

# Child & Family Services

# WHAT'S COOKIN' NEWSLETTER

FEBRUARY 2025

## WELCOME MESSAGE

February has started off with some freezing temperatures and snow! The [Super Bowl](#) and the [Daytona 500](#) are this month and this is a great opportunity if you plan on watching them to [create some healthy snacks](#) together. Check out our [Recipe of the Month](#) on the last page!

Happy Snacking,

Tanya Gary, Family Access Director

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## IMPORTANT REMINDERS

February 17th:

Community Teamwork Closed

February 18th-21st (School Vacation Week):

[School Age Programs](#) will be provided with Breakfast, Lunch & Snack

Log into Nutrislice:

Early Learning & School Age Menus

<https://commteam.nutrislice.com/menu>

## DID YOU KNOW?

Did you know that:

- Ground Hog Day is February 2nd each year
- Punxsutawney Phil is the official weather forecasting groundhog
- Ground Hog Day began as a Pennsylvania German custom in 1887 with origins to ancient European weather lore
- 1,000s of fans go to Pennsylvania on Feb. 2nd
- Legend has it, if Phil sees his shadow, there is 6 more weeks of winter – if he doesn't spring will soon be here.

## FRUIT & VEGGIE OF THE MONTH

Oranges: 

- Juicy, Sweet & Vitamin C
- Add to Salads & Smoothies
- Vitamin C helps your immune system

Carrots: 

- Crunchy, Colorful Vitamin A
- Eat Raw, Steamed or Roasted
- Vitamin A is great for your eyes

## WE WANT TO HEAR FROM YOU

- Share photos of your family cooking together
- Share your favorite recipe or spice
- Let us know how your child liked their meals and snacks
- Feedback is important to us because it helps us learn about our community.

Contact us at:

[CFSKitchen@commteam.org](mailto:CFSKitchen@commteam.org)

# Corny Salsa w/Tortilla Chips



Prep Time: 15 Minutes  
Cook Time: 0 Minutes  
Makes: 6 Servings

## The Ingredients

- 2 Cups Corn, kernels, frozen, thawed, drained
- 3/4 Cup Tomatoes, fresh, 1/4" diced,
- 3/4 Cup Cucumbers, fresh, unpeeled, 1/4" diced
- 2 Tbsp Green Onions, fresh, chopped
- 1/2 Tsp Chili Lime Seasoning
- 2 Tbsp Sour Cream (light)
- 3 Oz Tortilla Chips (Whole Grain)

**Choking Prevention:** Whole corn kernels can be a choking risk for children under the age of 4.

## The Directions

1. Wash Hands with Soap & Water for at least 20 seconds.
2. In a medium bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, & sour cream.
3. Stir all ingredients together.
4. Serve 1/2 cup Corny Salsa and 1/2 oz of tortilla chips
5. Serve or Refrigerate Immediately