



November 2008

# HCSF Newsletter

In November, we enjoy our wonderful family and friends by getting together for *Thanksgiving* and *hunting season*. Try our turkey and venison recipes on the back page for your upcoming gatherings!



## HCSF Coordinators Corner

Hi there! Some new families have joined us on our journey with the Healthy Children Strong Families program, so we thought we'd take a moment to say hello!

**Kate Cronin** – UW-Madison HCSF Program Coordinator

1-877-619-0586 / [kate.cronin@fammed.wisc.edu](mailto:kate.cronin@fammed.wisc.edu)

I may not have met you in person, but I bet we've talked on the phone! I'm the one who enrolled you into the program, and I met some of you when I walked you through your enrollment visit. You can always call my toll free number (1-877-619-0586) to discuss any concerns or ask any questions about the program.

**Tina Jacobsen** – Oneida HCSF Program Coordinator

920-869-4899 / [tjacobs1@oneidanation.org](mailto:tjacobs1@oneidanation.org)

Tina was instrumental in bringing the Healthy Children Strong Families program to Oneida and has been working hard to get families through the enrollment process. She will also be a home visitor with the program and is looking forward to meeting with and motivating Oneida families!

**Dawn Krines Glatt** – Oneida HCSF Program Coordinator

920-869-4884 / [dkrines@oneidanation.org](mailto:dkrines@oneidanation.org)

Dawn is also helping Oneida families through the enrollment process and will be a home visitor for the program. Dawn is looking forward to working with Oneida families as they continue their journey toward a healthy and balanced lifestyle.

**Bethany Miller** – Menominee HCSF Program Coordinator

715-799-5743 / [bethanym@mtclinic.net](mailto:bethanym@mtclinic.net)

Bethany has been with HCSF since March of 2007 and has not only completed enrollment, post program and follow-up visits with HCSF participants but has also been a home visitor for the program.

**SuAnne Vanntter** – GLITC HCSF Program Coordinator

1-800-472-7207 / [svannatter@glitc.org](mailto:svannatter@glitc.org)

Do you get your lessons in the mail? Well you have SuAnne to thank for packing them up and getting them to your door! SuAnne also works closely with the Bad River, Lac du Flambeau and Menominee home visitors.

Healthy Children Strong Families publishes a newsletter once a month and mails it to every family in the program. We always include fun recipes you can try with your kids, new games you can play and other timely information about nutrition and physical activity.



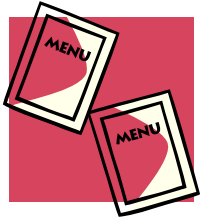
We'd love to hear from you! If you have an idea for the newsletter or a great photo of your family being active, cooking together or a finished product from one of our recipes, feel free to email it to Kate at [kate.cronin@fammed.wisc.edu](mailto:kate.cronin@fammed.wisc.edu).



# Mythbusters



We've all heard them... "children should clean their plates", you should wait at least an hour after eating before you go swimming. There are plenty of myths out there. We thought we'd take the opportunity every month to do some myth-busting!



## MYTH:

Going out to eat will get your family fed quicker than if you make something at home.



## TRUTH:

We've all been there... everyone is tired and hungry at the end of the day and the thought of breaking out the pots and pans doesn't hold much allure. So, let's go out... we'll get the kids fed fast and get on with our night, right? Well, factor in the time it takes to drive to a restaurant, place your order and wait for your food (if it's not a buffet), eat, pay and then drive home. Not as fast as you thought, huh? In that time, you could have whipped up a "fast fix" meal and had more family time outside the car.

**What to do next time this happens?** Try building a collection of "fast-fix" meal recipes that don't take more than 15-20 minutes and don't take a lot of chopping or mixing. Need some ideas? Try spaghetti and a green salad. "Open and Combine" recipes like chili or chicken and veggie soup (frozen veggies into chicken broth – add some noodles and viola!), breakfast for dinner – how about veggie and egg scrambles with toast! Another tip is to try to make some meals ahead and freeze them. Soups, stews, casseroles and lasagnas all freeze well and can be reheated in a jiffy!

**Try these easy recipes for turkey and venison – November favorites! Use the turkey recipe for a delicious and easy Thanksgiving dinner, and have the venison stew after deer hunting season!**

**Guy's –  
break out  
those grills  
again!!**

## GRILLED TURKEY BREAST WITH CRANBERRY MAPLE GLAZE



### Ingredients:

- 1 5-lb turkey breast
- 1 disposable foil pan
- 1 8-oz can Jellied Cranberry Sauce
- ¼ cup maple syrup



### Directions:

Rinse off turkey breast and pat dry. Place turkey in pan, breaking breast bone if necessary to flatten it so that grill cover will close completely. Preheat grill on high. Place turkey in pan on grill; close cover. Reduce heat to low. Combine remaining ingredients in a small saucepan. Cook over medium heat just until sauce is smooth, whisking frequently. Set aside. Liberally brush glaze on turkey after first hour of cooking. Brush on additional glaze about every half hour until turkey is done, about 2-3 hours. A meat thermometer inserted into the thickest part of the breast, without touching bone, will read 170° when turkey is done. Let sit 15 minutes before carving.

## CROCK POT VENISON APPLE CIDER STEW

### Ingredients:

- |                                   |                     |
|-----------------------------------|---------------------|
| 1-2 lbs beef or venison stew meat | 2 tsp salt          |
| 8 carrots, sliced thin            | ½ tsp thyme         |
| 6 potatoes, sliced thin           | 2 tbsp minced onion |
| 2 apples, chopped                 | 2 cups apple cider  |



**Directions:** Place carrots, potatoes, and apples in crock pot. Add meat and sprinkle with salt, thyme, and onion. Pour cider over meat and cover. Cook in crock pot on low heat 10-12 hours. Thicken gravy.