

KIDS CLUB

NEWSLETTER



Welcome to week 13 of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're celebrating oats and making a Mixed-Berry Crisp. You have probably eaten oats in oatmeal cookies or granola. They're fun to cook with, and they're wholesome and delicious, too! You can make the crisp with different fruits all summer long.

We hope you love it as much as we do!



Mixed-Berry Crisp

A crisp is a dessert made of fruit that's topped with a sweet, crumbly oat mixture and then baked. It makes a great addition to summer picnics and cookouts, but we love to eat it all year round. This recipe takes advantage of fruits that are available in the summertime, but you can vary the recipe by the season! In the fall and winter, use apples or pears. Come spring, strawberries and rhubarb make a pink and delicious sweet-tart crumble.

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 45 MINUTES ■ MAKES: 9 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Mixing bowl
Spoon, for mixing
Fork
8-inch square baking pan or standard pie plate
Heatproof spatula
Oven mitt or pot holders

INGREDIENTS

- ⅔ cup plus 1 tablespoon whole-wheat flour, divided
- ⅔ cup old-fashioned oats
- ¼ cup chopped toasted walnuts*
- ¼ teaspoon kosher salt
- 2 tablespoons vegetable oil or melted butter
- 4 tablespoons maple syrup, divided
- 6 cups blueberries, raspberries, blackberries, and/or sliced strawberries (or pitted cherries, or chopped peaches, plums, or apricots)

*If you're allergic to walnuts, leave them out.

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Turn the oven on and set the heat to 350 degrees.
2. To make the crisp topping: Put ⅔ cup flour, the oats, walnuts, and salt in the bowl and mix well.
3. Slowly drizzle in the oil or melted butter and 3 tablespoons maple syrup, mixing with a fork as you go. Mix until crumbly.
4. To make the filling: Put the berries and remaining 1 tablespoon maple syrup in the baking pan or pie plate and mix well. Add the remaining 1 tablespoon flour and mix again. Top with the crisp mixture, scattering it evenly over the fruit.
5. Once the oven temperature has reached 350 degrees, put the pan in the oven and bake until the top is lightly browned and the berries are bubbling, 25 to 30 minutes. Serve hot, warm, or at room temperature, or cover and refrigerate up to 3 days and serve cold.



OR ELSE

No fresh berries? No problem! Frozen berries are available all year round in the supermarket, and you don't even have to thaw them before baking your crisp. Easy as pie—or crisp!



DO YOU HAVE MORE OATS?

Try one of these recipes.

- **No-Bake Oatmeal Cookies** www.chopchopfamily.org/recipe/no-bake-oatmeal-cookies
- **Hearty Irish Oatmeal** www.chopchopfamily.org/recipe/hearty-irish-oatmeal
- **Homemade Instant Oatmeal** www.chopchopfamily.org/recipe/homemade-instant-oatmeal
- **Any-Berry Overnight Oatmeal** www.chopchopfamily.org/recipe/any-berry-overnight-oatmeal
- **Roasted Coconut Granola** www.chopchopfamily.org/recipe/roasted-coconut-granola
- **Green Oatmeal** www.chopchopfamily.org/recipe/green-oatmeal
- **Summer Berry Muesli** www.chopchopfamily.org/recipe/summer-berry-muesli

◀ **No-Bake Oatmeal Cookies**

Kitchen Skills

How to Hull a Strawberry

A strawberry with its little cap of green looks so classic! It's just how you would draw one. But you don't want to eat that part. Removing the stem, the leafy green top, and the hard little white core just below the stem is called "hulling," and it leaves you with just the juicy, delicious fruit. It's not difficult to do, and if you're using strawberries in a recipe, you'll need to learn how to hull them. There are a few different ways to do it:

1. Pull off the stem and green top, twisting as you do to remove as much of the core as possible. If you need to, use your fingertips to get out the last of it.
2. Pull off the stem and green top, then remove the core with the tip of a teaspoon. Dig it into the strawberry about ½ inch deep, then turn it to twist out the core.
3. Push a drinking straw up through the bottom of the strawberry to poke out the core, the green top, and the stem all at once.



How to Serve

1. When eating in a group, make sure to use a single serving utensil that no one has eaten from.
2. Each person should have their own plate or bowl and eating utensil. Do not eat directly from the serving dish; eat only from your own plate or bowl to avoid spreading germs.
3. Offer everyone one serving of food, according to the number of servings in the recipe, but don't require that everyone take a full portion.

DID YOU KNOW?

October 29 is **National Oatmeal Day**, and January is **National Oatmeal Month**.

Oatmeal baths are used to soothe skin that is itchy or hurting from chicken pox, sunburn, poison ivy, and other ailments.

There's a city called **Oatmeal, Texas**, about 50 miles northwest of Austin.



