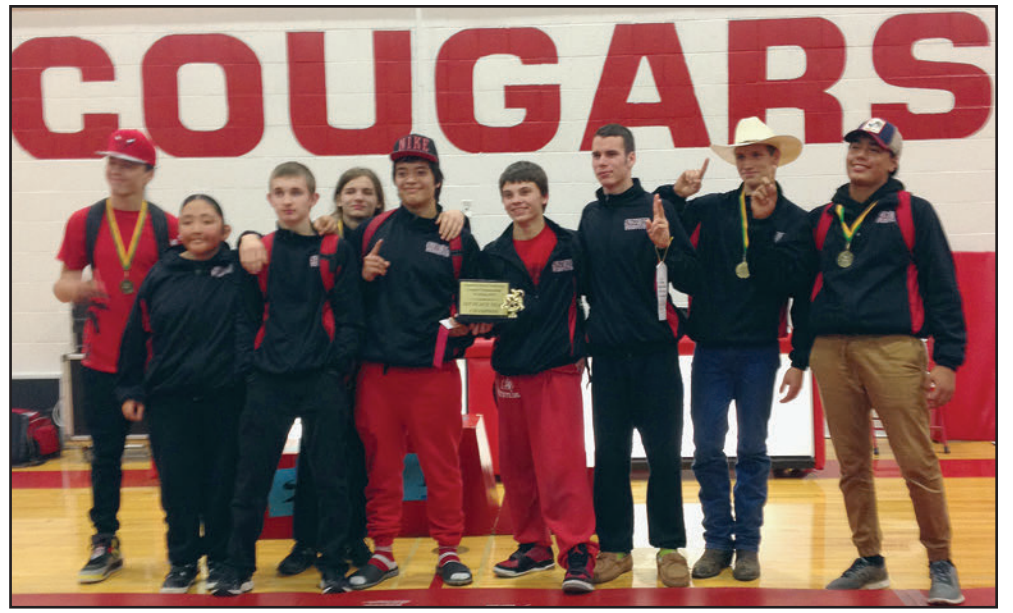




### Congratulations!

Courtesy photo

Amber Dawn Owen, daughter of Beverly Owen and Michael Owen, married Shawn L. Wegmuller on June 21, 2014, at the Historic Deepwood Estate in Salem, Ore.



Courtesy photo

### Warrior Heart!

The Siletz Warriors bring home the team championship from a Mountain West League tournament on Jan. 7 at Triangle Lake High School. The Warriors scored 52 team points against Mohawk, Triangle Lake, Crow and Springfield. Team members (l to r) include Bobby Butler, William Whitehead, Levi Lancaster, Logan Hessi, Micah Case-Welch, Gaiten Haynes, James Foster, Colton Burr and Isaac Butler.

## Canoe Journey Family Meeting

Feb. 9, 2015 • 4 p.m.

Siletz Valley School • 245 NW James Frank Ave. • Siletz, Oregon

We are looking for canoe paddlers, cooks, camp setup crews, dancers, singers and grant writers. It takes many people to make a canoe journey successful.

There is no canoe journey in 2015. We are planning for the July 2016 Paddle to Nisqually in Western Washington.

For more information, contact Tiffany Stuart at 541-444-1100.

## What is so special about family meals?

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

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on the importance of family meals with tips for success. Family-style dining means that the family sits down together for a meal.

### Children who eat most of their meals with their families

- Do better in school
- Learn the social skills of talking and sharing
- Learn problem solving
- Are closer to their families
- Are less affected by negative peer influence
- Learn manners by adult example (so think about what you are modeling)
- Are less likely to become involved in drugs and alcohol
- Eat healthier
- Tend to have lower levels of stress

### Some family-style dining dos and don'ts

- Do let your child help cook
- Do let your child help set the table
- Do use easy meals
- Do talk about your child's day
- Don't watch television
- Don't fuss at your child

Some of the challenges with children are food jags, picky eating and grazing. A food jag is when a child wants only one

food for a period of time and often will refuse all others.

A picky eater only eats certain foods or small amounts of food. Grazing is when a child will eat small amounts all day long – toddlers often do this and it is normal for them.

Children generally grow out of these challenges when mealtime is kept happy and when healthy habits are modeled. Because children learn from what you do rather than what you say, if you want your children to eat vegetables, you need to eat them too.

Often children like their vegetables plain or not touching other foods. Please be aware that a few simple adjustments can make the difference between acceptance and rejection.

Consider allowing your children to serve themselves (from healthy selections) or perhaps leave some of the vegetables raw in a serving dish for them to choose.

Remember the long-term view. It matters less what they eat on one specific day than to learn healthy habits for a lifetime.

When children are forced to eat, a backlash can occur. The benefits of family meals are far greater than the nutritional content of the food (even though nutrition is important). Children learn to make good choices from your example.

The total daily calories for a child should be approximately 1,000-1,400 for toddlers and 1,200-1,800 for preschoolers.

Compare these two meals:

**Fast food:** Small hamburger on a white bun with catsup and pickle, french

fries, 12-ounce soda and ice cream cone. Total calories: 870; total fat: 30 grams.

**Healthy home meal:** ½ lean ground beef patty on whole wheat bun (or rice); lettuce, tomato, catsup and pickle (or salad); green beans; 8 ounces skim milk; ¼ cup nonfat frozen yogurt (or fruit cup). Total calories: 360; total fat: 8 grams.

Resources: Little Bites, Big Steps curriculum from Kera Unlimited.

Try these easy low-cost meal ideas:

### Curried Garbanzo Beans

½ tablespoon olive oil  
½-2 tablespoons curry powder  
1-2 cups vegetables (suggestions include leftover potatoes, cauliflower, diced onions, sliced carrots, sliced celery, pressed garlic)  
1 can garbanzo beans, drained, reserve liquid (just in case)  
Lemon juice to taste

In a frying pan (I like my cast iron pan), heat curry powder in oil before sautéing the raw vegetables in olive oil. Add garbanzo beans and cooked vegetables to skillet. Adjust with reserved liquid if needed. Add lemon juice, to taste, prior to serving.

Serve with brown rice or a bed of steamed or fried cabbage and yogurt and/or chutney.

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.

### Barbeque Black-Eyed Peas and Greens

1 can black-eyed peas  
1-2 tablespoons olive oil  
1 medium onion  
1 medium carrot, sliced  
1 stalk celery, sliced  
Barbeque sauce – favorite kind or see below  
1 bunch kale, fresh  
Brown rice

Clean and chop fresh kale (also can use frozen or another green), gently boil until tender.

In a frying pan (such as cast iron pan), sauté onion, carrots and celery in olive oil. Drain black-eyed peas; reserve liquid. Add black-eyed peas to skillet and pour over barbeque sauce to season. Adjust with reserved liquid if needed.

Serve over brown rice. (If the rice is already cooked, the meal can be prepared very quickly.)

For a potluck, I like to serve this as a one-pot meal with rice on the bottom, the mixture on top and the kale around the edge of the skillet.

### Barbeque sauce variation

½ cup ketchup  
¼ cup honey  
1 tablespoon soy sauce or tamari  
1 tablespoon cider vinegar  
½ teaspoon dry mustard or 2 teaspoons prepared mustard  
½ teaspoon garlic granules  
¼ teaspoon ginger powder