



Fun Recipes

Pretzel Animals

What You Need

- 1 package of dry yeast
- 1-1/2 cups warm water
- 4 cups flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 egg
- 1 tablespoon water

How to Fix

1. In a large bowl, dissolve one package of dry yeast in 1-1/2 cups warm water.
2. Mix 4 cups flour, salt, and sugar in another bowl.
3. Stir 3 cups of the flour mixture into the yeast and water.
4. Knead the mixture on a counter for a while, then add in remaining flour. Break off pieces of the dough for each child to use in making a pretzel animal.
5. Once pretzels are shaped, place them on a greased pan and coat them with one egg slightly beaten in a tablespoon of water.
6. Bake pretzels about 12 minutes or until browned in a preheated 475°F oven.

Banana Boat

What You Need

- 1/2 banana with peel
- 6 by 8 inch piece of foil
- Miniature marshmallows, chocolate chips, raisins or chopped fruit

How to Fix

1. Cut a wedge on the inside curve of the banana through the peel and into the meat of the fruit. The wedge should be narrow but deep.
2. Fill the "boat" with any of the fillings. Cover with the strip of peeling.
3. Wrap the banana in foil. Bake at 350°F for 10 to 15 minutes or until banana is warm. Banana boats also may be heated over a grill or campfire.

Banana-Peanut Butter Dip

Spread on crackers or use for dipping apples and pear wedges.

What You Need

- 1 medium-sized ripe banana
- 2 tablespoons peanut butter

How to Fix

1. Peel banana and cut into small pieces. Mash well with fork in small bowl.
2. Mix in peanut butter.

Fun Foods

What do Cracker Jacks, marshmallows, popcorn, TV dinners, SpaghettiO's, Twinkies and Oreo cookies have in common? Kids like to eat these foods because they taste good and are fun. Children don't usually care about nutrition and calories.

Kids can lick the filling out of Twinkies and Oreo cookies, get a prize in Cracker Jacks, eat out of neat sections in TV dinners, roast marshmallows, watch and hear popcorn pop, and find the letters in SpaghettiO's. If parents could make lima beans and peas this much fun to eat, these foods might be a bigger hit.

Parents shouldn't force a child to eat. This strategy only backfires. Just serve a wide variety of fun and tasty foods and let your children decide which ones and how much to eat.

Try not to overreact if your child turns up his nose. And don't turn into a short-order cook by offering to fix something else. Just offer at least one thing you know your child likes at each meal. Children won't go hungry.

Ideas for making food fun:

- ◆ Try different shapes of pasta – bow ties one meal and corkscrews another.
- ◆ Vary peanut butter sandwiches with different toppings. Use banana slices one day, raisins another, and apple slices the next. Use cookie cutters to shape bread for sandwiches.
- ◆ Serve leftovers in a clean used TV dinner tray.
- ◆ Invent a new fun food with your children. It's said that Popsicles were "invented" by an 11-year-old around 1905. He left his powdered soda mix outdoors in the cold winter weather. The next morning, he found it frozen with the stirring stick standing straight up. Later, he made a frozen treat with soda pop – thus the name "Popsicle." The Popsicle was patented in 1923.



Contract Health Services Expands Radius

25-Mile Radius Expands to 40-Mile Radius Effective July 1, 2000

If you live in **Lincoln County**, you will be restricted to the Siletz Community Health Clinic for medical, dental, and pharmacy services. Call 541-444-1030 or 1-800-648-0449 for an appointment.

If you live in **Marion County**, you will be restricted to the Chemawa Indian Health Clinic for medical, dental, and pharmacy services. Call 1-800-452-7823 for an appointment.

If you live in **Polk or Yamhill counties**, you will be restricted to the Grand Ronde Wellness Clinic for medical, dental and pharmacy services. Call 1-800-422-0232 for an appointment.

If you have any questions, please call the CHS department at 541-444-1236 or 1-800-628-5720.

Breastfeeding Benefits Last a Lifetime

Deciding to breastfeed your baby is more than a personal choice. It's an important health choice. In fact, studies have shown that breastfeeding may result in a lifetime of better health for your baby.

Breastfeeding is better for your baby for many reasons. Breast milk is easier to digest than formula. This is why breastfed babies almost never get constipated. Mother's milk also contains special factors that protect a baby from illness, which is why breastfed babies tend to get sick less often than bottle-fed babies do.

Breastfeeding babies also tend to have fewer colds, earaches, stomach problems, and fewer serious illnesses such as pneumonia.

The health benefits of breastfeeding go on long after a baby has weaned. Children who were breastfed are less likely to have allergies, childhood cancer, diabetes, certain liver diseases, and some type of ulcers. So when you are deciding how to feed your baby, keep in mind that the decision to breastfeed may affect your baby's health for years to come.