



Building Healthy Families

Strengthening Families through Support and Education

Wallowa County: An All-American Nominee

BHF staff and a community partner traveled to Denver over the summer to represent Wallowa County at the 2012 National All-American Cities Conference and Awards Ceremony. Sponsored by the National Civic League, the All-American Cities Award recognizes ten communities each year for outstanding civic accomplishments. To win, each community must demonstrate innovation, inclusiveness, civic engagement, and cross sector collaboration by describing successful efforts to address pressing local challenges.

This year's challenge focused on grade level reading, specifically, what communities are doing to collaboratively

address successful 3rd grade reading scores. Continuing a long standing relationships with the schools, BHF began collaborating with districts and community partners on this project early in the Fall of 2011, gather data, unifying objectives and focusing on effective programming. After an initial Letter of Intent, Wallowa County was invited to submit a full proposal, which included a Community Solutions Action Plan detailing how we would align programming efforts to address three key areas: Summer Learning Loss, After-School Programming and Chronic Absences. Wallowa County was selected by panel of peer reviewers as one of 31 finalists from a pool of

169 communities! While we did not win the award, we shone as a rural community and were praised for being a leader in our collaborative efforts! We are extremely proud of all the agencies, schools, business and families that make Wallowa County not only a fabulous place to raise a reader, but a nationally recognized community that supports the growth and success of all children and families!



Your Kids are Hungry....For YOU!!!!

Good food, great conversations and loads of laughs— that's what family dinners are made of! Whether you're cooking a meal or going to your favorite restaurant, what your kids really want at the din-

ner table is YOU! If busy schedules are making it hard for your family to pencil in regular family meals, take a "time out" to consider all the benefits of gathering around the dinner table. Family

dinners are about more than just sharing a meal. Did you know that eating dinner frequently with your children reduces their risk of substance abuse?

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Upcoming Event for Children and Families

- ☺ Weekly Parent/Child Play Groups: Tuesday 10:00 Baker County Library, Friday 9:00 and 10:30 BHF
- ☺ Parenting Now! Tuesdays 12:30—2:00 BHF Enterprise
- ☺ Parenting Now! Bakery County: Contact Becca 541-523-8450
- ☺ Kidfest Community Health Fair: October 5th 3:30-7:00 Clover Leaf Hall Enterprise

BHF Wish List: Items to help serve our families

Diapers: All Sizes

Art Supplies

Card Stock/Paper

Mouse Pads

Healthy Snacks

Bottled Water

Misc. Toiletries



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



5 Ingredient Crock Pot Chili

Ingredients

- 1 lb ground beef
- 1 large onion, chopped
- 2 15 ounce cans chili beans in sauce
- 1 14.5 ounce can diced tomatoes with green chilies, undrained
- 11.5 ounce can vegetable juice, hot style
- Optional: Sour cream, shredded cheese, chopped green onion

Directions

1. In a large skillet brown hamburger and onion. Drain of excess fat.
2. Combine all ingredients (minus optional toppings) in slow cooker.
3. Cook on low heat for 4-6 hours or high heat for 2-3 hours.
4. Serve with toppings and a side salad or corn bread.

Hungry for YOU!!!!

Research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use other drugs. Family meals are the perfect time to talk to your kids and to listen to what's on their mind.

CASA Columbia's 2011 family dinners report finds that compared to teens who have frequent family dinners (five to

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seven per week), those who have infrequent family dinners (fewer than three per week) are almost four times likelier to use tobacco; more than twice as likely to use alcohol; two-and-a-half times likelier to use marijuana; and almost four times likelier to say they expect to try drugs in the future. "YOU are the more potent and underutilized tool to prevent your children from using substances and engaging in risky behavior." ~Joseph A. Califano, Jr.

September 24, 2012 is National Family Day - A Day to Eat Dinner with Your Children.

Watch your child's backpack this month for a flyer containing a list of local restaurants giving family discounts on that day for families looking to share a meal together!

Call the Wallowa County Prevention Collaborative at Building Healthy Families for more information! 541-426-9411.