

NUTRITION

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nothing for breakfast, even if it is a non-traditional breakfast food.

But what do you, as a parent, do if your child is one of those who doesn't want to, or can't eat breakfast first thing in the morning? This is where eating breakfast at school is a good option, since breakfast is served a little later in the morning.

Sometimes one needs to think outside the box ... the cereal box, that is, and get creative. Macaroni and cheese may not seem like a breakfast food, but it goes down well and contains a lot of calcium and protein that can sustain a child until lunch, and it is kid friendly. Fruit smoothies are also quick and easy. Both options can be made using gluten-free pasta, and can be made using dairy-free ingredients, for those with food sensitivities or allergies.

Lunches can also be just as easy as breakfasts. How many of us can say we grew up eating peanut butter and jelly sandwiches? PBJ's can also be a breakfast staple and a snack food.

With a little advance preparation, sandwiches such as tuna or egg salad, or cheese with sliced avocados are simple and nutritious. Make sandwich fillings the night before and assemble sandwiches in the morning to avoid soggy lunches. Lettuce acts as a barrier between the bread and the filling. Pre-sliced lunch meats such as roast beef, are quick to put in a sandwich.

Again, leftovers can be turned into lunches — soups or chili in a thermos, a salad with dressing on the side, topped with a little chopped chicken, bacon or seasoned ground beef, etc. Whole wheat crackers and cheese, with fruit and milk, is also an appropriate lunch. Raw vegetables such as baby carrots, celery, cherry tomat-

oes and jicama, with low-fat ranch dressing are a good way to get an extra serving of vegetables into children.

Afterschool snacks can be variations on the lunch and breakfast themes — yogurt with fruit, cheese and crackers, etc. can help stave off hunger until the evening meal and keep blood sugar steady which can help students focus on homework. Smoothies are a quick and easy snack that students can usually make themselves. Smaller children can learn to make smoothies with adult supervision. Smoothies made with frozen fruit, milk and yogurt are a refreshing end to the school day.

Students with food sensitivities can still enjoy the snacks and meals their friends enjoy. For a gluten-free snack, try gluten-free crackers. Sandwiches can be made with gluten-free bread, too. For the lactose intolerant student, almond milk for a smoothie is an option as are cheeses and yogurts made without dairy products. If you have time on the weekends, quick breads (i.e., banana or zucchini) and muffins, can also be made

with gluten-free products and frozen for use during the week. These are easy and are often a child's first introduction to cooking.

If you are looking for homemade snacks, granola or do-it-yourself trail mix are choices, too. Trail mix can be tailored to children's tastes and is easy for them to make on their own, as a family or with friends. Made with oats (these can be gluten-free, also), nuts and dried fruit, it provides a serving of whole grain, nuts (any kind will do) and dried fruit (try raisins, dried apricots or dried cranberries). As with any meal item, take into consideration food allergies (peanuts, soy, dairy, etc.) and choking hazards with small children when choosing snack or meal food items.

For more information, recipes, tips and ideas for back-to-school meals and snacks, visit www.foodhero.org.

Ann Bloom has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University. She lives in Enterprise.

MUSSELS

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— liquid and all — into a large bowl. For individual servings, use a slotted spoon to move the mussels to bowls. Quickly whisk an ounce or two of hot cream or softened butter into the liquid. Taste for seasoning, then divide the liquid evenly between the bowls and serve immediately with crusty bread.

5. Accept the appreciative compliments of your assembled diners.

MUSSELS STEAMED IN WHITE WINE

A simple presentation with delicious results.
Prep time: 10 minutes
Cooking time: 15 minutes
Makes 2 servings

6 tablespoons butter, divided and cut into roughly 1/2-tablespoon pieces

- 1 large shallot, cut into small dice
- 2 garlic cloves, minced
- 1 cup dry white wine
- 2 pounds mussels, scrubbed and debearded
- 1/4 cup fresh parsley or other herbs, minced, divided
- Salt as needed
- Crusty bread for serving

1. Melt 2 tablespoons butter in a large stockpot over medium heat. Add 1 large diced shallot and 2 cloves minced garlic and sweat, stirring occasionally, until wilted and translucent, about 1-2 minutes.
2. Add 1 cup dry white wine and increase heat.

3. When wine comes to a boil, add 2 pounds mussels and cover the pan. When liquid returns to a boil, reduce heat to medium low and steam mussels, covered, until nearly all are opened, about 5 to 10 minutes.

