

Fun and Resources for 06-26-2020





Asparagus Mushroom Melt



Ingredients

4 English muffins

- 1/4 cup **onion**, finely minced
- 1 cup **mushrooms**, chopped
- 1 1/2 teaspoons **oil**
- 1/2 pound **asparagus**, trimmed and sliced crosswise into 1/2 inch rounds
- 1/2 teaspoon ground **thyme** or **oregano** or **basil**
- 1 1/2 teaspoons **vinegar**
- dash of **salt** and **pepper**
- 3/4 cup **mozzarella cheese**, shredded (3 ounces)

Makes: 4 servings
Prep time: 15 minutes
Cooking time: 15 minutes



Directions

1. Toast muffin halves and place on a baking sheet in a single layer.
2. In a large skillet over medium-high heat, sauté onions and mushrooms in oil, stirring often, until just beginning to brown.
3. Add asparagus, seasoning and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
5. Broil muffins until the cheese melts. Watch carefully to avoid burning.
6. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

Serving Size 2 muffin halves (166g)
 Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 480mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 12g

Vitamin A 10% • **Vitamin C 8%**

Calcium 20% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

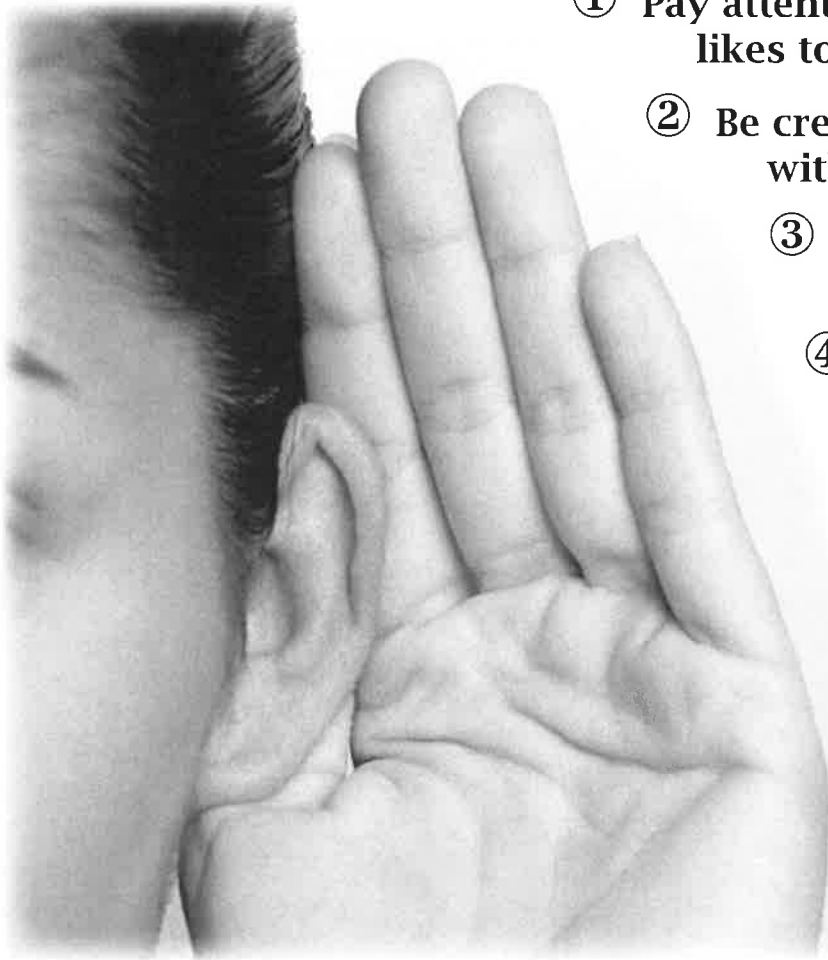
Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Listening Tips for Parents

It can be difficult to listen to your child's point of view when you believe he or she is wrong. But if you cut your son or daughter off when they speak or ignore what they are saying, your child may tune you out, too.

Listening is a two-way street. Be attentive. Improve your listening skills by doing the following:



- ① Pay attention to when your child likes to talk. Be available.
- ② Be creative. It's OK to communicate with notes, too.
- ③ Let your child finish his or her point before responding.
- ④ Repeat what you heard to make sure you understand your child.
- ⑤ Stop what you are doing when your child expresses a concern.
- ⑥ Ask specific questions to gather more information.
- ⑦ Imagine your child's feelings before responding.

Good listening skills are essential for a healthy relationship with your child. By following these tips, you will teach your child how to communicate.





How does it work?

