

PATCH Food Program Newsletter



Issue Number 13, June 2018

Recipe

Fruit Bake

- 3 Sliced Bananas
- ½ Cup Quinoa
- ½ Cup Oats
- ¼ Cup Applesauce
- 1 tsp. Salt
- 1 Cup Sliced Peaches
- 1 Cup Sliced Strawberries
- 2 Cups Milk
- 2 Eggs
- 1 tsp. Vanilla Extract

1. Preheat Oven to 375F. Grease 9x13 inch pan.
2. Place bananas on the bottom of the pan.
3. Mix the quinoa, oats, applesauce, cinnamon, and salt. Pour over bananas.
4. Layer the peaches and strawberries over the oat mixture.
5. Whisk the milk, eggs, and vanilla extract together. Pour over the fruit.
6. Bake for 1 hour or until firm.

Physical Activity Corner

Ice Cube Paint: Pour water into your ice cube tray. Add one drop of washable paint into each cube



mold and mix well. You can use as many colors as you'd like. Place a popsicle stick into each cube mold. Freeze for 4-6 hours. Before you paint, line your painting surface with old newspaper. Children can hold the popsicle stick to paint. Have fun!

Cooking with Your Children

Have your children prepare their own overnight oats to eat in the morning. In an 8 oz. glass Mason Jar, pour ¼ Cup of Rolled Oats, ¼ Cup Greek Yogurt, and ¼ Cup Milk. Add diced fruit to add more flavor. Close the jar lid and have children shake the jar until everything is well incorporated. Place in refrigerator overnight. In the morning, microwave the glass for 2 minutes. Then enjoy!

Nutrition Facts

Lychee is a rich source of Vitamin C which is an antioxidant that can help boost your immune system and minerals such as calcium which is important for muscle

contractions, magnesium which helps to control blood sugar and blood pressure, and potassium which is important for heart functions and muscle contractions. It is also a source of dietary fiber which is great for digestion and reducing constipation.

Local Spotlight

Sugarland Growers Inc. produces fresh produce on O'ahu and Moloka'i. It began as Akea Farms on the island of Moloka'i in 1971 and has been providing Hawaii residents with delicious produce for over 43 years. They produce a variety of crops such as watermelon, broccoli, bell peppers, bananas, Chinese cabbage and much more. You can find Sugarland produce at farmers markets, supermarkets such as Foodland and Times Supermarket, along with commissaries and neighborhood stores.

Food For Thought

If a lemon gets a cut, would it need a lemon-aid kit?

Want to get your engine going?

