

November USDA distribution dates

Siletz

Monday	Nov. 3	9 a.m. – 3 p.m.
Tuesday	Nov. 4	9 a.m. – 3 p.m.
Wednesday	Nov. 5	9 a.m. – 3 p.m.
Thursday	Nov. 6	9 a.m. – 3 p.m.
Friday	Nov. 7	9 a.m. – 3 p.m.

Salem

Wednesday	Nov. 19	1:30 – 6:30 p.m.
Thursday	Nov. 20	9 a.m. – 6:30 p.m.
Friday	Nov. 21	9 a.m. – 6:30 p.m.

I came up with this quick and easy recipe one day when I wanted some chocolate. These are so easy and taste so good; I hope you can try them at home.

Place chocolate chips in a microwave-safe bowl. Heat for 2 minutes and stir. When almost completely melted, stir in peanut butter.

Put back in microwave for 30 seconds and stir until smooth. Add vanilla and stir.

Chop the fruit & nut mix a bit to make smaller chunks of almond and add it to the melted chocolate.

Add the Rice Krispies and stir until blended.

Drop by spoonfuls onto waxed paper or parchment. Let sit for an hour.

**Indicates product available through USDA food program*

Fruit & Nut Clusters

- 1 package fruit & nut mix*
- 1 16-ounce bag chocolate chips
- 1 cup peanut butter*
- 1 cup Rice Krispies*
- ½ teaspoon vanilla extract

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Courtesy photo by Ashley Clark, district scheduler, Office of Congressman Kurt Schrader

Congressman Kurt Schrader visits American Grounding Systems, Inc. (AGS) with (l to r) Greg and Helen Higgins, owner; Congressman Schrader; Ronni Larsen, accounts manager; and Tedd Larsen, general manager. AGS manufactures grounding devices for companies worldwide and is an American Indian woman-owned business. Helen is the controlling stockholder of the business, which was established in 1993.

2014 Chemawa Indian School Veterans Pow-Wow

Nov. 8, 2014
Grand Entries – 1 p.m. and 6 p.m.
3700 Chemawa Road NE
Salem, Oregon

School Gymnasium
Stop at the guard shack prior to entering campus.
Public welcome – free admission!

Emcee: Anthony Blue Horse
Dancing, singing, fry bread, crafts
FMI: 503-399-5721, ext. 272 or 269
Vendors: 503-399-5721, ext. 225

Nutritious convenience foods – planning for busy times

By Nancy Ludwig, MS, RDN, LD,
Head Start Consulting Nutritionist

Ever had the thought that you don't have time to eat well? As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on ideas for eating well by planning ahead, stocking your pantry with healthy staples, knowing what to buy to be ready to prepare foods quickly and having healthy snacks available. Recipe ideas are provided to prepare your own nutritious bowl to go.

The information below is provided in outline form. This topic lends itself well to brainstorming and group sharing to flush out the ideas and choose the ones that are best for you.

Please remember, Siletz Tribal Head Start offers my time to support family nutrition over the telephone (503-588-5446). Please contact me if you have nutrition concerns about your Head Start child or want to discuss the nutritious convenience ideas provided below.

Perhaps I can offer a family class on this topic.

Key concepts for simple meals to WOW the busy family

Meeting your target mealtime (when time is limited):

1. Cook fast (pressure cooker, microwave)
2. Cook slow (crock pot)
3. Assemble pre-made food

To simplify, focus on 2-3 items:

1. Main dish (casserole, stuffed vegetable, protein item or soup)
2. Vegetable dish and/or salad
3. Bread (optional)

WOW is in the presentation:

1. Work with color and shape variation.
2. Remember to garnish.
3. Assemble a skillet or platter for the table and serve from that.
4. Simple foods can be an expression of artistry.
5. Use individual vegetables or squash as edible bowls.

Planning strategies for nutritious convenient whole foods

1. **Look at the week in advance:** Notice the times you are not likely to have much time for preparation (but will need to fuel yourself or others). Form a plan (yet remain flexible).
2. **Get organized:**
 - Supplies to be efficient (containers, labels, portable cooler, etc.)
 - Specialized equipment (rice cooker, crock pot, etc.)
3. **Stock your pantry** with whole foods that store well:
 - Proteins: Nuts; peanut butter and other nut butters; canned beans; dried lentils; dried split peas; cheese; canned, dried or frozen tuna; salmon, wild game, chicken, etc.; eggs (refrigerated); tofu (in shelf-stable boxes or refrigerated)
 - Grains/cereals: Rice (brown long-, medium-, short-grain), millet, quinoa, pasta, tortillas
 - Fresh vegetables that store well (roots, winter squash, etc.): Potatoes (many types), yams, sweet potatoes, kohlrabi, beets, turnips, rutabagas, parsnips, carrots, acorn squash, Hubbard squash, butternut squash, onions, garlic, celery
 - Frozen or canned vegetables: Frozen vegetable blends (many to choose

- from), canned vegetables (green beans, pickled beets)
- Dairy or non-dairy alternatives: Shelf-stable boxes on hand
- Seasonings: Mineral salts, herbs, salad dressings, soy sauce (consider wheat-free) or liquid amino, soup broth (or cooking water from vegetables stored in the freezer)
- Vegetables to buy each week: An assortment of dark greens, fresh vegetables, fresh parsley or other herbs in season with emphasis on local ones
- Fruits: Try to eat with the seasons – supplement with dried and frozen
- Fats/Oils: Emphasis on high quality (not rancid) olive oil, coconut oil, butter, margarine (trans fat-free), eulachon
- 4. **Prepare in advance** and then reheat or freeze (label and date).
- 5. **Think of yourself as an assembler:** Bowls, complete meals in containers, snacks in small plastic bags, etc.
- 6. **Use leftovers to create a new meal** with the addition of vegetables to make it look and feel like a new meal/menu.
- 7. **Be prepared to eat away from home:** Emergency snacks, travel lunch box or cooler

Virtues of whole plant foods

Whole plant foods are the foundation of a healthy diet. Vegetables are loaded with **vitamins, minerals** and **essential nutrients**. Beans contain **soluble fiber**, which enhances good blood sugar control and lowers cholesterol.

Whole grains contain **insoluble fiber**, which promotes regularity. Nuts and avocados contain **healthy fats**. Colorful fruits and vegetables contain **phytochemicals (phytonutrients)**, which promote health and protect against heart disease, cancers and high blood pressure.

Veggie bowls to go

- 1.5 cups cooked grains (brown rice, quinoa, millet, etc.)
- 1.5 cups protein (canned black beans, kidney beans, garbanzo beans, white beans, cooked lentils, etc., or combination with meats)
- 3 cups veggies (fresh chopped or frozen and thawed sugar snap peas, bell peppers, onions, broccoli, zucchini, etc.)
- ¼ cup favorite dressing (could be salad dressing, spaghetti sauce, salsa or other idea)
- 3 tablespoons nuts, herbs and/or cheese

Combine selected ingredients in a bowl – stir. Divide into 3 portable containers. Can be eaten cold or warmed (depending on your selections).

Other portable foods

- Fruit – fresh, dried or canned
- Vegetables – fresh or pickled, add to other foods
- Legumes – hummus, bean dip, tofu pâté, add canned beans to salads
- Trail mix – combination of nuts and fruit
- Nut butters on whole grain crackers
- Yogurt
- Cheese

Pack salad with beans and veggies and a small bottle of dressing to add prior to consuming.

Consider using a small cooler or soft-sided thermal lunch box to keep cool foods cool.