

PATCH Food Program Newsletter



Issue Number 10, March 2018

Recipe

Slow Cooker Corned Beef

- 2-3 lb. Corned Beef Brisket
- Seasoning: Mustard Seeds, Bay leaves, Allspice, Salt, Pepper
- 1 Head Green Cabbage, Chopped
- 1 lb. Red Potatoes, Halved
- 1 lb. Carrot, Chopped
- 1 Onion, Chopped
- 4 Cups. Water

1. Put potatoes, carrots, and onions on the bottom of the slow cooker.
2. Place Corned Beef Brisket on top. Sprinkle seasoning on top.
3. Pour water. Cook on HIGH for 6-7 hours.
4. Add cabbage and cook for 1 more hour or until cabbage is tender.

Physical Activity Corner

Basketball: Have your children practice dribbling with both hands and one hand, shooting, and passing the ball to one another.



To make the activity challenging, put cones or objects before the basket and have the children “weave in and out” before making a shot.

Cooking with Your Children

Cheese Dunkers

Gather the ingredients: 1 can of refrigerated pizza dough, and string cheese sticks. Cut the string cheese in half to make 2 dunkers per cheese stick. Give a section of the pizza dough and string cheese to each child. Allow them to wrap the dough around the cheese. For non-cheese options, children can make different shapes and letters with their dough. Lightly sprinkle with salt before putting in oven. Bake according to the package.

Serve with pizza sauce or tomato sauce for a boost of nutrients. You can also try a yogurt dip and serve the dunkers with different vegetables like celery, broccoli, and carrot sticks.

Health Fact

Constipation is having a difficult time going “number 2”. This affects about 30 percent of children and can be both painful and embarrassing. Constipation can be caused by children not wanting to use an unfamiliar bathroom or not getting enough water, fruits, and veggies. If your child is constipated you can try these tips: add a warm drink or warm whole grain cereal at breakfast or add more fiber filled foods like whole grains, fruits, and vegetables. If the constipation lasts more than 2 week or is causing fevers, vomiting and bloating, talk with a physician as soon as possible.

For more information read:

<http://www.eatright.org/resource/health/wellness/digestive-health/ease-the-pain-of-constipation>

Food For Thought

Could a cow do math with a cowculator?

Want to get your engine going?