4. Turn off heat and, with a slotted spoon, remove mussels to serving bowls, discarding any mussels that have not opened. Whisk remaining butter into liquid to emulsify along with 1/4 cup minced herbs.

5. Taste for seasoning and add salt if needed.

6. Pour liquid equally over each portion of mussels and serve immediately with crusty bread.

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CROSSWORD PUZZLER

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- 1 Dry watercourse
- 5 Timid
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- 13 Pavlov or Turgenev
- 14 Ottoman title
- 15 Disappointed cry (2 wds.)
- 16 Alliance acronym
- 17 Fabled bird
- 18 Doze (off)
- 20 Trace of color
- 22 Melodramas
- 25 Lhasa —
- 27 Bolger or Coniff
- 28 Fill the hull
- 30 On deck
- 34 — out a living
- 35 In plain sight
- 37 Unisex wear
- 38 Tijuana coin
- 40 Chooses
- 41 "Wheel" buy (2 wds.)

DOWN

- 1 Reporter's query
- 2 Contented sigh
- 3 Noise
- 4 Socrates' forte
- 5 Be obedient
- 6 NASA excursion
- 7 Pack it away
- 42 Salamander
- 44 Blossom bit
- 46 Dazed, with "out"
- 49 That señora
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- 51 Talent
- 54 Speak wildly
- 58 Fall mo.
- 59 Churchill successor
- 60 Burglar's "key"
- 61 Actress Whitman
- 62 Elcar of "MacGyver"
- 63 Wow with wit

Answer to Previous Puzzle

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8 Pinewood port
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10 Psyched up
11 Rate of movement
19 Norwegian port
21 Physicist's study
22 Boarding school
23 Trout habitat
24 Nay opposites
25 Skillful
26 Saucy
29 Proclaim
31 "L—, c'est moi."
32 Lucy Lawless role
33 Greenish blue
36 Sugar amts.
39 United
43 Moved little by little
45 Warren and Monroe
46 Skyrocket
47 Willy or Shamu
48 Memo
49 Sight from Messina
52 Snake River loc.
53 Wetland
55 Internet service
56 Through
57 Ben & Jerry rival

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HOROSCOPES

by Stella Wilder

TUESDAY, AUGUST 17, 2021
YOUR BIRTHDAY by Stella Wilder
Born today, you are one of the most inwardly forceful individuals born under your sign, and though you usually keep to yourself and go about your business with quiet intensity, you can be drawn out and put up quite a fight when the going gets tough or when you or an ally is threatened. Usually soft-spoken, you know how to capture the attention of others.

WEDNESDAY, AUGUST 18
LEO (July 23-Aug. 22) -- You have some work to do to manage your emotions, intellect and physical self at this time. Heart, mind and body must be working in sync!
VIRGO (Aug. 23-Sept. 22) -- You are likely to have a story to tell when the day is done, and it's not something you're going to have to elaborate on. Tell it like it was!
LIBRA (Sept. 23-Oct. 22) -- If you're an adult, you need some grown-up time -- and if you're a child, you're likely to enjoy a little more freedom than usual today with a friend.

SCORPIO (Oct. 23-Nov. 21) -- You've come to the end of a phase you'll surely want to look back on and analyze fully -- but today you must think about moving forward.
SAGITTARIUS (Nov. 22-Dec. 21) -- Something out of your grasp is likely to have a major impact on your day -- but evening hours bring you closer to something you want.

CAPRICORN (Dec. 22-Jan. 19) -- You know what's what, who's who, and all that -- but it's the why that may prove to be something of an unexpected mystery to you today.
AQUARIUS (Jan. 20-Feb. 18) -- You may be working on a plan that will not sit right with all your supporters -- but it's something you have to experiment with right now.
PISCES (Feb. 19-March 20) -- If you must jump into something straightaway today without considering the consequences, at least try to do so with a certain flair!

ARIES (March 21-April 19) -- You mustn't simply whitewash everything today! You can make good use of all the colors and textures available to you at this time.
TAURUS (April 20-May 20) -- You will have to determine whether a friend is speaking literally or figuratively today. Which it is determines your appropriate response.
GEMINI (May 21-June 20) -- You know more about a certain something than anyone else you're likely to encounter today -- but will it really do you any good?
CANCER (June 21-July 22) -- Someone is likely to call on you today to do something that only you can do -- but whether it is worth your while is something else again.

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