Inside this Issue:
- Department of Education News
- Job Opportunities
- Health & Human Services News
- Transfer Station Calendar
- From the Family of Marian Laura “Okah Povi” Sanchez Escalante
- ENIPC Food Distributions
- Senior Center Menu

OFFICE OF THE GOVERNOR

Council Meeting Dates
Thursday, December 10, 2020 at 5:10pm
Tuesday, December 29, 2020 at 5:10pm

Office Closure
Christmas Holiday
Thursday, December 24, 2020
Friday, December 25, 2020

New Year Holiday
Thursday, December 31, 2020
Friday, January 1, 2021

Tribal Elections
Tuesday, December 1, 2020
at San Ildefonso Library
7am - 7pm

Contact Us
Pueblo de San Ildefonso
02 Tunyo Po
Santa Fe, NM 87506
Phone: (505) 455-227
Fax: (505) 455-7351

Visit Our Website
Www.sanipueblo.org
Governor Perry M. Martinez,
Lt. Chris Moquino
Tribal Council and Staff
Would like to wish our Pueblo
Community

MERRY
CHRISTMAS
And
HAPPY NEW
YEAR
Department of Education

SATURDAY OPEN LIBRARY

The library will be open on Saturday mornings from 8:30 am to 12:30 pm during December 2020, except December 26th.

Continued Saturday services will be dependent on patron use.

Christmas Light Parade

The Education Department is hosting a Light Parade on December 19th, 2020. We will follow the same route and same COVID-19 Restrictions. More information to come!

School Supplies
We have school supplies available for everyone who may need it. Storage carts are also available. Contact Education department to arrange pick-up.

Mental Health Awareness
During this time, please remember you are not alone. We are here for you; we are also encouraging you to use these resources:

https://suicidepreventionlifeline.org/
National Suicide Prevention Lifeline
1-800-273-8255

HOUSE DECORATING CONTEST

The Education Department is going to host a House Decorating contest. Deadline to enter is Monday, December 14th and community judging will be held December 19th. Call Aaliyah to sign-up!

Gingerbread House Decorating Contest!

With the members of your household, create a gingerbread house, enter pictures of building them and final gingerbread house for prizes!

Please email pics by December 21st!
Native American Spirit Week:

Sunday: Rock Your Mocs
Tuesday: Dress Your Best
Wednesday: Family Recipe
Thursday: We Are San Il Defonso Strong

LIBRARY CLOSURES!

December 24th and 25th in Observance of Christmas

December 31st and January 1st in Observance of the New Year’s Holiday
The Tribal Administration is currently seeking qualified individuals for the following positions.

Contract Emergency Operations Manager (Temporary FT)
Medical Emergency Response Manager (Temporary FT)
Facilities Manager (Regular FT)
Gate Monitor (Temporary Position)
GIS/GPS Specialist (Regular FT)
Health and Human Services Director (Regular FT)
Tribal Administrator (Regular FT)

All positions are subject to pre-employment drug screening.
All positions are subject to background investigation.
Positions that require driving, applicants must possess a valid driver’s license and must be insurable under the Pueblo’s insurance policy.

The Pueblo de San Ildefonso is an Equal Opportunity Employer. Preference is given to qualified Native Americans.

APPLICATION: A downloadable application is available on our web site at www.sanipueblo.org click on the jobs tab. Submit Application to the Human Resources office via email to karquero@sanipueblo.org or FAX: 455-4149 Call 455-4155 with questions regarding this position or to request a job description
We are not taking oil or tires.

If you have recycled bags empty in Recycled bin and do not leave by office at this time.

Thank you,

The Transfer Station
Covid-19 Safety @Transfer Station

DO NOT ENTER
If you have COVID-19 symptoms.

MAINTAIN social distance.

UNLOAD your own waste into compactors.
(Workers have been instructed to not handle waste)

NO CONGREGATING

LEAVE FACILITY once unloaded.

