

Tribal Head Start heads into summer

By Lori Jay-Linstrom, Parent Involvement Coordinator

How sad that our Head Start program is now on summer break. It just gets too quiet when the students are gone. We ended our school year with a wonderful Transition Ceremony at each of our centers, with cupcakes, pictures and well wishes for the year.

We now are looking for new students to join our returning Head Start students in Lincoln City, Siletz, Portland and Salem. If you have a child or know of a child who will be age 3 or 4 by Sept. 1, please call 800-922-1399 or 541-444-2532 and request that an application be sent to you.

Your child will have the best time of his or her life. We are the perfect opportunity for your child to start preparing for school and being up-to-date on the required School Readiness Goals for public schools. Head Start is here to help!

I would like to thank all of our parents who participated in the classrooms throughout the year and the parents who served as a Policy Council representative or as an officer for their parent committees. Parents are an invaluable support to the operation of Head Start. Parents are appreciated.

Head Start also would like to thank the Siletz Tribal Charitable Contribution Fund. This year, it generously gave money to all our sites for swimming lessons. These lessons give our students valuable lifelong skills and are added yearly to our curriculum in May.

We had another successful raffle fundraiser. Thank you to all the parents, families and friends who bought and sold raffle tickets. We could not have had such success if it weren't for the community businesses who so willingly donated items for the raffle.

As Siletz Tribal Head Start staff, we would like to thank all of our community partners, businesses and parents; our mental health providers (George, Dianne, Terry and Options); Nancy Ludwig MS, RD, LD, CLT, our dietitian/nutritionist; dental support provided by Mary Ellen Volansky from the Siletz Community Health Clinic, Amber Gutierrez from Portland (Siletz Tribal member and Head Start parent) and Beth Finnson and her dental crew from Chemawa Dental Clinic; and our Tribal community health advocates – Verdene McGuire, Cecilia Tolentino and Adrienne Crookes. These ladies are awesome.

A thank you to our Health Services Advisory Committee and a huge thank you to our family and friends who support our program all year long.



Courtesy photos

Gina Pistoresi, Taylor Morris, Jaylinn Yeaman, Samyra Brinkley, Savannah VanDaam, Sophia Somes, Antonio Salas, David Fuentes, Ponzi DeAnda, Isaac DeAnda III, Socetna Butler, Sabryanna Wills, Logan Sweitz and Teacher Rena from the Siletz Tribal Head Start in Lincoln City hold their flowers for Mother's Day.

Students – and their moms – in the morning class at the Siletz Tribal Head Start in Salem enjoy Muffins for Mom.



Creative Smoothies

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on smoothie basics from which to start.

Most children like smoothies, which provide an opportunity to spend quality time in the kitchen enjoying each other and learning about nutrition. There are many reasons to make smoothies.

Before you decide what to make, consider the following questions: Am I thirsty? Am I looking for a power breakfast to get me through to lunch? Am I looking for a late night treat that feels decadent? Am I looking for a medical benefit? Am I avoiding dairy or soy? What season is it? What is available? Answers to these types of questions should provide you with direction.

There are millions of combinations available for smoothies. With the basic equipment and general idea, you can creatively accomplish your goals.

My intent here is to provide a basic formula for you to successfully create your smoothies with the ingredients you want. This, of course, includes ingredients that meet your family's needs.

Basics

Ice and/or frozen fruit

Key flavors and/or functional ingredients

Liquid

A blender or food processor – and a spirit of adventure

Sample of key flavors, functional ingredients

Fruit: Fresh in season, frozen (for smooth texture without ice or less ice) or even canned; almost all types, such as strawberries, raspberries, blueberries, blackberries, peaches, apricots, mangos, pineapple, pears, papaya, kiwi, lemon, lime and orange.

For smooth thick texture, bananas and avocados work well. Remember, in the winter you can even stew prunes or dried apricots and use this for fruit and liquid.

Vegetables: Greens (tender ones like spinach and chard), squash, spirulina, parsley, etc.

Sweeteners: Granulated raw cane sugar, maple syrup, agave or honey (must warm first)

Protein: Nut butters (peanut butter, hazelnut, cashew, almond, walnut, etc.) or commercial protein powders such as soy, whey, hemp, rice, pea, etc. (optional)

Extracts, spices and flavors: Vanilla extract, cinnamon, ginger, cocoa powder, etc.

Oils: Flax oil, flavored fish oil (yes, believe it or not, for added nutrition!)

Liquids

Fairly clear liquids: Water, fruit juice, tea (herbal non-caffeinated choices, since stimulants are not recommended for children)

Dairy liquids: Milk, lactose-free milk, yogurt, goat's milk

Creamy non-dairy liquids: Soy milk, soy yogurt, rice milk, hazelnut or almond milk (most are available in vanilla), coconut milk, hemp milk

For adults only: Leftover coffee or black tea (to provide the breakfast pick-me-up)

Basic recipe, variations

The basic recipe yields approximately 2 cups in a blender (this mid-point results in the best blending action, even in an inexpensive blender).

Ice: Fill blender to 2-cup line with crushed ice or a combination of other frozen fruit*

Liquid: 1 cup non-dairy milk, dairy milk, water, tea, juice or yogurt

*Ripe frozen bananas or avocados add a very nice smooth consistency to the frozen drink/smoothie. To freeze bananas, remove the peel and freeze chunks in a plastic bag.

Basic Fruit Smoothie

½-1 cup fresh or frozen fruit (such as banana chunks, peaches, berries)
1-1½ cups ice (the balance of the fruit and ice at the 2-cup line)
1 cup liquid such as milk, yogurt, non-dairy milk (unsweetened), tea or other
1 tablespoon sugar or other sweetener to taste**
¼ teaspoon vanilla extract

**The sweetness required depends on the sweetness of the fruit or the type of liquid used. Non-dairy milks vary in sweetness, as do the other beverages. You may not need any added sweetness.

Peanut Butter Chocolate Smoothie

2 cups ice (or combination of frozen banana chunks and ice at the 2-cup line)
1 cup milk, non-dairy milk (unsweetened) or other liquid
2 tablespoons peanut butter (or other nut butter such as almond, cashew or hazelnut)
1 tablespoon cocoa powder (unsweetened***) or carob powder
1 tablespoon maple syrup (or sugar or other sweetener to taste)
¼ teaspoon vanilla extract

*** Could use other sweetened chocolate powders, but would need to adjust sweetness

Please note: This is a good recipe to use avocado for thickness in place of banana as the brown chocolate/cocoa powder hides the green avocado color.

Pumpkin/Squash Smoothie

½ cup cooked pumpkin or winter squash (chunks or puree)
1½ cups ice (the balance at the 2-cup line)
1 cup liquid such as milk, yogurt, non-dairy milk (unsweetened), tea or other
2 tablespoons maple syrup (or sugar or other sweetener to taste)
¼ teaspoon cinnamon or pumpkin pie spice
¼ teaspoon vanilla extract

Please let me know what you think of these recipes. Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me (503-588-5446) if you have nutrition concerns about your Head Start child.