

**Family
Resource
and
Activity packet
Thursday
(12-03-20)**



Brown Squirrel



Brown squirrel, brown squirrel,
Swish your bushy tail.

Brown squirrel, brown squirrel,
Swish your bushy tail.

Wrinkle up your little nose.
Hold a nut between your toes.
Brown squirrel, brown squirrel,
Swish your bushy tail.

Source unknown



Running Essential Errands

Grocery Shopping, Take-Out, Banking, and Getting Gas

Updated Sept. 11, 2020



What you need to know

- Stay home if sick.
- Use online services when available.
- Wear masks in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
- Use social distancing (stay at least 6 feet away from others).
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Grocery Shopping

Stay home if sick

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a [fever](#), [cough](#), or [shortness of breath](#).

Order online or use curbside pickup

- If possible, limit visiting the grocery store, or other stores selling household essentials, in person. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.
- Order groceries and other items online for home delivery or curbside pickup (if possible) or check with your local grocery store to see if pre-order or drive-up options are available.



Tips for grocery shopping


Protect yourself while shopping

- Wear a mask in public settings and when around people who don't live in your household, especially when social distancing is difficult.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.
- If you normally bring your own reusable shopping bags, ensure they are cleaned before each use. Some locations have temporarily banned the use of reusable shopping bags during the COVID-19 pandemic, so check your state, local, store or market policies before bringing reusable bags.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Stay at least 6 feet away from others while shopping and in lines.
- Use marked entry or exit points and follow any directional signs or floor markings designed to keep people at least 6 feet apart.
- Only touch products that you plan to purchase, if possible.
- Consider not consuming any sample or purchase food or drink items from self-service stations.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Practice hand hygiene

- Before entering and after exiting the grocery store or market, use a hand sanitizer that contains at least 60% alcohol.
- When you get home, and before preparing or eating food, wash your hands with soap and water for at least 20 seconds.

Unpack safely at home

- Currently, the risk of infection from SARS-CoV-2, the virus that causes COVID-19, from food products, food packaging, or bags is thought to be low. However, it is always important to follow good food safety practices.
- When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of purchasing.
- Do NOT use disinfectants designed for hard surfaces, such as bleach or ammonia, on food packaged in cardboard or plastic wrap.
- After unpacking groceries, wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Regularly clean and disinfect kitchen counters using a commercially available disinfectant product  or a DIY disinfecting solution.

Shopping at farmer's markets or open-air markets

If you are shopping at farmer's markets or open-air markets, follow the general principles listed under Grocery Shopping, plus the following:

- Cover your mouth and nose with a mask, practice hand hygiene, maintain social distancing, and unpack safely at home.

Deliveries & Takeout

Limit in person contact if possible

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.



Use delivery services when possible

Meal Kits and Delivery

- Because of COVID-19 outbreak, some deliveries have been delayed
- If you have a meal kit or prepared meal delivery, check the temperature of the food immediately after it is delivered.
- The only way to know the food is safe to eat is to use a food thermometer to make sure the food is 40°F or below.
- Refrigerate or freeze your delivery as soon as possible.
- For more information about meal kits and delivery good safety, see [Tips for Meal Kit and Food Delivery Safety](#).

Wash your hands or use hand sanitizer after accepting deliveries or collecting mail

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

Banking

Bank online whenever possible

- Ask about options for telephone or virtual meetings to use banking services.
- Use drive-thru banking services, automated teller machines (ATM), or mobile banking apps for routine transactions that do not require face-to-face assistance as much as possible.
- Look for any extra prevention practices being implemented by the bank, such as plexiglass barriers for tellers or bankers, staff wearing masks, or physical distancing signs in the lobby.
- Wear a [mask](#) when doing any in-person exchanges and unable to stay at least 6 feet apart from other people – and make sure that bank employees and other people inside the bank are also wearing cloth face coverings.
- Use hand sanitizer containing at least 60% alcohol after any deposit, withdrawal, exchange, drive-thru visit, or use of an ATM.
- Wash your hands thoroughly when you arrive home or to your destination where a restroom is available.
- [FDIC: Receiving IRS Economic Impact Payments](#) [↗](#)



Bank online when possible

Getting Gas

Use disinfecting wipes on handles or buttons

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.



Use disinfecting wipes on handles

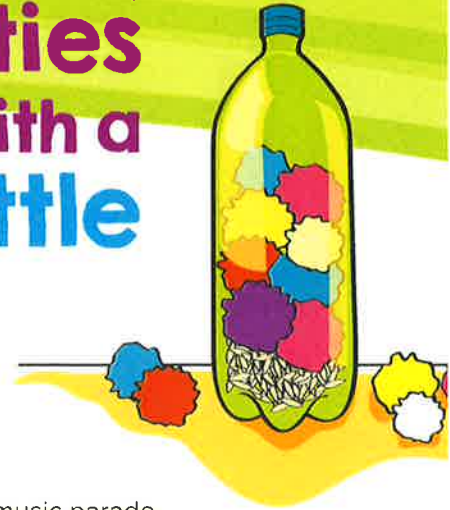


Protect Your Health This Flu Season

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Here is what you should know this season, including information on how to protect yourself and your family against flu by getting a flu vaccine.