Thank you for your cooperation as we work to keep all our staff and residents healthy – Thank you the Transfer station
<table>
<thead>
<tr>
<th>Sunday</th>
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2020

We will always be as long as we stand heart to heart
and hand in hand

Merry Christmas and a happy New Year

Stay Safe.
From the Family of

Marian Laura "Okah Povi" Sanchez Escalanti

****Governors, Tribal Council and our San I Community:

Kud-tha-woh-haa for your love, caring and support of our Sister and our Beloved Aunt. The memories we shared with her will always be in our hearts. Her knowledge about our culture and our Tewa Language will be carried on by many. She will be deeply missed by everyone whose lives she touched. We love you Okah Povi.

Mr. Ted Sanchez and Family          Mrs. Arlene (Sanchez) Sando and Family

****Tuuyon, Tuuyon Kho, Than Teh Key-yeh and Po Woh Geh Owinge
It is with the utmost respect that we would like to extend our sincerest appreciation and thanks to our community for the care, support, advice, time and understanding during this unexpected and sudden loss. Our mother, grandmother and great-grandmother only wanted the best for everyone she touched. Her sense of humor and her stern nature were always given with care and understanding for all. We could not have gotten through this without your love, support, prayers and for that - we are grateful. Hug your families every day. Remember to tell them how much they are loved and please know that we will extend our love and thanks back to you when the time is right. -Kuudah Wo hah

Mr. Matthew Escalanti, Ms. Tazalynn Cochise, Mr. Silas and Ms. Mattilynn.
Ms. Phelan Escalanti, Ms. Felicity Ortiz, Mr. Aidin Rain Escalanti and Mr. Lindin Escalanti

Ms. Tree Escalanti-Kadayso, Ms. Sunzrae and Ms. LauraLei.
Mr. Brandon KytaI Lester and Family

Mr. & Mrs. Thomas Escalanti and Mr. Noah Escalanti

Mr. Doyle L. Escalanti, Mr. Nigel Escalanti and Ms. Nia Jaye Martinez

Mr. Sterlin Martinez and Ms. Helena Pena

Mr. & Mrs. Adam Martinez and Ms. Ashten Cedar Martinez
EIGHT NORTHERN INDIAN PUEBLOS COUNCIL, INC.
FOOD DISTRIBUTION PROGRAM
P.O. BOX 969 SAN JUAN PUEBLO, NEW MEXICO 87566
(505) 455-2288/2289 OR 1-800-734-2488 Fax (505) 455-7322
OFFICE HOURS: MONDAY-THURSDAY 8:00 TO 6:00 CLOSED 12:00-1:00 FOR LUNCH
WE ARE CLOSED ALL FRIDAYS AND OBSERVED HOLIDAYS
M.WAYNE MARTINEZ, INTERIM DIRECTOR
DIANDRA MEDINA, CERTIFICATION SUPERVISOR
ANGELO PADILLA, INVENTORY MANAGER

DECEMBER 2020

PUEBLOS SERVICED: Nambe, Picuris, Pojoaque, San Ildefonso, Ohkay Owingeh, Santa Clara, Taos & Tesuque

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</table>
| 1      | OHKAY OWINGEH DEL  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 2  
SAN ILDEFONSO DEL  
9:00-11:45  
TESUQUE DELIVERY  
1:00-2:30  
POJOAQUE DELIVERY  
2:30-3:30  
WAREHOUSE WALK-INS  
8:30-4:30 | 3  
SANTA CLARA DELIVERY  
9:00-3:00  
NAMBE CLIENTS ONLY  
WAREHOUSE  
8:30-4:30 |
| 7  
PICURIS  
9:00-12:00  
VILLA DEL NORTE  
1:30-3:30  
WAREHOUSE WALK-INS  
8:30-4:30 | 8  
TAOS PUEBLO DELIVERY  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 9  
PENASCO DELIVERY  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 10  
TAOS COUNTY DEL  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 |
| 14  
OHKAY OWINGEH DEL  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 15  
TAOS PUEBLO DELIVERY  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 16  
WALK-INS @ ENIPC WIC  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 | 17  
PENASCO DELIVERY  
9:00-3:00  
WAREHOUSE WALK-INS  
8:30-4:30 |
| 21  
WAREHOUSE WALK-INS  
8:30-4:30 | 22  
WAREHOUSE WALK-INS  
8:30-4:30 | 23  
WAREHOUSE WALK-INS  
8:30-4:30 | 24  
CHRISTMAS OBSERVED HOLIDAY  
WAREHOUSE CLOSED |
| 28  
WAREHOUSE WALK-INS  
8:30-4:30 | 29  
WAREHOUSE WALK-INS  
8:30-4:30 | 30  
CLOSED FOR INVENTORY | 31  
CLOSED FOR INVENTORY |

