

Making Mealtime Memories

Skillet Cauliflower Mac and Cheese

Instead of replacing the pasta with cauliflower, this recipe combines the two. This creamy recipe is so delicious that your kids won't even notice that they're eating veggies while enjoying mac and cheese at dinner or during lunch. Cook the cauliflower, cheese, and pasta all in the same skillet for easier cleanup after dinner.



Ingredients

- 1 (1-lb.) pkg. cavatappi pasta
- 5 cups cauliflower florets (about 1 medium head)
- 1/4 cup olive oil, divided
- 2 teaspoons kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 2 tablespoons water
- 1/3 cup unsalted butter
- 1/3 cup all-purpose flour
- 4 cups whole milk, warmed
- 8 ounces extra-sharp white Cheddar cheese, shredded (about 2 cups)
- 8 ounces Gouda cheese, shredded (about 2 cups)
- 3/4 cup panko (Japanese-style breadcrumbs)
- 1/4 cup finely chopped scallions (from 3 scallions)

Directions:

1. Preheat broiler to high. Cook pasta according to package directions. Drain and set aside.
2. Stir together cauliflower, 2 tablespoons of the oil, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper in a 12-inch skillet. Cover and cook over medium-high until florets begin to brown, about 5 minutes. Add water; partially cover, and cook, stirring occasionally, until cauliflower is tender, 14 to 16 minutes. Transfer to a medium bowl. Wipe skillet clean.
3. Melt butter in skillet over medium heat. Add flour, and cook, whisking constantly, until smooth and lightly browned, about 1 minute. Gradually whisk in milk. Bring mixture to a simmer, and cook, whisking often, until thickened, 6 to 8 minutes. Remove from heat, and whisk in cheeses, hot sauce, and remaining 1 1/2 teaspoons salt and 1/2 teaspoon pepper until smooth. Working in batches, carefully fold in cauliflower and pasta.
4. Stir together panko, green onions, and remaining 2 tablespoons oil. Sprinkle mixture over mac and cheese. Broil until topping is golden brown, 1 to 3 minutes.

Newsletter created by: Maria Arnot

Please contact Maria Arnot, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060 or marnot@ofoinc.org

Find us on Facebook: [facebook.com/ofoinc](https://www.facebook.com/ofoinc)

This Agency is an equal opportunity provider

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.



Healthy Living With Head Start

Jumping into a Healthy Head Start

Getting prepared to start school after having the summer off can sometimes be stressful or overwhelming. Check out these tips for ways

Get current on vaccines. Schedule a back-to school check up and make sure you are staying up-to-date on well checks. This will ensure your child is growing normally and will allow you to address any concerns you may have as a parent/guardian with your child's provider. Staying up to date on vaccinations can help protect you and your child from different bacteria and viruses.

Teach proper handwashing. Get your child in the habit of washing their hands with warm, soapy water for 20 seconds throughout the day. Make it fun by having them hum or sing a song!

Boost your immune system. Make sure you and your child are eating nutritious foods and drinking enough water. Also, focus on getting regular physical activity!

Pay attention to signs of anxiety and stress. The start of a new year can be stressful sometimes for kiddos. Watch for changes in behavior, sleep patterns etc., and be sure to have regular conversations with your child about school and how they are feeling!

Establish good sleep routines. Getting enough sleep is very important for your child to have success at school. Set up a regular bedtime and wake-up in your house to get everyone in the habit of being on a schedule.

Healthy snacks and dinner. While breakfast is important (and served at many of the Head Start programs) and help children function better throughout the day, dinner and healthy snacks are also important for growing bodies and healthy minds!



WELCOME BACK!

Healthy Routines at Head Start

Growth Screenings: At Head Start, we will help track your child's growth patterns throughout the school year. At the beginning of the year, staff will measure your child's height and weight to determine their Body Mass Index (BMI). A high BMI can indicate high body fatness, which can lead to weight-related diseases and other health issues. Being underweight can also put you are at risk for health issues. Six months after the first screening, we will document your child's height and weight for a second time, to see how they have grown! If your child has a high or low BMI, you may receive some information from the Dental/ Nutrition specialist about health and nutrition.



Oral Health: At Head Start/ Early Head Start, we prioritize your child's oral health. In the classroom, staff dedicate time daily for tooth brushing. We provided each child their own toothbrush that is sanitized daily. Remember, your child should brush their teeth for two minutes twice a day after the eruption of the first tooth. Staff will also support you by helping you find a dentist for your child and by helping you to keep up with dental visits. Remember, your child must have receive an oral health exam within the first 90 days of program. Check out the **oral health provider list**, and contact us if **you need help finding transportation to or from an appointment!** Also, remember that you can contact the Dental/ Nutrition specialist any time at 607-433-8060 or marnot@ofoinc.org for information/ resources on nutrition or oral health.

Meal Times: At Head Start/ Early Head Start we will serve nutritious meals and snacks that are designed to meet the nutritional needs of growing bodies! Meals will feature whole grains, proteins, fruit and vegetables, and dairy. Children will learn to serve themselves, and social and emotional well-being is encouraged through conversation and by promoting meal-time expectations. Your child will also learn about and try new foods as we make meal times an exciting adventure!



Well-Visit Schedule

Newborn: Height/weight, head circumference, hearing screening, developmental assessment, hemoglobin screenings, immunizations (HepB)

2-4 day well-baby visit: Height/weight, head circumference, developmental assessment

1 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations

2 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

4 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, Hib, PCV, IPV)

6 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (HepB, RV, Dtap, Hib, PCV, IPV, Influenza). COVID-19 vaccines are also now available for children once they are 6 months of age

9 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

12 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, anemia screening, immunizations (MMR, Varicella, HepA)

15 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (DTap, HIB, IPV, PVC)

18 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

24 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, immunizations (Influenza)

30 month well-baby visit: Height/weight, developmental assessment, vision/hearing screening, update immunizations,

3 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza).

4 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza, Dtap, IPV, MMR, Varicella)