out. Glue the remaining exterior flaps closed.

Trim any edges along the opening so they are flush with one another.



**GEOMETRIC BOWL TEMPLATE
FROM THE CRAFT PATCH**





Blueberry Crisp



Oregon State University

Ingredients

- 3 cups frozen or fresh **blueberries**
- 2 teaspoons **margarine** or **butter**, softened
- 1 Tablespoon **all-purpose flour**
- 1 Tablespoon **brown sugar**
- ½ teaspoon **cinnamon**
- ½ cup **old fashioned rolled oats**

Directions

1. Wash hands with soap and water.
2. Preheat the oven to 375 degrees F.
3. Put the fresh or frozen blueberries in a 9-inch pie plate or an 8x8-inch baking dish.
4. In a small bowl, use a fork to mix butter or margarine, flour, sugar, oats and cinnamon.
5. Sprinkle oat mixture over the blueberries.
6. Bake for about 25 minutes. Enjoy while warm!
7. Refrigerate leftovers within 2 hours.

Notes

Try replacing blueberries with blackberries or diced peaches (drain first if canned).

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— smaller

+ larger

Makes: 2 cups
Prep time: 5 minutes
Cooking time: 30 minutes



Hide nutrition box

Hide recipe notes

Nutrition Facts

4 servings per container	
Serving size	1/2 cup (131g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 133mg	2%
Vitamin A 3mcg	0%
Vitamin C 11mg	12%

*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.



Pineapple Veggie Chicken



Ingredients

- 2 teaspoons **vegetable oil**
- 3 **chicken breasts**, boned, skinned, and cut into 2-inch pieces
- 2 slices fresh **ginger**, peeled and minced or 1/2 teaspoon ground ginger
- 1 clove **garlic**, minced or 1/4 teaspoon garlic powder
- 1 can (8 ounce) **pineapple chunks**, drained (save juice)
- 1/2 cup **chicken broth** or water (see **Notes**)
- 2 Tablespoons **vinegar**
- 4 cups sliced **vegetables**, such as celery, green peppers, onions, and mushrooms
- 1/2 cup **orange juice**
- 2 Tablespoons low-sodium **soy sauce**
- 1 Tablespoon **sugar**
- 3 Tablespoons **cornstarch**
- 1 medium **tomato**, cut in wedges

Directions

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium-high heat (350 degrees F in an electric skillet).
3. Add chicken, ginger and garlic, and cook 5 minutes or until chicken is no longer pink.
4. Add pineapple juice, chicken broth and vinegar. Cover and simmer for 5 minutes.
5. Add sliced vegetables. Cover and cook 3 minutes.
6. Mix orange juice, soy sauce, sugar and cornstarch together in a small bowl. Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens.
7. Add tomato wedges and pineapple chunks.
8. Refrigerate leftovers within 2 hours.

Notes

- Broth can be made at home or 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 bouillon.
- Serve with brown rice for more whole grains.

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Makes: 10 cups
Prep time: 20 minutes
Cooking time: 30 minutes



- Hide nutrition box
- Hide recipe notes

Nutrition Facts	
10 servings per container	
Serving size	1 cup (151g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 306mg	6%
Vitamin A 13mcg	1%
Vitamin C 21mg	23%

*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.