***PLEASE NOTE: SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE***

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race,
<table>
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<tr>
<td>Spaghetti w/meatballs, mixed vegetables, garlic bread</td>
<td>Pork chops, scalloped potatoes, mixed vegetables, milk</td>
<td>Chicken fried steak, mashed potatoes, gravy, salad, fruit, milk</td>
<td>Chicken salad w/chicken, fruit, milk</td>
<td>Ham and cheese sandwich, soup, crackers, fruit, milk</td>
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<tr>
<td>Green chili stew, corn bread, fruit, milk</td>
<td>Green chili stew, corn bread, fruit, milk</td>
<td>Carne asada, Spanish rice, bread, red chili, fruit, milk</td>
<td>Ham, mashed potatoes, gravy, salad, yams, milk</td>
<td>Cod, steamed rice, mixed vegetables, fruit, milk</td>
<td></td>
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<td>20</td>
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<tr>
<td>Salisbury steak, scalloped potatoes, mixed vegetables, roll, fruit, milk</td>
<td>Lemon pepper chicken, mixed vegetables, rice, fruit, milk</td>
<td>Beef tacos, garnish, salsa, rice, fruit, milk</td>
<td>Grilled cheese sandwich, tomato soup, crackers, fruit, milk</td>
<td>SENIOR CENTER CLOSED CHRISTMAS</td>
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<td>MENU IS SUBJECT TO CHANGE</td>
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<td>Frito pies, garnish, fruit, milk</td>
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<td>Green chili enchiladas, garnish, Spanish rice, fruit, milk</td>
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</table>
Celebrating the holidays safely during COVID-19

The holiday season has arrived, and the most wonderful time of the year is quickly becoming a concerning time of year for many of us. COVID-19 is still present in our community, and we have to remain vigilant to keep the virus at bay. By following the recommended guidance, we can still safely celebrate the holidays with our families.

I know many are tired of COVID-19 and the restrictions this virus has had on our lives, but now is not the time to let our guard down.

If every person in Santa Fe County would wear a mask, stay six feet or more away from others, wash your hands often, stay home when you’re sick and stay away from others who are sick, we could stop this virus cold. Our case rates would drop. Lives would be saved, and our families safer.

Here are some things we can do to safely celebrate the holidays:

♦ Keep your family gathering small, and stay local.
♦ Call family and friends to check-in and share news, updates
♦ Prepare a meal at home with your household, and perhaps host a virtual dinner with your out-of-town family.
♦ Consider shopping online instead of in stores — many sales are online and many local stores have online options.
♦ Avoid shared food, like potlucks or buffets.

This has certainly been a challenging year, and I know everyone is looking forward to getting back to normal and spending time with family and friends. Again, we have to remain focused on stopping the virus. This holiday season will look much different than those of the past, but if we stay committed to practicing the prevention measures as we wait for a vaccine, we will get our normal friends-and-family activities back in no time.
HHSD Program Services & Important Numbers

CHR & DIABETES PROGRAM
⇒ Home Visits & Transportation have been suspended and will not continue until further notice.
⇒ Medication Refills – Staff is available to order your medication as needed, call for assistance.
⇒ Medication Pick-up – this service is available weekly on Tuesdays & Thursdays. Please notify a staff member to arrange this service.
⇒ Appointments – Staff is available to make appointments, please call and they can assist you.

Should you have any questions, feel free to contact a staff member or Darren Stand (505) 455-4118.

Contact Information:
Thelma Gonzales       Claudia Lente       Raelene Martinez
(505) 455-4114 office (505) 455-4115 office (505) 455-2395 office
(505) 690-1024 cell   (505) 231-9401 cell   (505) 660-8927 cell

Santa Fe Indian Hospital (IHS)
The Santa Fe Indian Hospital does provide COVID-19 Testing. Call the IHS COVID-19 hotline at (505) 946-9200 for testing criteria. Due to the high increase of cases in NM and call volume, you may need to leave a voicemail and your call will be returned.

