

2nd Annual Healthy Food Festival

Saturday 9/17
11 am - 5 pm

allcare health™
Josephine County Fairgrounds Pavilion
www.HealthyFoodFestival.org

For a Healthier You!

Keynote Speaker: Barry Hamann, MD
"Your Body Does Not Speak English" 1:30 pm
Learn to debunk the lifestyle lies we tell ourselves

Activities

- Food Sampling & Cooking Demos
- Vendors & Door Prizes
- Nutrition & Health Presentations
- Local authors: Nutrition, parenting & wellness books
- Native American Storytelling by Marcine Quenzer
- Film Schedule
- Zumba for kids and adults
- YMCA Child Watch ages 3+
- Puppet Show
- Door Prizes, Raffle, and MORE!
- Youth Healthy Food Calendar Recipes & Art Contest (www.HealthyFoodFestival.org/calendar)

FREE Family Fun!

Produced by: Grace Roots ~ Pathways to Wellness, Peace Production, & SDA Better Living Center

Grants Pass Treatment Center
Cooking 4 Wellness~ Adapt Choices Counseling Center
Evergreen Bank ~ Options
GP Growers Market
LADPC ~ Greenleaf Industries
First Community Credit Union
Josephine County Health Dept.
Johnston Dental Care ~ YMCA



Samantha Rivera, 7, with the YMCA, puts the pedal to the metal as she spins up a refreshing liquid treat on the "smoothie bike" at Raptor Creek Farms.

START SCHOOL WITH BETTER NUTRITION

Include healthy eating with new schedules

Children attending summer programs at the YMCA and Boys & Girls Club were once again visiting Raptor Creek Farm to learn about growing food and eating healthy. (Although they think they're having a bunch of fun.)

Story by
Edith Decker

Photos by
Timothy Bullard



SALLY SCHULTE

assistant for nutrition education with the Josephine County Extension Service, quizzed the youngsters about everything from hand-washing to food groups.

Summer's coming to a close, but the lessons are perfect for the coming school year.

On the final day of the project, Aug. 25, youngsters rode a blender bike to make a Popeye Power Smoothie and some fresh salsa, watched some Pear Quesadillas being made and, of course, ate it all.

In between, Sally Schulte, the education

After all, as schedules change for the season, it's a great time to make changes for the better in breakfast, snacks and regular meals, says Schulte.

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POPEYE POWER SMOOTHIE

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- Crushed ice

Directions:

Place all ingredients in a blender or food processor. Put lid on tightly. Blend for about 30 seconds or until smooth. Refrigerate leftovers.

Here are Schulte's five tips for switching your kids to a healthier breakfast and snacks this school year:

1 PLAN AHEAD. Be sure to have healthy options on hand. If you can, make your own trail mix, for instance, or a fresh salsa, much healthier than a store-bought dip.

2 INCLUDE FRUITS AND VEGETABLES in every breakfast and snack, as well as other meals.

Children should have five servings of fruits and vegetables a day, so it's important to slide them in whenever you can.

Add a banana to that peanut butter and jelly sandwich. Add berries to the morning cereal. Stir some applesauce into oatmeal.

Also, try the Pear Quesadilla or Popeye Power Smoothie recipes, which combine fruits and vegetables in a tasty snack or side dish.



AT LEFT: Savanan Byers, 8, with the YMCA, puts the pedal to the metal as she spins up a refreshing liquid treat on the "smoothie bike" at Raptor Creek Farms.



AT RIGHT: Bev McCartan prepares Pear Quesadillas made with fresh produce grown and picked at Raptor Creek Farms.

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AHHH, RELAX WITH MORE WAYS TO SAVE!



*Hot Spring® Spas reserves the right to modify or withdraw the promotion at any time. Offer valid only at participating retail locations. The "Factory Rebate Sales Event" promotion runs from September 9-19, 2016 (promotional period). Spa must be sold during the promotional period, which ends at close of business on September 19, 2016. Consumer must agree to take delivery of the qualifying spa and register the warranty on or before November 21, 2016. Offer may not be combined with any other promotion. RESTRICTIONS: Only new Highlife® Collection and Highlife® Collection NXT spas qualify for the \$1,000 instant rebate savings off the purchase price during the 11-day promotional period. Only new Limelight® Collection spas qualify for the \$500 instant rebate savings off the purchase price during the 11-day promotional period. Other restrictions may apply.

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From left: Dylan Dennis, 9, Payton Teal, 6, and Noah Wallace, 6, taste a smoothie they help mix using bicycle power.

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3 MAKE A HEALTHIER EXCHANGE. If your child loves ice cream, try frozen yogurt or a fruit pop made with real juice. Rather than potato chips, try pretzels. Switch white breads for whole grains.

Change out sugary sodas or sports drinks for flavored waters, milk or 100 percent juice.

4 INVOLVE YOUR KIDS in shopping and cooking.

"A lot of kids are getting nutritional education. Let them help you find healthy options," Schulte says.

Children are more likely to try something they've picked out, grown themselves or helped to make in the kitchen.

5 BE ADVENTUROUS. Try to combat "picky eater syndrome" by encouraging children to taste everything and to stop saying "YUCK!" to anything that isn't familiar.

Set a good example by trying new fruits and vegetables and new recipes. And teach children it's rude to say no to a food without trying it.

"If you guys made breakfast for your mom and the first thing she said was 'Yuck!' how would that make you feel?" Schulte asks the group.

"Sad," a few respond.

"Your parents work hard to find good food for you, so it's much nicer to say, 'I'll



Savanan Byers and Tristen Dillenger, 9, read the recipe for a smoothie to Sally Schulte who was adding the ingredients.

taste it,' and then give it a try," she says.

"Always try it first."
 • **AND A BONUS TIP:** Check out the OSU Extension's foodhero.org website for nutritional information and kid-friendly recipes.

PEAR QUESADILLAS

- 4 medium-sized whole wheat soft tortillas
- 1 cup grated cheese (try cheddar or jack or pepper jack)
- 1 cup canned or fresh pear, cut in small cubes
- 1/2 cup finely chopped green or red peppers
- 2 tablespoons minced onion (green, red or yellow)
- Directions:
- Lay two tortillas on a clean cutting board or on two plates.
- Place 1/4 of the cheese on each tortilla.
- If using canned pears, use a paper towel to soak up excess liquids.
- Divide pears, peppers and onion between the two tortillas. Divide the remaining cheese between the two tortillas. Top with remaining two tortillas.
- Heat a skillet or griddle to medium. Place one quesadilla in the pan. Cook for 2 to 4 minutes or until bottom of quesadilla begins to look a little brown.
- With a large spatula, gently turn quesadilla over and cook the other side until a little brown, another 2 to 4 minutes.
- Gently slide the quesadilla onto a plate and cook the second one.
- Cut each cooked quesadilla into pieces and serve. Refrigerate leftovers.