The flag of Switzerland

WHERE IN THE WORLD?

Muesli is a traditional Swiss breakfast of milk-soaked oats and fruit. Find Switzerland on a map and answer these questions.

- What is the capital of Switzerland?
- Which four countries border Switzerland?
- Can you name three lakes in Switzerland?
- Can you name two mountain ranges in Switzerland?

ACTIVITY: HAVE A PICNIC

We think this Mixed-Berry Crisp tastes extra special at a summer picnic. We know that you may not be able to picnic at your favorite outdoor spot right now, but that's okay! You can have a picnic right in your yard, if you have one, or even on the floor of your living room. (We think it's really fun to eat on the floor once in a while!) Pack (or just carry over) whatever foods and drinks make you feel picnic-y—things like **sandwiches, fruit salad, pasta salad, chicken salad, cabbage slaw, and lemonade.** (Don't forget the crisp!) Spread out a blanket or tablecloth and put out plates and utensils. Bring a board game or cards to play, too. Set out flowers or plants if you have them, and open the window if you can. If you want to really set the scene, find a soundtrack with birds chirping or other outdoor noises.



GET MOVING: MIX IT UP WITH A SUMMER FITNESS CHALLENGE

It's summer—time to get moving and mix up your routine. We challenge you! Do these exercises every day, for the whole summer, and watch yourself get stronger and stronger. Keep track by writing on a calendar what you can do on the first day—and what you can do on the last day (spoiler alert: it will be more). Ready?



JUMPING JACKS

Do as many jumping jacks as you can.

Starting line: I can do ____ jumping jacks.

Finish line: I can do ____ jumping jacks.

HOPPING

Hop on one foot for as long as you can, then switch feet.

Starting line: I can hop ____ times on my right foot and ____ times on my left foot.

Finish line: I can hop ____ times on my right foot and ____ times on my left foot.

You can add as many other exercises as you can think of: sit-ups, push-ups, squats, planks, and even running or marching in place.



ACTIVITY: THINK OUTSIDE THE BOX

Once you eat up all your oats, you'll be left with a cylinder-shaped container that can be used in lots of ways. Here are a few ideas of what to do with yours.

- **Paint** or **color** it and make it into a treasure chest or time capsule.
- **Wrap** it in felt, add some rubber bands to the top, and play it like a drum.
- **Decorate** it and use it as a vase for flowers.
- Create little pieces of **furniture** and turn it into a fairy house or troll cave.
- **Collage** the outside and fill it with craft supplies or pens and pencils.
- Cut a slot in the lid and use it as a **mailbox** or **piggy bank**.

What else can you think of to make with an empty oat container?

MATH: GO FIGURE!

Do you know geometry? If you do, can you calculate the difference in area between a 9-inch round pan and an 8-inch square pan?



WORD FUN: OAT-RAGEOUS RHYMES!

A rhyme is when two words contain the same ending sound when spoken. For example, "cook" rhymes with "book." Rhymes are often used in poetry to create a pattern, or to just make the poem sound more interesting. The word "oat" has a lot of words that rhyme with it. List as many rhyming words as you can using one syllable (such as *boat*). Now list two-syllable words (such as *raincoat*). How many did you think of?

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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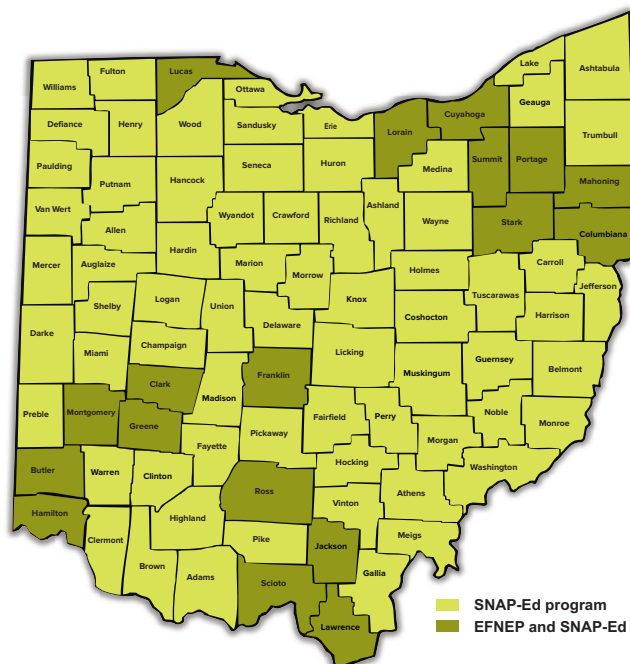
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

No Crust. All Taste.

Veggie Pizza Bites



Eggplant
is high in
antioxidants.



Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).