All other services continue to be limited including In-Clinic visits at Santa Fe Indian Hospital and at the Santa Clara Health Clinic. Telehealth services are provided by most departments and when feasible. For an In-clinic visit, your needs/symptoms will be assessed by a nurse/representative via telephone and you will be given further directions for care.

Santa Fe Indian Hospital (505) 988-9821
Santa Fe Patient Registration (505) 946-9391
Santa Clara Health Clinic (505) 753-9421
Santa Clara Patient Registration (505) 367-3742

New Mexico Department of Health (DOH):
You may contact the NMDOH hotline at, 1-855-600-3453, a representative can answer questions including those regarding COVID-19 testing.

Websites in New Mexico to navigate for COVID-19 testing: https://cvprovider.nmhealth.org/directory.html
Locations:
Santa Fe - Camino Entrada - Santa Fe - Camino Entrada Sun– Mon, 9am-12pm
• Symptomatic, Exposed to COVID positive, Asymptomatic
Register BEFORE the event and bring your confirmation code with you.
To register, go to https://cvtestreg.nmhealth.org/
• Address: 2501 Camino Entrada, Santa Fe, New Mexico 87507
• Contact the Santa Fe Public Health Office for more information.
• Phone (505) 476 - 2600

NMDOH NE Region - Santa Fe Public Health Office Sun-Mon, 9am-12pm
• Symptomatic, Exposed to COVID positive, Asymptomatic
Register BEFORE the event and bring your confirmation code with you.
To register, go to https://cvtestreg.nmhealth.org/
• Address: 605 Lebrado Street, Santa Fe, New Mexico 87505
• Call the Public Health Office Monday – Friday 8AM-5PM at 505-476-2600 if you need help registering.

(This information is current as of November 20, 2020 and is subject to change.)
HHSD Program Services & Important Numbers continued

ICWA Program

Coronavirus 2019 (COVID-19) continues to be a public health emergency that poses serious health and economic threats to our community. In response to COVID-19, the San Ildefonso ICWA Program is now offering several resources to support you. The following information is designed to help you access those resources, if you need more information please contact me.

Pretty Water Duran
(505) 455-4164 office  (505)699-0164 cell

Available Items:  Personal Hygiene Items
                 Diapers & Wipes
                 Family Services

Resources: ENIPC Therapist
           Tewa Women United
           Espanola Income Support
           ENIPC Child Care

           CYFD
           Medicaid
           Domestic Violence Prevention

Healthy Kids Program

Martha Cooke will work remotely until further notice, and is available via email at mcook@sanipueblo.org for questions or assistance. Also, look out for information and updates related to the program and activities in the newsletters/bulletin.

Wishing you the gift of faith and the blessing of hope this Holiday Season!
Salt & Blood Pressure: Less is Best!

Target blood pressure for all adults in less than 130/80, and 120/80 or less is ideal. Too much sodium (the part of salt that is bad for blood pressure) can raise blood pressure. How much is too much? The old guideline was than 2400 mg of sodium a day (the amount in one teaspoon). The new guidelines are: less than 2000mg of sodium a day with the best results at 1500 mg of sodium a day max! Cutting back on salt when cooking or at the table can help, but watching for food that are high in sodium is the biggest challenge.

Examples of food that are high in sodium:
Fast food and Restaurant meals ( a Big Mac has 1050 mg of sodium)
Soups— a cup of canned tomato soup has at least 850 mg of sodium
Pickles and pickled foods— one large dill pickle, 928mg of sodium
Jerky— 450 mg of sodium in a once ounce serving
Processed foods like chips and Hamburger Helper— 1/5 of the package prepared ahs 1027 mg of sodium!
Canned Fat-Free refried beans— 760 mg sodium in a 1/2 cup serving
(See list of additional high sodium foods on next page-5)

How to limit sodium in your daily diet:
Eat at home and use herbs and seasonings to flavor home recipes— it’s cheaper too!
Buy low sodium soups
Make your own baked tortilla chips, oven baked fries and season with garlic and red chile powder.
Buy limes and lemons, snack on them without salt!
Use vinegar, mustard powder, onion powder (not salt), garlic powder, red chile powder and cilantro to substitute for that salty taste!
Grow fresh herbs in pots, they have more flavor and are cheaper.
Buy plain (unseasoned) frozen vegetables
Cook your own pintos in the crock pot, canned pintos have 350-400 mg of sodium.

