

USDA distribution dates for April

	Siletz
April 1	9 a.m. – 3 p.m.
April 2	9 a.m. – 3 p.m.
April 3	9 a.m. – 3 p.m.
April 4	9 a.m. – 3 p.m.
April 5	By appt only
April 9	9 a.m. – 3 p.m.

For those who work during these hours, we will open the warehouse on the first or second Saturday of each month for better efforts to meet your schedule at the Siletz warehouse.

These appointments will need to be scheduled in advance. Thank you!

	Salem
April 9	By appt only
April 15	9 a.m. – 3:30 p.m.
April 16	9 a.m. – 3:30 p.m.
April 17	9 a.m. – 3:30 p.m.
April 23	By appt only

Our Salem location will start to open up for two Wednesdays after distribution, for those who miss their

original appointment, with limited fresh produce. These appointments will need to be scheduled in advance as well. Thank you!

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

Sammy Hall, USDA Food Distribution Manager
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Fax: 541-444-8306 or 503-391-4296

Whipped milk ice cream

Prep time:
4 hours

Ingredients:
1 Can evaporated milk
1 Cup powdered sugar
Flavor of your choice.

Instructions:

1. Chill the can of milk in the fridge overnight. It is crucial for the milk to be chilled thoroughly.
2. Pour the milk into a large mixing bowl.
3. Whip until fluffy, about 1 minute.
4. Add the powdered sugar, slowly pouring into the bowl, whip until combined.
5. You can add your flavorings at this point.
6. Place the bowl in the freezer for an hour.
7. Remove from the freezer and whip for 1 minute and then back to the freezer for another hour.
8. Repeat about 4 times. You will know when it is ready by taking a little taste.
9. Place in a container with a lid. Store in the freezer.

Staff tips: I made a batch with just vanilla, one with 1/4 cup cocoa powder, one with lemon extract, one with raspberry extract, and I purchased peppermint extract and was going to do that with some mini chocolate chips, but got home and there were no chocolate chips to be found.

I was surprised at how good this is. I just used an electric mixer, but I suppose you can use a blender or even an ice cream maker. Let us know if you try it and how you made yours.



Hangry No More: How proper nutrition can calm toddler tantrums

Nancy Ludwig, MS, RDN, 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 and the community. This month I'd like to take a peek at toddler tantrums. This is a big topic, of course. I appreciate and include some of the information provided by Devon Kuntzman (resource below). She often says remember: every behavior has a feeling, emotion, and/or need behind it. An emotional outburst is typically a pile-up of many things that have frustrated your toddler. Usually, there is no single cause.

When we understand that there is a reason behind every behavior, we can more likely bring compassion and calm to the situation. For me, this means that I want to look deeper for possible root cause(s). Of course, this isn't always straightforward or easy with a young one.

Many parents refer to the toddler behavior stage as the terrible 2's and they experience it as a difficult time. While it can be truly difficult for families, it is important to remember that toddlers are at a stage of brain development where they don't yet have the life skills and maturity to control their impulses, such as screaming, biting, hitting, and throwing themselves onto the floor. They don't have the ability to regulate their emotions and behaviors. These developing children need adults to understand this to support their development with patience.

Sometimes people make distinctions between tantrums and meltdowns. Neither is a clinical term according to Caroline Miller, editorial

director at Child Mind Institute (resource below). We can liken these behavior terms to how we use "fever" in our language. Fever is elevated body temperature, a symptom for which there are many different causes. Tantrums, meltdowns, and emotional outbursts are symptoms/alerts for parents and meaningful adults to look for reasons or causes.

It is important to realize that tantrums are not intentional misbehavior on the part of the developing toddler. This is part of normal development, as they learn emotional regulation. When children continue to struggle with emotional regulation beyond that toddler stage, there may be additional underlying factors such as ADHD, anxiety, or learning problems to be addressed and supported.

Hunger and tiredness are typical behavior triggers, but not likely the sole root cause for tantrums/meltdowns. When a child is overwhelmed emotionally or sensorily, they are no longer able to regulate their behavior. This doesn't look the same for each toddler. Each little being is unique in their gifts and the challenges that constantly swirl around in their bodies. Devon Kuntzman shares the importance of remaining calm and approaching each situation with patience, support, and empathy. She adds that it won't be possible every time, and we don't need to be perfect parents. The goal is to consistently practice transforming our response to tantrums and supporting our children through them.

Because my focus is nutrition, I bring this back to hunger as an "influence or trigger" for emotional outbursts. It is important for parents

and adults who interact with children to be aware of swings in blood sugar and how to support and manage some of the factors that contribute to overwhelm and outbursts.

Previous articles have highlighted the importance of traditional foods to prevent diabetes, a common problem in Native populations for many reasons. Some of which are political and include changes in the food supply moving away from optimal nutrition. Furthermore, our modern culture emphasizes sweet snacks and beverages that result in concentrated bursts of sugar and impact our blood sugar levels.

Not only are sugary foods low in nutrition (empty calories), but they may also lead to mood changes and unhealthy cravings due to nutrient imbalances. Children who are well-nourished with adequate protein and vegetables are more resilient to the effects of concentrated sugars.

Many adults know the term "Hangry" (irritable or angry because of hunger). We need to be aware that this can be at play in children as well. When we are out doing something important, or even home in our daily lives, it is important to provide adequate nourishment, including protein, to minimize swings in blood sugar.

Portable snacks, as prevention, for children who struggle with emotional outbursts during times when they are hungry and their blood sugar is likely to be low are a good option. High-protein snacks include meat jerky, hard-boiled eggs, nuts, some trail mixes, cheese (not a traditional Native food), peanut or nut-butter spreads on celery or apples. These suggestions are good to have on hand, with your

compassion and calm, for the times that you are out and away from home and past regular meal times. That is in addition to proper overall nutrition.

Please know that Siletz Tribal Head Start offers support for nutritional consultation at no cost to Head Start families. This usually occurs over the telephone. If you have concerns about your Head Start child's nutrition or family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.

Resources:

Devon Kuntzman. Transforming Toddlerhood: <https://www.transformingtoddlerhood.com> where she offers calming tools and books for the toddler years.

"Why Do Kids Have Tantrums and Meltdowns?" Caroline Miller, editorial director at Child Mind Institute: <https://childmind.org>

