

Brichtunity

Engaging the families & community surrounding Brichta Elementary!

A monthly flyer included in the school newsletter from the FCE Coordinator

Table of Contents

- 1. Healthy Recipes
- 2. New Offerings
- 2. Going Green
- 3. Dollars and Sense
- 3. Wellness
- 4. Community resource of the week(s)
- 4. New Offering
- 5. Calendar of community events



Nutrition Facts	
Serving Size (142g) 1 Sandwich	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g 29%	
Cholesterol 20mg	7%
Sodium 520mg	22%
Total Carbohydrate 30g	10%
Dietary Fiber 4g 17%	
Sugars 6g	
Protein 10g	
Vitamin A 15%	Vitamin C 4%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Healthy Recipes:

Cream Cheesy Cucumber Sandwich

Prep time: 5-10 min

What you need:

- ¾ cup light cream cheese, slightly softened
- Half a large cucumber, thinly sliced
- 8 slices of whole-wheat bread

1. Spread each slice of bread with cream cheese (about 3 tablespoons per sandwich)
2. Place about 4 cucumber slices on 4 of the slices of bread and top with remaining bread slices
3. Cut into quarters and serve immediately or wrap sandwiches and save for later



1. Preheat the broiler. Cover the broiling pan with aluminum foil and lightly grease the foil with butter or vegetable oil cooking spray.

2. Place the steaks on the pan and broil the salmon for 5 minutes. Turn the steaks carefully and broil the other side for 4 to 5 minutes or until the fish is firm but still springy and a bit translucent in the center.

3. Place the orange/ginger/cilantro/ sesame oil in a small saucepan and mix well.

4. Bring the sauce to a boil just before serving.

Nutritional Facts (per serving):

376 calories □ 34 g protein □ 21 g fat □ 115 mg sodium, 4 mg calcium

Salmon with Orange Ginger Sauce

Prep time: 25 minutes

What you need:

- 2-6 once salmon steaks
- Butter or an oil cooking spray
- ¼ cup orange juice
- 2 tsp ginger juice or ½ tsp ground ginger
- 1 tbsp. fresh cilantro, chopped

Meet & Greet AmeriCorps Members from Brichta, Menlo Park & Borton Elementary Schools

Thursday March 10th at the El Rio Farmers Market @ corner of Speedway & Riverview from 3-6pm

We will be gathering information from community members, presenting ideas, and collecting used gardening tools if you have any, or would like to donate towards a future program! We will be giving away plant magnets representing what the kids are growing at the schools, or would like to grow in the future.

Stop by and say hello, grab some local groceries or just pick up a cute magnet for your fridge!

Go Green: The office



- Avoid buying office items in bulk if you rarely use the item
- Make it a habit to turn off the lights when you're leaving any room for 15 minutes or more and utilize natural light when you can.
- Make it a habit to turn off your computer—and the power strip it's plugged into—when you leave for the day.
- Make it a habit to bring your own mug and dishware for those meals you eat at the office.
- Make it a habit to use nontoxic [cleaning products](#). Brighten up your cubicle with plants, which absorb indoor pollution.
- Recycle toner and ink cartridges and buy remanufactured ones. According to Office Depot, each remanufactured toner cartridge "keeps approximately 2.5 pounds of metal and plastic out of landfills" conserves about a half gallon of oil."

- Choose refillable pens, biodegradable pencils and recycled notebooks
- Make it a habit to print on both sides or use the back side of old documents for faxes

Compost Demonstrations

Tucson Organic Gardeners staff will be on hand to answer questions about compost in the Composting Demonstration Area
Winter hours: Nov. - May, 11 AM to 1 PM
Summer hours: June - Oct. 9 AM - 11 AM
General admission to garden: \$8 for adults, \$4 for kids

Interested in Free Taekwondo Lessons For Your Kid(s)?!



Taekwondo is a martial art that originates from Korea. The emphasis is on kicking and is a popular sport for girls and boys. Your kids would be learning the traditional style as opposed to the Americanized style. Taekwondo teaches discipline, relaxation techniques and self-defense, as well as being an intense cardio workout! The class will be taught by a third degree black belt with several years of experience teaching kids and adults of all ages. K-2 would be in one group and 3-5 would be in another. This class will be taking place while the parent evenings are in session, for your convenience on Thursdays from 6-7:30. Please indicate your interest by calling me at 520-396-5210, or e-mailing me (strongly preferred) @ eylbee@gmail.com, so I can get an idea of how many kids would be attending!