Walk for Wellness

The October Walk for Wellness Challenge was a success! Congratulations to all the participants and thank you for tallying and submitting your steps. Individuals with the most steps for each group were given a $15 gift card for Target and all adult participants received a water bottle/pouch combo.
It was amazing to see the number of steps each of you could reach in one day— great job and keep on walking!
Our next Walk for Wellness challenge will begin December 1st—and will be called the “Pueblo Stroll. “We cannot visit family and friends but we can take steps for our well-being until we can be safely be together again.
(See flyer and calendar for complete details).
## HIGH SODIUM FOODS

<table>
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<th>Food</th>
<th>Sodium (mg)</th>
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<th>Sodium (mg)</th>
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<tr>
<td>Bacon, 3 slices</td>
<td>450</td>
<td>Ham, 2 slices regular</td>
<td>480</td>
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<tr>
<td>Bagel</td>
<td>450</td>
<td>House Lo Mein (4 ½ cups)</td>
<td>3460</td>
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<tr>
<td>Baked Beans, canned</td>
<td>680</td>
<td>Ketchup, 1 Tbsp</td>
<td>170</td>
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<td>Beef Jerky, 1 large piece</td>
<td>438</td>
<td>Kidney Beans, canned</td>
<td>873</td>
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<tr>
<td>Buffalo Wings (12) w/ blue cheese drsg</td>
<td>2460</td>
<td>Lasagna, 2 cups</td>
<td>2060</td>
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<tr>
<td>Biscuit, 2 ½ in home recipe</td>
<td>348</td>
<td>Miso, ½ cup</td>
<td>1282</td>
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<tr>
<td>Bologna, 2 slices</td>
<td>417</td>
<td>Muffin, blueberry</td>
<td>255</td>
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<td>Bread, 2 slices wheat or white</td>
<td>340</td>
<td>Mustard, 2 teaspoons</td>
<td>110</td>
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<td>Bread Stuffing, ½ cup from mix</td>
<td>543</td>
<td>Noodles, chow mein, 1 cup</td>
<td>198</td>
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<td>Butter, 1 Tbsp</td>
<td>82</td>
<td>Nuts, 1 oz cashews w/ salt</td>
<td>181</td>
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<tr>
<td>Corn Bread, 1 piece</td>
<td>467</td>
<td>Nuts, 1 oz peanuts w/ salt</td>
<td>190</td>
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<tr>
<td>Cereal, 1 ¼ cup Rice Krispies</td>
<td>314</td>
<td>Olives, 5 green</td>
<td>410</td>
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<tr>
<td>Cereal, 1 packet Quaker Oats</td>
<td>288</td>
<td>Onion Rings, breaded</td>
<td>225</td>
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<td>Cheese food, American, 1 slice</td>
<td>250</td>
<td>Pancake</td>
<td>239</td>
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<tr>
<td>Cheese Sauce, ½ cup</td>
<td>599</td>
<td>Pasta, canned entrée in spaghetti sauce</td>
<td>1053</td>
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<tr>
<td>Cottage Cheese, ½ cup</td>
<td>426</td>
<td>Peas, canned</td>
<td>428</td>
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<tr>
<td>Chicken Caesar Salad, 4 cups</td>
<td>1490</td>
<td>Peppers, canned jalapeno</td>
<td>434</td>
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<tr>
<td>Chicken Pot Pie, frozen</td>
<td>857</td>
<td>Pickle, 1 spear</td>
<td>320</td>
</tr>
<tr>
<td>Chili con carne, canned, 1 cup</td>
<td>941</td>
<td>Pie, 1 piece apple</td>
<td>300</td>
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<tr>
<td>Cinnamon Roll</td>
<td>250</td>
<td>Pizza, 1 slice cheese</td>
