

Fun and Resources for 06-25-2020





Baked Cauliflower Tots



Oregon State
University

Ingredients

- 2 cups grated **cauliflower**
(about half a medium head)
- 1 **egg**
- 3 Tablespoons **flour**
- 1/4 cup **cheddar cheese**,
grated
- 1/4 teaspoon **salt**

Makes: 2 cups
Prep time: 10
minutes
Cooking time: 20
minutes



Directions

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.

Notes

- Texture will be best when freshly made.

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

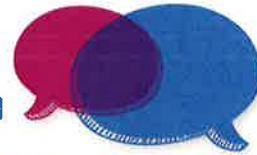
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Nutrition Facts

| | |
|------------------------------|----------------------|
| 3 servings per container | |
| Serving size | 5 tots (110g) |
| Amount per Serving | |
| Calories | 70 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 200mg | 9% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 67mg | 6% |
| Iron 1mg | 6% |
| Potassium 296mg | 6% |
| Vitamin A 30mcg | 3% |
| Vitamin C 43mg | 48% |

*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.

RAISING A BRAVE GENERATION



embraceRace

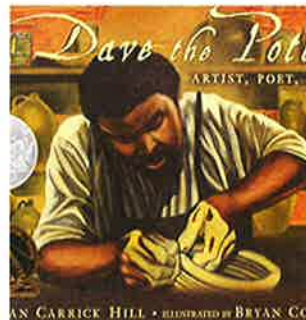
10 Tips for Reading Picture Books with Children through a Race-Conscious Lens

By Megan Dowd Lambert

How can caregivers and educators best guide children to and through picture books with positive racial representations? How can we also support kids in resisting or reading against racist content? These tips draw on the Whole Book Approach (WBA, which I created in association with The Eric Carle Museum of Picture Book Art) and other resources to highlight how picture books can provoke meaningful, transformative conversations between children and adults that “embrace race.”

#1 Draw on expert resources to find and assess diverse books.

In our EmbraceRace Community Conversation we highlighted We Need Diverse Books and its Our Story App, but suggested many other great resources, too.



#2 Conduct a collection/storytime diversity audit.

How many books by/about People of Color and Native/First Nations people do you count? How many are #OwnVoices titles? What goals can you set?

#3 Recognize and leverage the difference between *reading to* children and *reading with* children.

Storytimes often use performance methods that position children as an audience with adults reading to them. Shifting to instead read with children through co-constructive models like the *WBA* can support kids' critical engagement with picture book representations of race by affirming that their ideas matter.

#4

Ask open-ended questions with embedded art and design vocabulary to engage children's visual literacy.

The WBA uses questions inspired by Visual Thinking Strategies: "What do you see happening in this picture? What do you see that makes you say that? What else can we find?" It also asks questions about art and design, such as why a book uses a portrait or landscape layout, or how endpapers can provide clues about a story. Ensuing discussions expose how creative processes involve choices, which, by extension, can support kids' understanding that words' and pictures' representations of race are ripe for analysis, too.



#5

Intentionally integrate discussion about representations of race into shared reading. Librarian Jessica Anne Bratt offers these tips, adapted from her google doc, "Talking about Race at Storytime":

- It's okay to point out racial differences in picture books: "Is that skin color darker or lighter than yours? How would you describe this skin color? Or yours? Or mine?"
- Share your feelings about race and racism when reading together: "It makes me sad that laws allowed certain groups of people like African-Americans to be treated differently."
- Use "fair/unfair" when talking about racial stereotypes or exclusion in picture books: "Wow, this picture book only includes White male inventors. That's unfair. Did you know that ____ created things, too? Let's read about some famous ____ inventors."
- Embrace cultural and racial differences, and reinforce that "different" and "weird" aren't the same. "Why is her hair weird?" "Her hair is different from yours. Some people have straight, curly, or wavy hair. It's great that we're different."
- Respect children's curiosity by responding to their hard questions and sometimes embarrassing observations, or by admitting gaps in your knowledge. "Let me think about that for a while," or "That's a good question" or "I don't know" can be great replies.



#6

Use other questions (like these adapted from Lissa Paul) to get kids talking about how words and pictures can reflect, reinforce, or challenge systems of power:

- Whose story is this?
- Who is the reader?
- When and where was the book written? By whom?
- Who is named? And who isn't?
- Who gets punished? Praised?
- Who speaks? Who is silenced?
- Who acts? Who is acted upon?
- Who looks? Who is observed?

#7

Paraphrase and link comments to reinforce ideas and model active listening.

Paraphrasing helps kids feel heard and can let them clarify remarks. Linking ideas fosters collaboration so that many voices make meaning of a text.

#8

Welcome diverse responses and interpretations.

In "The Acid Test for Literature Teaching," reader response theorist Louise Rosenblatt writes, "Books don't only happen to readers. Readers also happen to books." It follows that one text can elicit many responses grounded in readers' particular experiences and perspectives.



#9

Stretch beyond your readings/interpretations to center children's responses.