A solar oven works by catching sunlight using a reflector and reflecting it onto a black surface (we've used a black sheet of paper). The black surface transforms the light into heat and the upturned glass bowl traps the heat inside. It heats up just like your car does on a hot summer day.

Solar ovens slow-cook food on a low heat over a longer period of time than conventional ovens but they DO work. You can purchase manufactured solar ovens in different designs like [this one](#) from Amazon. They are usually used by people when camping or for dehydrating foods. I researched a

number of different solar oven designs and DIY projects before coming up with this version.

How to make a DIY solar oven:

It's very easy to make a DIY Solar Oven. This one has been created from a repurposed large Amazon book box which was the perfect size for the job, but any box which is large and flat would be a good fit.

You will need:

- A large, flat cardboard box similar to an Amazon book box
- Craft glue
- Aluminium foil
- Duct tape

- A sheet of black paper, or something dark in colour like a black oven tray



- A **heat-proof** glass bowl or casserole dish
- A thermometer – we have used two thermometers, one inside and one outside the oven to see the difference it made in temperature more clearly. Our dial-style meat thermometer was perfect for inside the oven because it has a large, easily readable face. Our thermometer reads in °C but you can get a [similar one with °F readings](#) on Amazon
- This printable [time and temperature chart](#)
- A **hot day with minimal cloud cover** – ideally the temperature should be 28°C + (82.4°F), the hotter the better.

How to:

Step 1 | Change your box to have a single flap as a lid. This can be done by removing three of the flaps leaving only one long flap in place. Stick the removed long flap to the one left in place with staples and duct tape. It doesn't matter that your single flap is slightly shorter than the width of the box because it is only used as a reflector.

Step 2 | Line the inside of your box and flap with aluminium foil and glue it into place with craft glue. Stick the edges of the foil down around the outside of the box with duct tape.

Step 3 | Use the discarded cardboard from the short side flaps to create the legs you will use to prop the lid open. Do this by trimming the legs into thin strips (approx. 2 inches wide) with an angle on one end. Stick the legs on at an angle using duct tape. The flexible duct tape join will enable the legs to fold inside the box when you are packing it away. It

will also enable the lid to be set at various different angles to best catch the sun's rays.

Step 4| Place your sheet of black paper inside the box with an upturned glass bowl on top. Place your thermometer underneath the bowl. If you have a second thermometer put that outside the oven so you can compare the two temperatures

How to use your DIY solar oven

- Set your DIY solar oven up outside in full sun, with the reflector facing directly at the sun. Monitor how hot it gets inside, when the temperature is above 70°C (158°F) it is warm enough to start using. As the sun moves across the sky adjust the direction of the reflector accordingly. This will ensure maximum temperature inside your oven.
- Use your chart to record the temperature details along with observations of the item you are cooking inside. This will vary according to factors like the outside temperature, how high the sun is in the sky and the angle of your reflector in relation to the sun. We found that the temperature at high noon was actually lower inside the oven than it was in the late afternoon due to the angle of



the sun in conjunction with the angle of the reflector.

- Remember to use a tea towel to lift the glass bowl because it can get very hot.

How to make Rainbow Crayons:

This is a perfect recipe for this experiment because it's not a food item and demonstrates how your oven works. To make them simply chop



some old crayons up and place them into silicon cupcake liners. Place the silicon cupcake liners inside your oven and observe them cooking over time. Taking note of the results will give you a good idea of how your oven cooks when it's time to make a food item.



The hottest our oven got on this day was 80°C (we have seen it reach over 90°C on a cooler day though!). It was enough to mostly melt the crayons but there were a few chunks left which were obviously not going to change no matter how long we left them in the oven.





How to make Rocky Road Bites

We made these Rocky Road Bites in our solar oven and they were YUMMY! Ordinarily chocolate is best cooked at a low temperature so it's perfect for your solar oven.



To make Rocky Road Bites place a small amount of chocolate melts (approximately 1 tablespoon) into a silicon cupcake liner along with a scattering of chopped marshmallows, a teaspoon of chopped nuts (I've used almonds and hazelnuts) and a teaspoon of desiccated coconut. Place in your oven and observe the results.



Once the ingredients have melted into a lump that resembles Rocky Road remove them from the oven and refrigerate until set.

Our Rocky Road Bites took over an hour to fully cook but they were worth the wait!

HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION

Tips for Families from the National Center on Early Childhood Health and Wellness



NATIONAL CENTER ON

Early Childhood Health and Wellness

Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

When Parents and Caregivers Understand Health Information and How to Use it, Children Are More Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed

- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

Things You Can Do to Help Your Child

- ASK for help if you do not understand a health form or do not know how to fill it out.
- ASK for handouts in the language that is easiest for you to read.
- WRITE DOWN questions you have before you go on any health care visit.
- TELL YOUR DOCTOR if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.
- Ask your Head Start or child care program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.