<td>282</td>
</tr>
<tr>
<td>Cookies, graham crackers, 4 squares</td>
<td>170</td>
<td>Pizza, 1 slice combination</td>
<td>438</td>
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<tr>
<td>Corn, canned, cream style, ½ cup</td>
<td>365</td>
<td>Popcorn, 2 ½ cups</td>
<td>280</td>
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<tr>
<td>Corned beef sandwich, w/ mustard</td>
<td>1920</td>
<td>Pork, 3 oz ham</td>
<td>908</td>
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<tr>
<td>Croissant</td>
<td>424</td>
<td>Potato Chips, 1 oz plain</td>
<td>149</td>
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<tr>
<td>Croutons, seasoned ¼ cup</td>
<td>248</td>
<td>Potato Salad, 1 cup</td>
<td>1323</td>
</tr>
<tr>
<td>Crab, Alaskan king, cooked, 3 oz</td>
<td>911</td>
<td>Potatoes au gratin, 1 cup</td>
<td>1076</td>
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<tr>
<td>Shrimp, canned 3 oz</td>
<td>661</td>
<td>Potatoes, 1 cup hash browns</td>
<td>534</td>
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<tr>
<td>Doughnut, cake</td>
<td>257</td>
<td>Potato, Mashed w/ milk &amp; butter, 1 cup</td>
<td>699</td>
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<tr>
<td>English muffin</td>
<td>242</td>
<td>Pork &amp; Beans, canned</td>
<td>1106</td>
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<tr>
<td>Fast Food, Egg &amp; Sausage Biscuit</td>
<td>1108</td>
<td>Pretzels, 10 small, plain, salted</td>
<td>814</td>
</tr>
<tr>
<td>Fast Food, Cheeseburger</td>
<td>1051</td>
<td>Pretzel, 1 Auntie Anne’s</td>
<td>930</td>
</tr>
<tr>
<td>Fast Food, Beef Chimichanga</td>
<td>910</td>
<td>Pudding, 1 ½ cup chocolate</td>
<td>417</td>
</tr>
<tr>
<td>Fast Food, Fish Sandwich</td>
<td>939</td>
<td>Refried Beans, ½ cup</td>
<td>377</td>
</tr>
<tr>
<td>Fast Food, large French Fries</td>
<td>330</td>
<td>Salad Dressing, 1 Tbsp Italian</td>
<td>205</td>
</tr>
<tr>
<td>Fast Food, Frijoles w/ cheese</td>
<td>882</td>
<td>Salami, 2 slices</td>
<td>604</td>
</tr>
<tr>
<td>Fast Food, Hamburger</td>
<td>534</td>
<td>Sauerkraut, ½ cup canned</td>
<td>780</td>
</tr>
<tr>
<td>Fast Food, Corndog</td>
<td>973</td>
<td>Spaghetti w/ Marinara Sauce, 3/4 cup</td>
<td>1450</td>
</tr>
<tr>
<td>Fast Food, Hot dog</td>
<td>670</td>
<td>Tortilla Chips, nacho flavor, 1 oz</td>
<td>284</td>
</tr>
<tr>
<td>Fast Food, Nachos w/ cheese</td>
<td>816</td>
<td>Tortilla Chips, plain, 1 oz</td>
<td>119</td>
</tr>
<tr>
<td>Fast Food, Roast Beef Sandwich</td>
<td>792</td>
<td>Soup, 1 cup canned beef noodle</td>
<td>952</td>
</tr>
<tr>
<td>Fast Food, 6 in cold cut Sub Sandwich</td>
<td>1651</td>
<td>Soup, 1 cup canned chicken noodle</td>
<td>485</td>
</tr>
<tr>
<td>Fast Food, 16 oz shake, chocolate</td>
<td>323</td>
<td>Soup, 1 cup cream of chicken</td>
<td>986</td>
</tr>
<tr>
<td>Fast Food, 16 oz shake, vanilla</td>
<td>270</td>
<td>Soup, 1 cup minestrone</td>
<td>911</td>
</tr>
<tr>
<td>Fast Food, 1 large taco</td>
<td>1233</td>
<td>Soup, 1 cup onion</td>
<td>849</td>
</tr>
<tr>
<td>Fish, 3 oz pickled herring</td>
<td>740</td>
<td>Soup, 1 cup Progresso Healthy Classic</td>
<td>460</td>
</tr>
<tr>
<td>Fish, 3 oz sardine, canned</td>
<td>430</td>
<td>Soup, 1 cup vegetable</td>
<td>1010</td>
</tr>
<tr>
<td>Fish, 1 cup tuna fish salad</td>
<td>824</td>
<td>Soy Sauce, 1 Tbsp</td>
<td>902</td>
</tr>
<tr>
<td>Frankfurter, beef</td>
<td>513</td>
<td>Tostada w/ guacamole</td>
<td>399</td>
</tr>
<tr>
<td>Frankfurter, chicken</td>
<td>617</td>
<td>Turkey w/ gravy, frozen</td>
<td>787</td>
</tr>
<tr>
<td>Gravy, ¼ cup canned beef</td>
<td>326</td>
<td>Vegetable juice, canned</td>
<td>653</td>
</tr>
<tr>
<td>Gravy, ¼ cup canned chicken</td>
<td>343</td>
<td>Waffle, frozen</td>
<td>241</td>
</tr>
</tbody>
</table>

