



Building Healthy Families

Strengthening Families through Support and Education

Exploration Launches a New Year

Now that the school year is well underway, and families are getting into the fall routine, BHF is excited to announce the start of our 2012-2013 Exploration Program Year! Beginning on Monday, October 15th, k-4 students in Enterprise, Wallowa and Joseph are encouraged to join this exciting after-school opportunity!

Held at each school site on Tuesdays, Wednesdays and Thursdays, the program runs from 3:30-5:00 pm providing students with a healthy snack, engaging curriculum and exposure to projects and activities aimed at in-

creasing student engagement, celebrating the unique opportunities in Wallowa County and enriching the learning opportunities provided by the traditional school day. The FREE program also aims to support working families and decrease the number of unsupervised children during after school hours.

This year students will explore a large number of activities in science, math, writing, literacy, cooking, engineering, arts and music!

Registration forms will be available at each school office beginning the first

week of October. Students must have a registration form completed before they are able to attend, so contact your school or Building Healthy Families today! 541-426-9411



Students in the Joseph Summer Exploration program use their sense to identify what's inside Mystery Bags.

Help Celebrate Red Ribbon Month!

Traditionally, we celebrate Red Ribbon Week in October in honor of Drug Enforcement Administration agent Enrique "Kiki" Camarena who was kidnapped and murdered while working undercover in Guadalajara, Mexico. During this week, students throughout Amer-

ica spend time learning about the dangers of alcohol and other drugs and make a pledge to be drug-free. However, here in Wallowa County, the Wallowa County Prevention Collaborative is celebrating Red Ribbon Week... all month long! There are sev-

eral activities going on in the month of October around celebrating a healthy lifestyle. The first activity is Kidfest on October 5th at the Cloverleaf Hall. What a great opportunity to spend time with your kids and enjoy a free meal together!

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Upcoming Opportunities for children and families

- ☉ Kidfest: Family Health and Safety Fair, Friday 10/5 3:30-7:00 Cloverleaf Hall
- ☉ Parenting Now! Tuesdays 9/25 -10/30 12:30 Lunch 1:00-2:00 Class
- ☉ Parent/Child Playgroups Tuesdays 10:00 Baker County Library
Fridays 9:00, 10:30 BHF

BHF Wish List: Items to help us better serve our families

- Diapers All Sizes
- Baby Wipes
- Personal Toiletries
- Healthy Snacks
- Art/Craft Supplies
- Cardstock
- Misc. Yard/Power Tools

Building Healthy Families



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Building Healthy Families is an independent, nonprofit 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



Italian Chicken with Rice

4 Servings under \$10.00

Ingredients

- 4 lg. chicken breast halves, skinned and boned
- 1 cup uncooked long grain wild rice
- 1 package dry Italian Dressing Mix
- 1 can condensed Cream of Chicken Soup

Directions

1. Place rice in slow cooker.
2. Combine dressing mix and soup. Gradually stir in 1 3/4 cup water and pour over rice.
3. Place chicken on top. Cover and cook on low for 3 to 4 hrs. or until rice is tender and chicken is cooked.

Red Ribbon..... Continued from pg. 1

Remember, the more often you eat dinner with your kids, the less likely they are to smoke, drink, use other drugs, or be involved in other risky behaviors as they get older. The Wallowa County Prevention Collaborative is also promoting "Wear Red Day" on Wednesday October 17th so don't forget to show your support of a healthy and drug-free lifestyle by wearing red on that day and making sure your little ones are sporting some red at school! Also, for the High School students, we are awarding one \$40.00 gas card per school in the month of October to a student who has a red "Drive Sober, Save Lives" magnetic ribbon on their vehicle. This is a monthly campaign that

for the month of October is focused on our High School students but starting back in November, we will be awarding one per month somewhere in the County. If you or your student would like a chance to win, be sure to contact Billie-Jo at 541-426-9411 or find us on Facebook for your FREE ribbon!



Celebrate Red Ribbon Week
in Wallowa County...
ALL MONTH LONG!

What is Red Ribbon Week?
A way for people and whole communities to unite and take a
visible stand against drugs.
Why?
Established in 1985 as a continuing tradition of intolerance
towards the use of drugs.

WEAR RED
Wednesday October 17th
to show support of a Drug Free
Wallowa County!

Join us Down on
the Farm with.....



Kidfest 2012 Annual FREE Health & Safety Fair!

October 5th
3:30-7:00 pm • Cloverleaf Hall, Enterprise

Get out your boots and cowboy hat to join your community partners for a celebration of our county's kids and families at the annual FREE health and safety fair! Celebrating our rural ranching lifestyle.

- Games
- Entertainment
- Crafts
- Door prizes
- Activities
- Petting zoo

FREE dinner for everyone!



Kidfest is organized by Building Healthy Families