\$Dollars & Sense\$: Saving for college

AZ Family College Savings Program

(529 Plan)

The Arizona Family College Savings Program (529 Plan) is a Section 529 college savings plan sponsored by the State of Arizona through the Arizona Commission for Postsecondary Education. The 529 Plan is designed to help families meet the rising costs of a higher education. The Program offers an easy, flexible, and tax-advantaged way to save for college.

For more information go to: www.az529.gov

Wellness:

Breathing & Mini-Massage

Deep breathing is a great on-the-spot relaxer. Close your eyes and begin with a deep breath, pushing your abdomen out as you fill your lungs with air. Inhale gently through your nose. You can exhale either through your nose or through your mouth. Sit quietly and breathe for ten completed breaths. This is usually enough to get you back on track, but you can sit and breathe for as long as you need to.

This last de-stressor can make you feel wonderful though the technique is really quite simple. With the thumb of one hand, massage the palm of the other hand. Make small circles with your thumb, working every area of the palm, and eventually work your way up each finger. Switch and do the other hand. This is similar to the hand massages that massage therapists do for their clients. If you add positive thoughts or affirmations to your massage, it will deepen your relaxation and reinforce it every time you massage your hands.

Excerpts from :

<http://www.relaxationexpert.co.uk/MiniDeStressTechniques.html>



Plan Benefits

- Tax free withdrawals
- Low minimum investment required
- Funds can be used at most accredited colleges
- Wide array of investment choices
- Tax-deferred earnings
- No income restrictions
- Funds can be used at most

The Lions Club- Downtown Chapter- Vision Services

Lions Clubs around the world provide service to the community with special interest in vision services and youth. Tucson Downtown Lions Club provides vision screening and glasses to students in need. (We offer vision help for their parents too - after all parents need to be able to see well enough to help youngsters learn to read!) Those in need can turn to the Lions for help with eye operations, hearing aids and other medical assistance.

For more information call: (520)743-0785

Or visit:

<http://volunteer.truist.com/vctucson/org/10363387383.html>

Community Resource: Habitat for Humanity

HabiStore- 935 W. Grant Road

Usable materials, donated by retail businesses, contractors, individuals, and other organizations, are sold at below cost prices. Proceeds from the HabiStore fund the Habitat Tucson mission of eliminating poverty housing within our community.

Own a Habitat Home

All Habitat applicants are considered for our program based on their ability to pay, willingness to partner and need. Habitat homes are sold, not given, to selected Habitat homeowners with a 15 to 25 year, no interest loan. Homeowners are required to pay a modest down payment in addition to volunteering 200 hours of 'sweat equity' per adult, per home.

Down-payment Assistance

From July 2010 – June 2011, Habitat Tucson hopes to award 18 families a down-payment assistance grant. In keeping with Habitat's basic sweat equity value, each recipient is required to provide 25 hours of community service to receive their grant. Additionally, a family cannot earn more than 80% of the area median income to qualify.

Volunteer Opportunities

Habitat Tucson requires that all new volunteers attend a Volunteer Orientation. Orientations are held at our office located at 621 W Lester St, Tucson, 85705, and are usually about half an hour long. Upon completion of the orientation you will receive a code that will give you access to schedule yourself for volunteer opportunities on Volunteer Hub.

For more information, online forms, and sign-ups- please visit <http://www.habitattucson.org/> or call (520) 326-1217.

New Family Classes Offered At Convenient Times: Journey to Financial Security & Family Evenings

Journey to Financial Security- Starting March 11th in Brichta library from 6-7pm

The road to financial security presents numerous turning points, and you will learn that there may be a few detours along the way. Working toward financial security will provide peace of mind and help you handle the inevitable financial bumps in the road. In addition, you will gain confidence in managing your finances. Staying on track takes planning and persistence.

Journey to Financial Security is a series of programs to help you improve your financial management skills. Money Management International recognizes the importance of sound financial management skills and has developed this series of programs to serve as your road map to financial security. Please contact me to sign up for this class. *Any financial matters discussed will be kept completely confidential, adults only please.

Family Evenings- Starting March 24th in Brichta library from 6-7:30pm

March 24th- Let's Take Care of our Health/Cuidemos nuestro salud

March 31st- Parenting Workshop Parenting workshops will be taught by a member from Parenting Arizona. Topics include effective discipline techniques, stress management techniques, parenting in the summer, etc. After the sessions from Parenting Arizona are finished I would like to see the class evolve into a discussion based group utilizing family members as experts as well as professionals from around the community to head discussions on various topics relevant to family life. I can give more information about these programs towards the end of month, if interested, please e-mail me @ eylbee@gmail.com. Please e-mail or call me as well if you would be interested in signing up! **Life Skills for Kids Workshop/ Taekwondo Lesson, for kids K through 5th grade during this time**