Source: USDA National Nutrient Database, Release 18, Sodium Content of Selected Foods per Common Measure
Healthy Kids Program

This month we are thinking about reading food labels as a part of nutrition awareness. Pick any packaged food to find the nutrition label and find the serving size. A serving is a specific amount of food or drink. It is defined by a common measurement, such as cups, ounces or tablespoons. Food labels help us make informed decisions about what we eat.

### MYPLATE SERVINGS PER DAY

<table>
<thead>
<tr>
<th>HOW MUCH SHOULD KIDS HAVE</th>
<th>FROM EACH FOOD GROUP EACH DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2-3 YEARS OLD</td>
</tr>
<tr>
<td>VEGETABLES CUPS</td>
<td>1</td>
</tr>
<tr>
<td>FRUITS CUPS</td>
<td>1</td>
</tr>
<tr>
<td>GRAINS OUNCES</td>
<td>3</td>
</tr>
<tr>
<td>PROTEIN OUNCES</td>
<td>2</td>
</tr>
<tr>
<td>DAIRY CUPS</td>
<td>2</td>
</tr>
<tr>
<td>OILS TEASPOON</td>
<td>3</td>
</tr>
</tbody>
</table>

**HELPING HANDS**

- Two cupped hands = 1 ounce
- Palm = 1-2 tablespoons
- Fists = 1 cup
- Thumb = 1-2 teaspoons

**Portions for Chipmunks**

This chipmunk is being served chipmunk size portion by Angela Hansberger, who is a freelance food writer. She is working from home like many of us. She says “I miss restaurants, so I opened my own...for a Chipmunk.”
Make Smart Choices!
Nutrition Label Word Search

All the words hidden below can be found on the Nutrition Facts label. Find them here first … then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D

No Searching Required!
It’s easy to use the Nutrition Facts label. Here are some quick tips for smart choices!

1. Size up Servings
Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2. Consider the Calories
When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3. Choose Nutrients Wisely
Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 6% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.
December 1- 31st
THE PLACES YOU CAN GO!
HOW FAR CAN YOU GO?

FREE ONE MONTH PROGRAM:
This program is for adults and kids, anyone who wants to increase physical activity to gain the benefits of exercise. Most people who can be on their feet for 10 minutes without increased pain will be able to participate successfully. Walking and spending time in nature improves not only our physical health, but also our mental health. Make walking part of your daily routine and track your steps each day for the entire month and be entered to earn a prize!
Pedometers given upon request!

STROLL GOAL:
- Every Step Counts—walk, run or bike ride to see which Pueblo you can reach in one month
(see map for distance to each Pueblo)
- Maintain, Don't Gain this Holiday Season!
- Eat Smart, Move More
- Energize and De-Stress

STROLL PRIZES:
- Incentive will be given to participants at the end of the month
- $10 giftcard to individual with most steps in each age group

Due to COVID-19, this is designed for individual participation or with those living in the same household. Please follow all COVID-19 safe precautions, including social distancing.

Call 455-2395 for questions or more information!