



May 2014
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Building Healthy Families

Strengthening Families through Education & Support

EXCITING OPPORTUNITIES FOR SUMMER...

Just because school is about to wrap-up doesn't mean the learning has to stop. Help combat summer learning loss, and keep your kids active and engaged this summer with some of these great opportunities:

1. **Summer Exploration Camp:** Offered in Enterprise (June), Joseph (July) and Wallowa (August), this 2-week program engages children in different businesses, nature and enrichment opportunities in their community. Running Monday-Thursday from 9-200, the program includes a snack, lunch and is absolutely FREE. Contact Building Healthy Families for more information.
2. **Love the outdoors?** Then, sign your 2nd to 5th grader up for WREN Explorers with Wallowa Resources. We get your kid out and about exploring all things nature. Climb mountains, catch bugs, create nature art, learn science, and much more. This is a small intimate camp, only ten kids per session with two fun instructors that provide lots of individual attention.
3. **Library Summer Reading Programs:** Stop by any of your community libraries to learn about their Summer Reading Programs. Cool prizes and competitions encourage kids of all reading levels to get their hands on the latest titles and keep reading over the summer months.
4. **Start thinking ahead:** It's never too early to plan for your child's education. The BHF Early Learning Center is now accepting applications for Fall pre-school. Contact BHF to schedule a tour, meet the teacher and get ready for Fall!
5. **Community Events:** Wallowa County offers a huge variety of family fun summer festival, parades, concerts and guided hikes. Stop by BHF to pick up a calendar of events happening over the summer months.

Upcoming Events for Families

- * Mother's Day Tea
Friday May 9 3:00-4:00
Building Healthy Families
- *Parent/ Child Play Groups 0-5 years Tuesdays: 10:00
Baker Library
Fridays: 9:00& 10:30
BHF Enterprise
- *Nurturing Parents
Wednesdays 4/2-5/22
BHF North Baker School
- *Parenting Now: BHF
Wednesday 4/30-6/4
Building Healthy Families
- *ABC Music and Me
Baker and Wallowa County
Specific Days/times TBA

For questions or registration information contact

BHF

541-426-9411



Remember to check out our Blog for access to the latest research, parenting advice and fun, family friendly activities!
www.oregonbhf.blogspot.com

A VERY SPECIAL REQUEST

We are in need of a reliable vehicle to transport staff and clients. Building Healthy Families is a non-profit 501 c (3) organization so your donation(s) are tax deductible. Thank you for your thoughtful consideration. We sincerely appreciate the support from all of our community partners and friends.



IT'S GARAGE SALE SEASON.....

We would love to have our friends pick up the following items (in great condition) to donate to our kitchen for use in meal preparation for our many programs where food is prepared and served:

- | | |
|---|----------------------------|
| Blender | Muffin Tins |
| 2 – 12” Fry Pans (skillets) with lids | 3 large Pizza Pans |
| 2 – 10x15 Cookie Sheets | Rolling Pin-Silicone |
| 12-15 Matching Cereal Bowls | Water Pitcher |
| 12-15 Matching Dinner Plates | Pot Holders |
| Food Storage Containers/Bowls with lids | Toddler Sized Forks |
| 2 – 9x13 Glass Baking Dishes | 1qt, 3qt, 6qt, Pots w/lids |
| 2 - 8x8 Glass Baking Dishes | |

Items can be delivered to the BHF Main Office in Enterprise. Thanking you, in advance, for your assistance as you enjoy the beautiful weather

Building Healthy Families

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Building Healthy Families is an independent, non-profit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



DINNER ON A DIME

English Muffin Pizzas

Ingredients

- English Muffin halves
- Pizza Sauce
- Shredded Mozzarella
- Assorted Toppings: Olives, ham, mushrooms, vegetables, pineapple

Directions

Place English Muffin halves on cookie sheet and spread sauce on each. Have family members “decorate” their own halves with cheese and desired toppings! Broil until cheese has melted and pizzas are heated through. This is a great easy dinner for those late t-ball nights, or even for a kids’ birthday party!