

PATCH Food Program Newsletter



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Recipe

Slow Cooker Wild Rice Vegetable Soup

- 1 Medium Onion, Chopped
- 1 Cup Wild Rice, Rinsed and Drained
- 3 Cups Uncooked Butternut Squash, $\frac{3}{4}$ inch Cubes
- 15 oz. Can White Beans, Rinsed and Drained
- 4 Celery Stocks, Chopped
- $\frac{1}{2}$ tsp. Dried Oregano
- $\frac{1}{2}$ tsp. Dried Thyme
- $\frac{1}{2}$ tsp. Garlic Powder
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{4}$ tsp. Black Pepper
- 1 Bay leaf
- 6 Cups Vegetable Broth
- 4 Cups Spinach



Physical Activity

Color Hunt

Have your child find different items that match the color they were given.

Put one sheet of colored construction paper in a gallon sized Ziploc bag. Your children can fill the Ziploc bag with the items they find and reference that color while hunting.

This is a fun activity to do indoors or outdoors! Have the children show each other the different items they found.

Snacking

Try these snacking ideas:

- Carrot sticks and Tuna Salad
- Cucumbers and Hummus
- Apples and Peanut Butter
- Whole Grain Chips and Guacamole

Nutrition Facts

Let's Talk about Eggs!

What is the difference between Cage-Free eggs and Range Eggs?

Cage-Free eggs are eggs that are laid by hens that are raised on the floor of a building instead of cages.

Range eggs are eggs that are laid by hens that are raised in an outside enclosure during the day, but in a barn at night.

Eggs from Cage-free chicken and range chickens have similar nutritional contents, the only difference is how the chickens are raised.

Adding Whole Grain

Try adding these whole grains option to your meals:

- Add quinoa to your green salad
- Swap your white rice for Wild Rice
- Add Barley to your beef stew
- Use whole grain chow mein noodles when making stir-fried noodles

Food for Thought

If you played Tug-of-war with a pig, would you get Pulled-pork?

1. Put all ingredients into the slow cooker except the Vegetable broth and spinach.

2. Pour in broth and stir

3. Cook on LOW for 6 hours or HIGH for 3.5 hours. The soup is done when rice is tender.

4. Remove Bay leaf.

5. Stir in spinach when ready to serve.