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Give Them More
of the
Good Stuff!

Milk Basics

Shop and Save

- Look for a date on the package to help you know how soon to use it.
- Milk sold in larger cartons and jugs is usually cheaper per ounce. Buy only the amount you can use before it spoils, or plan to freeze any extra.
- Powdered milk may cost the least.



Milk is rich in calcium which helps
build strong bones and teeth.



Types of Milk

Fat-free, 1%, 2% and whole milk have increasing amounts of fat and calories but the same nutrients including protein, calcium, potassium, phosphorus and vitamins A, D, B2, B3 and B12.

Other forms of milk have the same nutritional value as fresh milk:

Lactose-free milk is fluid milk with lactose removed.

Evaporated milk is canned milk with some water removed. This changes the flavor and color slightly.

Powdered milk has all the water removed so it stores for much longer.

Cultured buttermilk has reduced lactose. It is slightly thicker and has a tart taste.

Plant Based Milks:

Soy milk is made from soy beans. It is lactose-free, non-dairy, and most like cow's milk nutritionally.

Other plant-based milks (**almond, cashew, rice, coconut or hemp**) are lactose-free, soy-free and non-dairy so they may be helpful for people with some allergies. All are low in protein and not a good source of other nutrients unless fortified. They may be low in calories and added sugar if unsweetened.

Store Well Waste Less

- Keep fresh milk refrigerated as much as possible - as soon as you take it home and right after each use.
- Ultra-high temperature pasteurization and sterilized packaging allows shelf-stable milks to be stored at room temperature for up to 6 months. Once opened, refrigerate and use within 7 to 10 days.

- Store powdered milk and canned evaporated milk in a cool, dry place.
- Refrigerate evaporated milk after opening. Use within 3 to 4 days.

Freeze extra milk:

- Leave space in containers for milk to expand during freezing.
- Thaw in the refrigerator then shake well.
- Flavor and texture change slightly so use it in cooking.



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Cooking with Milk

Orange Delight

Ingredients:

6 ounces frozen **orange juice concentrate** (about $\frac{3}{4}$ cup)
4 cups non-fat or 1% **milk**
1 teaspoon **vanilla extract**

Directions:

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth. Serve and enjoy.
3. Refrigerate leftovers within 2 hours.

Notes:

✿ If you don't have a blender, mix the ingredients well in a bowl or shake in a container with a tight lid until frothy.

Makes 5 cups

Prep time: 5 minutes

Go to
FoodHero.org
for easy, tasty
milk recipes

Magical Fruit Salad

Ingredients:

4 cups **fruit** (fresh, frozen or canned/drained)
1 package (makes 4 servings) **instant lemon or vanilla pudding mix**
1 $\frac{3}{4}$ cups cold nonfat or 1% **milk**

Directions:

1. Cut fruit into bite-sized pieces.
2. In a medium bowl, combine pudding mix and cold milk. Add the fruit and stir gently. Refrigerate for 5 minutes then serve.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- pour milk into glasses to drink with a meal.
- shake or blend a smoothie.
- stir milk into pudding mix and add fruit.

Skillet Corn Chowder

Ingredients:

$\frac{1}{2}$ small **onion**, diced
2 teaspoons **vegetable oil**
1 can (15 ounces) **cream style corn**
2 cups nonfat or 1% **milk**
 $\frac{1}{2}$ cup (2 ounces) **cheddar cheese**, grated

Directions:

1. Saute onion in oil until transparent.
2. Stir in corn and milk.
3. Heat until just bubbly.
4. Stir in cheese until melted.
5. Refrigerate leftovers within 2 hours.

Notes:

✿ Add any other veggies you have on hand - fresh, frozen or canned.
✿ Add pepper, cumin, Italian seasoning or chili powder for extra flavor.

Makes 4 cups

Prep time: 5 minutes

Cook time: 20 minutes

Make the Switch!

Help your family adjust to lower-fat milk by mixing their current 2% or whole milk with a lower-fat version for a few days. Keep working toward less fat until you reach fat-free or 1%.

Tips for Using Powdered Milk

- ✿ Serve powdered milk cold for better flavor. Mix and refrigerate the night before use.
- ✿ Blend equal parts fluid milk and mixed dry milk for good flavor and lower cost.
- ✿ Add 1 to 2 tablespoons dry milk powder to make milkshakes and smoothies thicker.
- ✿ Stir dry milk powder into soups and skillet meals to boost protein and calcium.