

OSU Extension

Family Community Health



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find us at:
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Want to find something to do this summer? Look on our Facebook page...find summer opportunities, contests, classes, events and information.

Search Facebook:
Warm Springs 4-H Oregon
Warm Springs Extension FCH

Visit us online!
Use your QR code scanner to find info about 4-H activities.



Food Hero

It's All Berry Yummy! Add fresh, frozen, canned or dry berries to recipes

- Add blueberries to cold or hot whole grain cereal like oatmeal or shredded wheat.
- Fold berries into bread, muffin, scone or pancake batter.
- Make a Super Sundae. Layer berries, yogurt and granola in a cup.
- Top salads with strawberries like the Creamy Fruit Salad or Spring Green Salad (pictured).
- Try Fruit Pizza!



ing those that have been thawed.

Kids Can...

- Choose berries for snacks.
- Add berries to recipes.
- Pick berries at home or at a farm.
- help water berry plants.



Safely Eat Berries

- Wash berries before eating under clean, running water, rubbing gently with your fingers or hands.
- Thaw frozen berries by putting the bag of berries in the refrigerator or in a bowl of cold water. Do not re-freeze.

Fresh Berry Tips Monthly Food Hero Checklist

- Add fruit to a meal.
- Store some fruit for later in the freezer.
- Have kids help wash fruits.

Fresh Berry Tips

- When berries are low-cost, think about buying extra and freezing for later.
- Look for firm, plump, full-colored berries that are not bruised or oozing. Make sure to look at the bottom of the container too.
- At home, cover and refrigerate until ready to serve. Or wash and then freeze uncovered on a flat pan and then move to a sealed bag for freezer storage.
- Store berries in the refrigerator for up to 2 to 3 days, includ-



Fruit Pizza



Ingredients

- 1 English muffin (try whole grain)
- 2 tablespoons reduced fat or fat-free cream cheese (see notes)
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries



2 tablespoons crushed pineapple

Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.

Notes
Use any combination of fruit for topping the pizza. No cream cheese? Try peanut butter or sunflower seed butter. Make your own whipped cream cheese for easy spreading. Use an electric hand mixer to gradually beat 4 tablespoons of milk into 8 ounces of cream cheese. To make it fruit flavored, add any chopped, soft fruit (fresh, canned, or frozen) while beating. Store in a covered container in the refrigerator.

Nutrition Facts

Serving Size one half muffin with fruit (61g)
Servings Per Container 2

Amount Per Serving	Calories 120	Calories from Fat 30
	% Daily Value*	
Total Fat 3g		6%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 190mg		8%
Total Carbohydrate 19g		6%
Dietary Fiber 3g		12%
Sugars 7g		
Protein 4g		
Vitamin A 2%		Vitamin C 15%
Calcium 10%		Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	30g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodheroes.org.
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4-H Fundraiser



Thursday August 1
9am-2pm

Want to donate items? You can drop off at Education Building before sale

Jefferson County Fair & Rodeo

July 24-27



Come and support Warm Springs Youth. Their art is displayed in the Kids Corner section of the fair!

For more information please contact Warm Springs 4-H Agent Morning Ferris at 541-553-3238