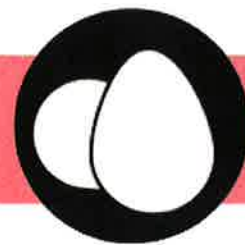


# FUN AND RESOURCES FOR THURSDAY 4-02-20



# EGGS



## French Toast

### INGREDIENTS



4 **eggs**    5 slices **whole wheat bread**  
1 Tbsp **milk**    1 tsp vanilla  
cinnamon, to taste

### DIRECTIONS



- 1** Beat eggs in a bowl. Mix in milk, vanilla, and cinnamon to taste.
- 2** Dip a slice of bread in egg mixture until completely covered.
- 3** Place on hot frying pan or griddle. Cook until each side is golden brown.
- 4** Serve with butter, **yogurt**, or fresh **fruit**.

Serves: 5 (1 slice toast per serving)

One serving: 136 Calories, 5 g Fat, 14 g Carbohydrate,  
9 g Protein, 163 mg Sodium, 2 g Fiber



## Snowball Toss Indoors!

# Snowball Toss Indoors!

November 13, 2017 by Jaimi Erickson

If for your little can't go outside to play inside! Toddlers, preschoolers and even school age kids can all play this game together. A snowball toss indoors is easy to set up. You only need two supplies.



Really little ones cannot spend as much time outside during the winter months. Their little bodies do not move enough to stay warm. A little bit of time exploring the snow is a great activity for winter days, but you can also do a lot indoors to have fun. When the weather is too cold for outdoor play, bring the snowball toss indoors.

### **Supplies:**

laundry basket  
tissue paper (about 10 sheets or 2-3 per child)



### **How to prep and play:**

I had the kids prep this one. It is nice and easy.

The kids scrunch the tissue paper into balls. They can place the "snowballs" back into the basket.



My preschooler wanted to count the snowballs. She lined them up one-by-one and little sister helped. Then we set up the basket



at the end of a long rug. You can use a hallway or any open space in your home.



## Stress Management for Parents



Continue reading at

[https://childdevelopmentinfo.com/how-to-be-a-parent/angry\\_child/stress/#gs.1czt1e](https://childdevelopmentinfo.com/how-to-be-a-parent/angry_child/stress/#gs.1czt1e) |

### Take Time to Learn to Relax

Parenting can be very stressful. Whether you're a stay at home parent or a working parent, a single parent or a married parent, mother or father, parent of one child or several children — remaining cool, calm and full of energy can help get you through the day. In this article, you will learn simple stress management tips and relaxation exercises that have proven useful to all adults. Taking a moment to consider which stress management tools will work for you and putting them into practice will help to provide the stress management approach you're looking for and the stress relief you deserve.

### How Do We Get So Tense?

When we are worried, anxious, hurried or harried our body begins to feel tense. Actually, this is a natural reaction. Our body is preparing us for flight or fight. Our body has been given the signal to prepare to respond to a threat. If a real physical danger were present, we would be able to protect ourselves by attack or retreat. When the emergency was over, an "all clear signal" would be given and our body would relax and return to its normal state. Chronic tension affects each of us differently. Depending on the person, it can cause sleep disturbance, increased or decreased appetite, headaches, stomach aches, poor concentration or irritability. Some diseases may be caused by or made worse by chronic tension. Also, our immune system can be weakened, thus making us more susceptible to colds and other infections. Following are some strategies to reduce tension and stress. The first section will help you learn three proven ways to relax: progressive relaxation, deep breathing, and pleasant images. The second section will provide you with 50 proven ways to reduce stress.

### Progressive Relaxation

We will start with your feet and lower legs. Tighten those muscles as hard as you can. Feel the tension. Then gradually release the tension. Let your feet and lower leg muscles relax just a little bit at a time. Repeat this with your upper leg and hip muscles. Again, experience first the tension and then the gradual relaxation as you slowly release all of the tension. Next, tense the muscles in your hands and lower arms. Make a fist. Tighten them as tight as you can. Then gradually let them relax. With each muscle group, the relaxation feels good. As you relax one group at a time, your whole being will begin to feel relaxed, calm and peaceful. Repeat the tension and then gradual relaxation with your upper arms and shoulders. Remember to tense and hold before relaxing. Now tighten your stomach muscles. Hold the tension and then gradually release. Then, move to your chest muscles. Take a deep breath. Hold it while tensing your chest muscles. Slowly let out your breath while gradually letting go of the tension in your chest muscles. As you have now progressively relaxed most of your major muscle groups, you may feel a tingly sensation. You will find that your breathing has become slower and deeper. You are now relaxed. Try to practice this technique on a daily basis. When you have followed the above for about 10 to 15 sessions, try it without tensing the muscles. See if you can relax one muscle group at a time while breathing slowly and deeply.

## **Progressive Relaxation**

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## **Deep Breathing**

When we're tense, our breathing is often shallow and rapid. Most of us do not breathe properly, tense or not. Improper breathing robs us of oxygen which purifies our body as well as helps our body produce energy. Fortunately, learning to breathe correctly is not difficult.

Find a comfortable place to lie down. Place your hands on your abdomen just below your ribs. Begin breathing slowly and deeply. If you are breathing correctly, you will feel the expansion in the abdominal area before your rib cage expands.

