

USDA DISTRIBUTION

The following dates are scheduled for June and July Distribution of U.S.D.A. Commodity foods.

Siletz	Salem
June 10: 9:30 — 4:45	June 5: 9:00 — 4:45
June 11: 9:30 — 4:45	June 6: 9:00 — 4:45
June 18: 9:00 — 4:45	June 7: 9:00 — 4:45
June 25: 9:00 — 4:45	July 10: 9:00 — 4:45
July 15: 9:30 — 4:45	July 11: 9:00 — 4:45
July 16: 9:30 — 4:45	July 12: 9:00 — 4:45
July 23: 9:00 — 4:45	
July 30: 9:00 — 4:45	

ALL FOOD PROGRAM CLIENTS: PLEASE, remember to keep your appointment date and time promptly! We strive to serve each family quickly and efficiently. Your assistance is appreciated and needed to keep distributions running as smoothly as possible.

If you know that you will not be able to keep your appointment, call as soon as possible to schedule another date and time. **ALL CLIENTS, REMEMBER TO BRING BOXES TO THE NEXT DISTRIBUTION!**

IN SILETZ: Tuesdays, the 18th & the 25th, are scheduled for new client intake, and for clients who couldn't make their scheduled appointments, but who have called to reschedule.

Call Robert Simmons at 444-2532 ext. 34 to reschedule appointments for these dates.

This month's Nutrition Education Topic is "Vitamin A".

Many of our diets are low in vitamin A. What does this mean? It means that we don't eat enough dark-green and deep-yellow vegetables and fruits.

Why is vitamin A so important? It is an important vitamin you need to help your body grow and develop. It also helps keep the lining of your mouth and your digestive system in good condition. Vitamin A is involved with the glands and hormones of your body. It helps you to see in the dark — helps wounds to heal faster — helps form bones and teeth. It's a pretty important vitamin, isn't it?

How much vitamin A do you need? If you eat a dark-green or deep-yellow vegetable or fruit every day, you will get enough vitamin A. But it must be a dark deep color or it doesn't count — for example: carrots, not corn; salad greens, not bleached head lettuce; broccoli, not green beans; cantaloupe, not honey dew melon. Can you think of other examples?

You may want to know exactly how much vitamin A you need. This is measured in International Units (I.U.) Here are the amounts recommended for various age groups.

Infants: birth to 0.5 months: 1,400 (I.U.); 0.5 months to 1 year: 2,000 (I.U.).

Children: 1 to 3 years: 2,000 (I.U.); 4 to 6 years: 2,500 (I.U.); 7 to 10 years: 3,300 (I.U.).

Males: 11 to 51+ years: 5,000 (I.U.)

Females: 11 to 51+ years: 4,000 (I.U.); Pregnant, 5,000 (I.U.); Lactating, 6,000 (I.U.).

After age 10, the amount of vitamin A you need doesn't change except for females during pregnancy or lactation.

Where can you get the needed amount of vitamin A? To help you find this out, foods high in vitamin A are listed in the table on the back. Check all the foods you ate yesterday. Then figure the amount of vitamin A you had. How close did you come to this goal? What changes or additions do you need to make in your diet?



CHILI CON ELOTE

Ingredients:

- 3 Tblsp. oil
- 1 onion, chopped
- 1 clove garlic
- 1 green pepper, diced
- 2 c. vegetable stock or tomato juice
- 1 c. chopped tomato, OR canned tomato
- 1 c. fresh corn
- 4 c. cooked kidney or pinto beans
- ½ tsp. chili powder
- ¼ tsp. cumin powder
- 1½ tsp. salt
- 1 tsp. oregano

Serves: 6.

Steps

Saute onion and garlic clove in oil until onion is soft. Discard garlic clove. Add green pepper. Saute another 2 or 3 minutes. Add stock, tomatoes, and corn. Mash 2 cups of the kidney beans and add to pot along with whole beans and seasonings. Simmer 30 minutes. If too watery, remove cover and cook another 10 min.

