



HCSF Newsletter



March 2008

Getting tired of the cold winter and have a case of **Spring Fever**? Although spring is just around the corner, there are still lots of fun things to do indoors until the weather warms up. Read on for some fun indoor games and recipes you can make in the kitchen together. Lucky for us, **St. Patrick's Day** is March 17th, and **Spring** officially begins March 20th!



Happy St. Patrick's Day

...Looking back

Daily lives are often very busy, but people today have more leisure time than Native Americans once did. Long ago, days were full of tasks that were needed just to survive that kept people active and moving.

Looking forward...

Now, with more leisure time and less physically demanding jobs, people have more time and a variety of choices for leisure activities. Can you think of ways that we can come together during our leisure time? Family games, story telling and craft projects are some ideas...what are yours?

Our Ideas for Active Play and Family Entertainment: _____



Wisdom from the Elders

Springtime is here

Warmer days and cold nights signal the start of spring. This is a time to teach our children about the wonders of springtime including the tradition of making maple syrup. As the snow melts and temperature rises take the opportunity to teach our children about the seasons and why each season on the earth and in our lives is special and important.

-Lac du Flambeau elder

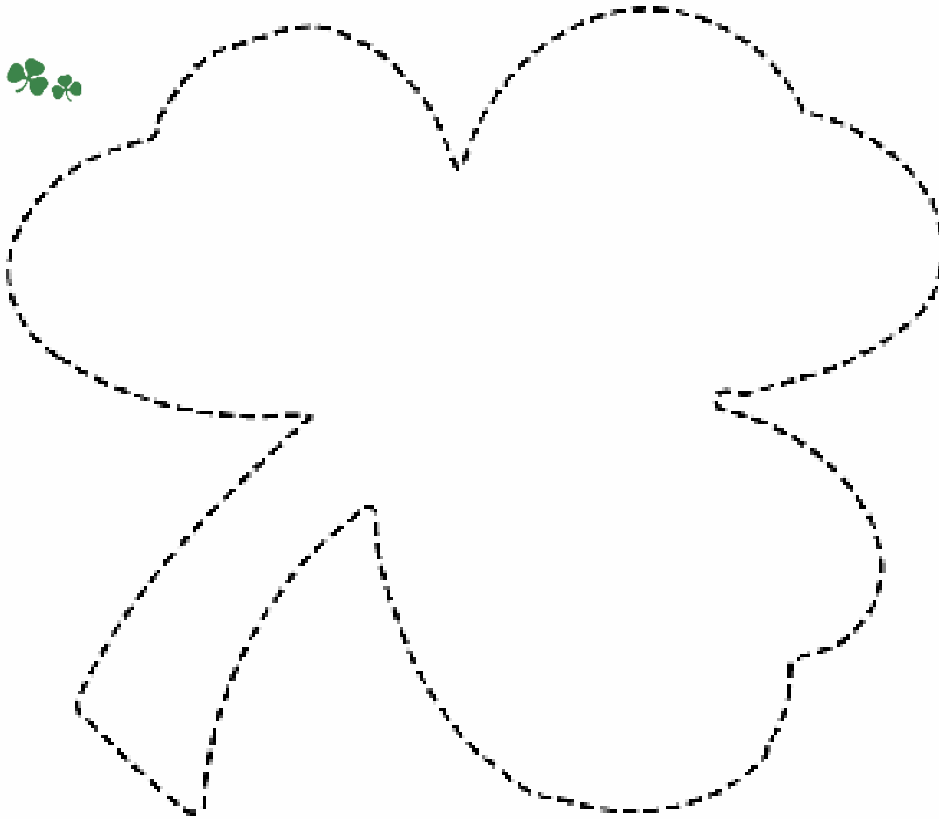
Go Green!



Have the family "Go Green" this month, and try to incorporate more green fruits and veggies into your meals and snacks.

Some to try: green beans, peas, cucumbers, spinach, green grapes, kiwi fruit, avocados, granny smith apples, broccoli...just to name a few! Check out the recipe for Apple Broccoli Slaw on the next page!





Family Activity

Shamrock Hop Game

Use this shamrock to trace more shamrock shapes, and then cut them out and place them on the floor. Have the children hop from one shamrock to the next! See who can do it the fastest without skipping any!



Shamrock Sandwiches

Serves 6

Ingredients:

- ❖ 12 slices whole wheat bread
- ❖ ½ cup reduced fat shredded cheddar cheese
- ❖ 3 hard-cooked eggs, chopped
- ❖ 1 6.5-ounce can tuna, drained and flaked
- ❖ ½ cup reduced fat mayonnaise
- ❖ ½ cup chopped celery (optional)
- ❖ ¼ cup diced onion (optional)
- ❖ 2 Tbs green pepper (optional)

Directions:

Use cookie cutters to cut shamrock shapes from bread. If you don't have a shamrock shape, use heart shapes and join in the center. Combine remaining ingredients. Place filling between bread/shamrock slices. Wrap sandwiches in foil. Refrigerate until ready to use. To serve, heat foil wrapped sandwiches in a 350°F oven for 15 minutes.

Apple Broccoli Slaw

Serves 8



Vinaigrette:

- 1/3 cup packed brown sugar
- 1/3 cup cider vinegar
- 1 1/2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Slaw:

- 2 1/2 cups chopped Pink Lady or other sweet apple. Red Delicious, Cameo, Fuji, or Gala apples will also work well.
- 1 (12-ounce) package broccoli slaw
- 1 (3-ounce) package dried tart cherries or Craisins (dried cranberries)
- 2 tablespoons unsalted sunflower seed kernels

Directions:

To prepare vinaigrette, combine first 5 ingredients in a small bowl, stirring well with a whisk.

To prepare slaw, combine apple, broccoli slaw, and dried cherries or cranberries. Drizzle with vinaigrette; toss well to combine. Sprinkle with sunflower seeds; chill for 1-3 hours before serving.