

PATCH Food Program Newsletter



Issue Number 1, June 2017

Recipe

Blueberry Cornbread Muffin

- ½ cup flour
- ½ cup milk
- ½ cup cornmeal
- ¼ tsp. salt
- ¼ tsp baking soda
- 3 tbs. sugar or honey
- 3 tbs. melted unsalted butter
- 1 tsp. sour cream
- 1 egg
- 2 cup blueberries
- Olive oil spray

1. Preheat oven to 375F
2. In a mixing bowl, add all ingredients and mix well to combine
3. Lightly spray muffin pan, pour batter into the pan and top with blueberries.
4. Lightly spray muffin pan, pour batter into the pan and top with blueberries.
5. Bake for 10-15 minutes

Physical Activity Corner

Keep the Ball Up: Use one beach ball per small group. The goal is to keep the ball off the ground.

Groups can add



additional beach balls as they gain control and awareness. Try using different methods to keep the ball off the ground, such as ping-pong paddles, popsicle sticks or rackets.



Cooking with Your Children

Build Your Own Pizza

Whole wheat English Muffins are a perfect pre-made crust for pizza. Use a muffin tin to layout a variety of different toppings such as cheese, bell peppers, pepperoni, olives, and pineapples along with the pizza sauce.

Lightly bake the pizzas in the oven until the cheese has melted.

Nutrition Facts

Zucchini: Is a summer squash and is rich in Vitamins B6, B1, B2, B3, folate, and choline. It is also rich in minerals such as zinc, magnesium, iron, manganese, and phosphorus. It may also help with blood sugar regulation.

PATCH News

In the Honolulu Family Magazine BEST OF HONOLULU, PATCH won "Best Child Care Provider Referral Service/ Best Babysitter Referral Service" for the 6th year in a row.

Did You Know?

Food Preservatives play an important role in preventing food spoilage from mold, yeast, and organisms that cause food poisoning. Preservatives lower food cost, lengthen shelf-life, and reduce food waste. There are two types: Physical, which is refrigeration or drying and Chemical, which adds ingredients to prevent oxidation, rancidity, and microbial growth. A diet with plenty processed foods may have excessive preservatives and should be limited but a diet without preservatives may compromise food safety.

<http://www.foodandnutrition.org/March-April-2017/The-Vital-Role-of-Food-Preservatives/>

Food for Thought

"What if soy milk is just regular milk introducing itself in Spanish?"