TIP: Garnish with grated cheese and serve with carrot sticks.

SPICED PEACHES

Ingredients:

- 1 1-lb. can unsweetened peach halves, undrained
- 1 6-inch cinnamon stick
- 3 whole cloves

Serving suggestions:

Serve as a garnish with beef.

Place peach halves on lettuce leaf and add ¼ cup low-fat cottage cheese (1 meat exchange)

Yield: Varies with number of peach halves in can (2 med. peach halves per serving)

Steps:

1. Pour peaches with their liquid into saucepan. Liquid should cover the fruit.
2. Add cinnamon stick and cloves. Bring to a boil. Reduce heat & simmer 10 minutes.
3. Serve hot or chill in refrigerator and serve as a cold garnish.

JUNE

- June 3** Walkersize Program — 11:00 a.m. at Meadow Park in Springfield. Call Laurie Brown-Godfrey at 746-9658 for more information.
- June 4** Salem Area JOM Parent Committee Meeting — 5:30 p.m. — and — Education Committee Meeting — 5:30 p.m. — both in the Salem Area Office.
Health Fair Planning Meeting — 1:30 p.m. — Siletz Tribal Community Center.
- June 5** USDA Food Distribution — Salem Area
Walkersize Program — 11:00 a.m. at Meadow Park in Springfield.
Weight Loss Program beginning June 5th, sponsored by the Springfield Area Office. Contact Laurie Brown-Godfrey at 746-9658 for more information.
Last day of school for Salem Area Public Elementary Schools.
- June 6** USDA Food Distribution — Salem Area
Last day of school for Salem Area Middle & High Schools.
Last day of school for Siletz Schools and Tribal Head Start Program
- June 7** USDA Food Distribution — Salem Area
BINGO — 7:00 p.m. — Siletz Tribal Community Center
- June 8** Siletz Nation Indian Men's Softball Team plays in tournament in Toppenish, Washington.
- June 9** Siletz Nation Indian Men's Softball Team plays in tournament in Toppenish, Washington
Siletz Ladies' Club Meeting 2:00 p.m. Springfield Area Office — **ALL SILETZ LADIES ARE INVITED TO ATTEND.**
- June 10** USDA Food Distribution — Siletz Area
Walkersize Program at Meadow Park in Springfield
Recipe Swap — 7:00 p.m. — Springfield Area Office. For more information call 746-9658
- June 11** USDA Food Distribution — Siletz Area
- June 12** Walkersize Program — 11:00 a.m. at Meadow Park in Springfield
Weight Loss Program — 6:00 p.m. Springfield Area Office
- June 14** BINGO — 7:00 p.m. — Siletz Tribal Community Center
- June 15** Tribal Council Meeting 10:00 a.m. — Siletz Tribal Community Center
- June 18** USDA Food Distribution — Siletz Area
- June 19** Walkersize Program — 11:00 a.m. at Meadow Park in Springfield
Weight Loss Program — 6:00 p.m. Springfield Area Office
- June 21** Seattle Indian Health Board Pow-Wow — Call (206) 324-9360
BINGO — 7:00 p.m. — Siletz Tribal Community Center
- June 22** Pi-Um-Sha Pow-Wow, Warm Springs, Oregon.
Siletz Nation Indian Men's Softball Team plays in tournament in Warm Springs, Oregon.
- June 23** Pi-Um-Sha Pow-Wow, Warm Springs, Oregon.
Siletz Nation Indian Men's Softball Team plays in tournament in Warm Springs, Oregon.
- June 24** Walkersize Program — 11:00 a.m. at Meadow Park in Springfield
- June 25** USDA Food Distribution — Siletz Area
- June 26** Walkersize Program — 11:00 a.m. at Meadow Park in Springfield
Weight Loss Program — 6:00 p.m. Springfield Area Office
- June 28** BINGO — 7:00 p.m. — Siletz Tribal Community Center

NOTE: No Community Meeting in the Salem Area in June or July.