Scholar, Aidan Chambers, asserts that using open-ended questions and leading with the phrase, "Tell me..." can foster children's comfort in taking risks in their discussions about books.

#10

Be mindful of power dynamics at storytime, starting with the fact that all children exist under adult authority.

How can you empower them? Strive, especially, to hold space for children of marginalized identities addressing exclusion, and for those voicing concern about representation of "mirror" characters.



STAINED GLASS BUTTERFLY MILK CARTON KIDS CRAFT



Stained Glass BUTTERFLY
Milk Carton Kids Craft



Supplies:

Empty and cleaned plastic milk jugs
Permanent markers
Butterfly stencils (I made a large stencil and a small stencil out of cardstock)
Scissors
Tape
Fishing line/string

Directions:

1. Use the butterfly stencils to trace as many butterflies as possible on the flat surfaces of the milk carton. Carefully cut them out. The hardest part was cutting through the mouth of the jug, once the scissors were through it was easy cutting.

2. Use the permanent markers to decorate the butterflies. The marker will be a little sticky until it dries. I pulled up some pictures of butterflies on my phone that Little Tiger liked using to design her butterflies.



3. Cut a piece of fishing line and tape the butterflies to it, then hang up your decoration and enjoy how the sun lights up the kids artwork!



What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

• For Your Infant

- Hold your baby during feedings.
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
- Talk about what you are doing.
"I'm going to change your diaper now."
- Try to relax and have fun.
"When I am happy, you are less fussy."
- Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.
"When I am rested, I take better care of you."

• For Your Toddler/Preschooler

- Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
- Offer choices.
"Do you want the blue shirt or the red shirt?"
- Practice patience.
"Let's wait until the song is over and then we'll go outside."

- Show understanding.
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.
"There is so much to do but it is important for us to play together."
- Follow her interest.
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.
"First pick up the blocks, then take out the cars."





Give Them More
of the
Good Stuff!

Leafy Greens Basics

Beet Greens



Collard Greens



Mustard Greens



Spinach



Bok Choy

Kale



Chard

Turnip Greens



Leafy greens are low in calories and sodium,
but high in other minerals, vitamins and fiber.



Shop and Save

- * Choose greens that look crisp. Avoid wilted or yellowing leaves and browned stalks.
- * Greens may be fresher and cost less when they are in season. Most are available spring through summer or fall. Kale, mustard greens and collard greens are available during the winter months.
- * Try farm stands or farmers markets for local greens in season.
- * Frozen spinach is a good value but other frozen greens often cost more than fresh.

Store Well Waste Less

- Wrap greens in a damp paper towel and refrigerate in an open plastic bag or container. Use most greens within 5 to 7 days for best quality.
 - Wash greens just before using to reduce spoilage.
1. Swish leaves in a large bowl of cool water.
 2. Let rest briefly to allow dirt to settle.



3. Lift leaves from the water.
 4. Repeat until there is no grit on the bottom of the bowl.
 5. Pat leaves dry if needed.
- Freeze for longer storage. Blanch (cook briefly) before freezing for best quality. Use within 10 to 12 months.



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Share on:



Enjoy Greens

Greens with Carrots

Ingredients:

- 8 cups **greens** (try kale, bok choy, chard, collard, mustard or others)
- 2 teaspoons **vegetable oil**
- 2 large **carrots**, peeled and cut in thin strips or coarsely shredded
- 1 clove **garlic**, minced or 1/4 teaspoon **garlic powder**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 teaspoon **ground coriander** (optional)
- 1 pinch **cayenne pepper** (optional)
- 1 Tablespoon **vinegar**
- 1 1/4 teaspoons low sodium **soy sauce**

Directions:

1. Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large skillet over medium-high heat.
3. Add carrots and stems if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 20 minutes

Cook time: 15 minutes

Visit FoodHero.org for easy, tasty recipes for greens.

Pasta with Greens and Beans

Ingredients:

- 8 ounces **pasta** (try penne)
- 1 Tablespoon **vegetable oil**
- 3 cloves minced **garlic** or 3/4 teaspoon **garlic powder**
- 10 ounces **frozen spinach** or 1 1/2 pounds **fresh spinach**
- 1 3/4 cups (1 can/15 ounces) diced **tomatoes** with juice, canned, fresh or frozen
- 1 3/4 cups (1 can/15 ounces) **white beans**, drained and rinsed
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 cup grated **parmesan cheese**

Directions:

1. Cook pasta according to package directions. Remove from heat when done.
2. Meanwhile, heat oil in large skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Drain pasta. Add pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2 hours.

Note: Try chard, kale or other greens in place of spinach. Add chopped stems with the garlic.

Makes 8 cups

Prep time: 10 minutes

Cook time: 30 minutes

Greens Math

*1 pound fresh greens =
1 to 3 cups cooked
(thinner leaves and stems
cook down more)*

Kids Can!

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

- ✿ swish greens in a bowl of water to remove dirt.
- ✿ tear or cut leaves away from thick or tough stems