Last Updated Sept. 11, 2020

25 Activities you can do with a Plastic Bottle



1. Use as **bowling pins**
2. Hang from a tree and **use as a target** (throw at it, kick it, hit it)
3. Fill with colored water or small loose parts and use as a **sensory toy** for young children
4. Use as **cones** in an obstacle course
5. Fill with sand and see who can **toss** it the farthest
6. Fill with beads, rocks, pebbles, etc. and use as a **shaker** to make noise or use in a music parade
7. **Kick** the bottle
8. Use as a “**hot potato**”
9. Try to **toss a large ring** around the water bottle
10. Fill with water or sand and use for **weight lifting** (bicep curls, triceps extensions, etc.)
11. **Jump** over them
12. Cut part of the bottle out and use it as a **shovel** or **scoop**
13. **Balance** on a part of your body and walk around; head, back, foot, etc.
14. **Poke holes** in it and use as a “sprinkler”
15. Take them with you on a nature walk and **fill with natural items** (leaves, sticks, flowers, rocks, etc.)
16. Use a bunch of bottles to build a **water bottle igloo**
17. Use them to make a **water wall**
18. Cut the bottom off and use as **bubble blowers**
19. Use for water or balance **relay games**
20. **Flip the bottle** and see who can make it sit right-side-up
21. **Roll them** to see how far they will roll
22. Use them as the “**baton**” in a relay race
23. **Play catch** with them
24. Jump on the side of the plastic bottle to hear it **crunch** and/or shoot the cap
25. With bigger water bottles, cut the bottom out and use it to **catch small objects**

Adaptations:
Add shiny,
blinking objects
for visual learners.

Add bells, beads,
etc. for auditory
learners.

Note: Be sure to seal the closed lid with glue and/or tape to ensure the lid cannot be removed by young children.



Picky Eaters

If you're having trouble with a picky eater, the following tips may help make meals more enjoyable for the whole family.

Be a good role model.

This is the most important tip of all for parents because studies have shown that children learn eating and exercise habits from their parents.

Offer a healthy variety of foods.

Even the choosiest children manage to eat a balanced diet when they are given healthy choices. Offer vegetables, fruits, whole grain breads and pasta, low-fat milk and low-fat protein sources every day.

Stick to your menu.

Encourage your child to eat small amounts of everything offered at mealtime. A tablespoon of each item per year of age is a good rule of thumb. If your child rejects a meal, don't make a big deal about it, but don't make something else.

Avoid junk food.

Keeping junk food and sweetened beverages out of the house will go a long way toward improving the family diet and avoiding unhealthy snacking.

Let the child help.

Children are more likely to eat food they help prepare. Younger children also like food that looks fun, like pancakes or sandwiches cut into shapes with cookie cutters. Consider growing your own tomatoes, lettuce, blueberries, strawberries and other fruits and vegetables.



Don't let the dinner table be a battleground.

Avoid arguments about food or demanding that your child clean his plate. Keeping the dinner table a pleasant place will teach your child to associate eating with positive feelings. Prompt discussion with conversation starters like, "Let's all say what part of the day was our favorite."

Serve regular meals and healthy snacks.

Most children need three meals and one to two snacks a day. Introduce new foods in small amounts and one at a time.



Let your child feed herself.

This is very important, even if it is messy. For infants and toddlers, use large bibs and plastic cups, bowls and spoons that are easy to wash and won't break if they hit the floor.

Limit liquids before mealtime.

It doesn't take much to fill a small child's stomach. Too many liquids before a meal can make her feel full and unable to eat much. Children should be weaned from a bottle to a cup by 12 or 13 months. Drinking too much will reduce your child's appetite for other foods.

To be sure your child is getting the proper nourishment, look at the whole week's intake.

Evaluate the diet by the week instead of the day. For instance, your child may have a day when he eats only bread. On another day, he may crave fruit or milk. It's all right to indulge him as long as the diet balances out by the end of the week.

For more information on nutrition for children, go to CHKD.org/Nutrition.

Your child's pediatrician should be your primary source of advice about your child's health.

TUNA MELTS

8 servings



Prep time: 15 minutes
Cook time: 10 minutes

Tuna is high in omega-3 fatty acids which are important for young children's brain development. Topped with cheese and your child's favourite veggies, tuna melts are a great way to add fish into your child's diet! Dietitians recommend that Canadians eat fish at least two times per week.

Ingredients

- 4 whole wheat English muffins or buns
- 1 can flaked light tuna in water, drained (185 g)
- 3 tbsp mayonnaise
- ¼ cup grated carrot or diced celery
- salt
- pepper
- ½ cup shredded cheddar cheese, for topping

Instructions

1. Preheat oven to broil.
2. In a large bowl mix tuna, mayonnaise and carrot (or celery). Stir to combine and season to taste with salt and pepper.
3. Break English muffins in half and cover each half with the tuna mixture.
4. Add a touch of cheese on top of each muffin. Broil the muffins for 2–3 minutes until the cheese is melted and lightly brown.



TIPS FOR QUICK PREP



To save time when making lunches, mix the mayonnaise, tuna, grated veggies, salt and pepper ahead of time. The tuna mixture will last up to 3 days in the fridge and can be used for a few lunches throughout the week.