

College Dreams Presents...

Strengthening Families

"FAMILY CAMP"

"Family Camp" is a nationally recognized class designed for families with children between the ages of 10 and 14. During camp, families will learn skills that will help them manage the challenging years ahead—the TEEN years—including communication, drug and alcohol refusal skills, and household management! See below for details:

Beginning April 4th at 5:30pm

Who should attend?

Parents and their children, ages 10-14, who are looking to have fun and learn about each other.

What will we do?

Enjoy **FREE dinner together!** (provided by the facilitators) and then separate (parents and children) for session one, joining back together as a group to end session two. Parents and children will learn techniques specific to what they will deal with during the teen years.

Can I bring my younger kids?

Yes, we will provide **FREE childcare** for you while you attend the classes!

Where is Camp held?

Strengthening Families will be held at South Middle School.

When is Family Camp?

Strengthening Families consists of seven sessions, once a week on for seven weeks beginning **April 4th** and ending **May 16th**. We will meet every **Thursday** evening from **5:30 to 8:00pm**.

How much does the Camp cost?

Nothing! The Family Camp is free, Babysitting is free, and dinner is free and if you complete all 7 sessions **your family earns \$50!!!**

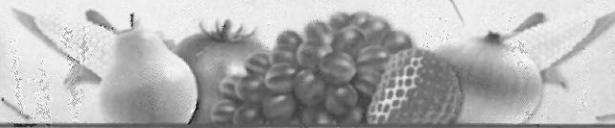
HURRY!
Space is Limited!

FREE DINNER!
You don't have to cook!

To register contact:
Kim DeSimone
at College Dreams
541-476-8146
kdesimone@collegedreams.org

FREE
Babysitting
Provided!

PLAY THE HERO In Your Family



Paid for in part by OR SNAP

Go Green for Spring & St Patrick's Day



Celebrate spring greens with these healthy and easy tips!

- Add fresh spinach to sandwiches or salads or even a smoothie.
- Have broccoli as a snack with dip or steam it for a side dish with cheese.
- Serve green grapes, apples, and kiwis with yogurt for a treat.



Enjoy a rainbow of veggies!

Mix them together and create a colorful plate at your meal. Here are some recipe ideas!

- Rainbow Tacos
- Colorful Veggie Stew
- Crunchy Baked Kale Chips (on page 2)

For more colorful recipes go to Foodhero.org

Kids can...

- ★ Help wash and tear kale leaves for kale chips.
- ★ Search for green fruits and veggies at the store.
- ★ Choose what veggie to eat for dinner.



Don't forget - always **wash** your hands and your veggies!

Monthly Hero Checklist

- ☐ Have a rainbow snack with veggies.
- ☐ Eat a green fruit or veggie
- ☐ Make kale chips with the family.
- ☐ _____

Stay connected   

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FoodHero.org

Oregon State **OSU** Extension
UNIVERSITY Service



Crunchy Baked Kale Chips



Ingredients

- 1 bunch fresh **kale** (about 8 cups, chopped)
- 1 tablespoon **canola or olive oil**
- 1/2 teaspoon **seasoned salt**

Serving Size 1/2 cup
Yield 2 Servings
Prep time: 30 minutes
Cooking time: 15 minutes

Directions

1. Wash kale leaves.
2. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
3. Tear or cut leaves into bite sized pieces. Place in large bowl.
4. Drizzle oil over kale and toss to coat well.
5. Place kale leaves onto cookie sheet.
6. Sprinkle with salt.
7. Bake at 350 degrees until edges brown. About 10-15 minutes.
8. Serve while hot.



Nutrition Facts

Serving Size 1/2 cup (92g)
 Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 270% • **Vitamin C 180%**

Calcium 10% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. 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		300g	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.foodhero.org

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