



July 2015  
Volume 2, Issue 1



# Building Healthy Families

## Strengthening Families through Education & Support

### BHF OFFERS FULL FALL LINE-UP

Although the lazy days of summer have a certain charm, there is something exciting about the fresh start of fall. Here at Building Healthy Families, we are busier than ever, and just getting started. Here are some of the exciting opportunities /events going on at BHF. Please feel free to stop by and see what's happening:

- September 2nd, brought the start to another year of Alternative Ed. With 15 students, we are excited to begin another year of Community 101, Lego Robotics, Art, Spanish and more.
- Starting the week of September 8th, the BHF Early Learning Center will be offering a 4-day per week pre-school. Focusing on Kindergarten Readiness and Individualized learning, there are still several slots available!
- Family Meal Night is celebrated Nation Wide on September 22nd. BHF families will enjoy a meal together and will be rallying the community to do the same.
- BHF has helped bring Brad Barton, magician extraordinaire, to Wallowa County School (see below). BHF will also host a community event featuring Brad Barton on Tuesday 9/29.
- Kidsfest 2014 is on the calendar for October 10th! This popular health and safety fair promises its usual line-up of fun games, activities, food, bike raffle, petting zoo, bounce house and more!

### MAGIC AND A POSITIVE MESSAGE

Wallowa County Prevention Coalition is thrilled to bring Brad Barton to spread magic and positive messages to the students of Wallowa County. A nationally acclaimed speaker, and pretty fabulous magician, Brad shares not only shares a series of tricks and illusions, but talks to students about the dangerous realities of drugs, alcohol, gambling and other risky behaviors. Look for him in schools on Monday (9/28) and Tuesday 9/29) and at a special BHF Open House Tuesday Night!

### Upcoming Events for Families

- \*Parent/ Child Play Groups 0-5  
9:00 am Fridays  
Building Healthy Families  
10:00 am Tuesdays  
Baker City Library
- \*Library Story Times  
10:30 am Tuesdays  
Enterprise City Library
- \*Pre-School Science  
Thursdays 9:30  
Enterprise City Library
- \*Parenting Now! Baker  
Thursdays 10:30 am  
North Baker Ed Center
- \*Parenting Now! Enterprise  
Mondays 10:00 am  
Building Healthy Families  
Specific date/time TBA
- \*Kidfest 2014-The Great Outdoors  
Friday 10/10 3:3;-7:00 pm  
Cloverleaf Hall Enterprise

For questions, registration or a full calendar of Summer Activities contact.

BHF

541-426-9411

[www.oregonbhf.org](http://www.oregonbhf.org)

### Did You Know.....

Donations of support, cash or otherwise, made to Building Healthy Families are 100% tax deductible. Call our office, or visit our website for more information on how you can contribute today.

## FAMILY DINNER NIGHT SEPTEMBER 22, 2014

### FAMILY MEAL STATS

- 59% of families report eating at least 5 meals together each week
- Teens that had fewer than 3.5 meals each week with their families were 3.5 times more likely to use marijuana and 1.5 time more likely to drink.
- Only 9% of kids that eat regularly with their families do poor in school.

CNN.Com

Sports practices, PTA meetings, late nights at the office -- with multiple schedules to juggle, many families find it difficult to sit down together for dinner. It may not seem significant, but eating together as a family can give your child an advantage in many areas. Before you head to the drive-thru or sit in front of the TV for your next meal, consider the impact of sharing a meal with your kids. Studies show that the following are benefits found with only 3 meals shared as a family each week:

1. Improvement in Healthy Eating
2. Curb in Risky Behavior
3. Improved Academic Achievement
4. Strengthened Family Relationships



[www.livestrong.com](http://www.livestrong.com)

### Building Healthy Families

207 NE Park Street  
Enterprise, OR 97828  
541-426-9411  
[www.oregonbhf.org](http://www.oregonbhf.org)

**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

### Baked Chicken Breasts

#### Ingredients

4 chicken breasts  
1 can cream of chicken soup  
4 slices Swiss cheese  
Pepperidge Farm stuffing  
Butter

#### Procedure

Place breasts in baking dish. Top with cheese slices and pour chicken soup over them. Top with stuffing, and drizzle with melted butter. Bake at 325 for about an hour, or until chicken is cooked through and cheese is bubbly. Serve with rice or noodles and a salad.