Spend 5 to 10 minutes several times a day practicing your deep breathing. You will notice that as you become more proficient, your breathing will improve during your normal activities.

## **How to Take a Mental Vacation**

When we think about things that are upsetting, our body becomes tense. This is because the lower centers of our brain, which regulate body functions, does not distinguish between real and imagined images. If you think about being in an uncomfortable situation, your body will begin to respond as if you were in that situation. Since you've probably had lots of experience thinking about things that cause tension, you have all the skills necessary to do just the opposite. Imagine something that makes you feel good. To prepare for your mental vacation, relax your muscles and take a few deep breaths. Then close your eyes and imagine you're someplace you enjoy. It could be the beach or the mountains or enjoying a favorite activity. Try to experience this imagined event fully. See the sights. Hear the sounds. Feel the air. Smell the smells. Tune in to the sense of well-being. At first, you should allow 10 to 15 minutes for this exercise. As you become more adept, you will find that you can feel like you have been on an extended vacation or have just returned from a good time in only a few moments.

## **Some Other Ways to Feel Relaxed**

Listening to music is very relaxing. Reading can be rewarding for many. Enjoying a hobby can make life more fun. Research has shown that exercising several times a week (even just a walk) can reduce tension and stress. Research has also found that regular church attendance and daily prayer result in lower blood pressure and better coping skills.

## Physical Health, Well-Being, and Movement Skills Activity for 18 to 24 Months

### Tear It Up!

*This is a good way to expend extra energy or release tensions. Tearing and crumpling also provide fine-motor/hand-muscle exercise. This can be a good redirection activity when you see children tearing something they shouldn't, like a book. It's pro-social because it's more fun to do with others than alone.*

#### Materials:

- Empty 2-liter plastic soda bottle
- Tissue paper

#### To make:

1. Cut several pieces of colored tissue paper into 3- or 4-inch squares.
2. Put the soda bottle on the floor or on the table in front of the toddler.
3. Take a square of the tissue paper and crumple it. Put it into the opening of the bottle, using your index finger to push in the paper.

#### What to do:

1. Give the toddler a piece of paper and let him imitate your actions. You also can have him tear the paper into smaller pieces and drop them in the bottle.
2. Have the child, if able, screw on the lid after he has tired of filling the bottle.



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**FOR WORKING HARD DURING THIS  
CRISIS AND HELPING US KEEP OUR  
PANTRIES FULL.**



## 10 Reasons To Be Vaccinated

From: <http://www.vdh.virginia.gov>

### 1. Vaccine-preventable diseases haven't gone away.

The viruses and bacteria that cause illness and death still exist and can be passed on to those who are not protected by vaccines. In a time when people can travel across the globe in just one day, it's not hard to see just how easily diseases can travel too.

### 2. Vaccines will help keep you healthy.

The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, pneumococcal disease, influenza, and HPV and hepatitis B, both leading causes of cancer.

### 3. Vaccines are as important to your overall health as diet and exercise.

Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.

### 4. Vaccination can mean the difference between life and death.

Vaccine-preventable infections are dangerous. Every year, approximately 50,000 US adults die from vaccine-preventable diseases in the US.

### 5. Vaccines are safe.

The US has the best post-licensure surveillance system in the world making vaccines extremely safe. There is extraordinarily strong data from many different medical investigators all pointing to the safety of vaccines. In fact, vaccines are among the safest products in all of medicine.

### 6. Vaccines won't give you the disease they are designed to prevent.

You cannot "catch" the disease from the vaccine. Some vaccines contain "killed" virus, and it is impossible to get the disease from them. Others have live, but weakened, viruses designed to ensure that you cannot catch the disease.

### 7. Young and healthy people can get very sick, too.

Infants and the elderly are at a greater risk for serious infections and complications in many cases, but vaccine-preventable diseases can strike anyone. If you're young and healthy, getting vaccinated can help you stay that way.

### 8. Vaccine-preventable diseases are expensive.

An average influenza illness can last up to 15 days, typically with five or six missed work days. Adults who get hepatitis A lose an average of one month of work.

### 9. When you get sick, your children, grandchildren and parents are at risk, too.

A vaccine-preventable disease that might make you sick for a week or two could prove deadly for your children, grandchildren, or parents if it spreads to them. When you get vaccinated, you're protecting yourself and your family. For example, adults are the most common source of pertussis (whooping cough) infection in infants, which can be deadly in infants. In 2010 alone, 25 US infants died from whooping cough.

### 10. Your family and coworkers need you.

In the US each year, millions of adults get sick from vaccine-preventable diseases, causing them to miss work and leaving them unable to care for those who depend on them, including their children and/or aging parents.



# COOK



Color is Not a Reliable Indicator of Safety



Check with a Food Thermometer



Microwave to Safe Temperatures

## Cook to Safe Temperatures



**Safely cooking food is a matter of temperature.** Foods need to reach a high enough internal temperature to kill bacteria that can cause foodborne illness.



### Color is Not a Reliable Indicator of Safety

- Color and texture are not reliable indicators of whether food has reached a high enough internal temperature to destroy pathogens.
- According to USDA research, **1 in 4 hamburgers turns brown before reaching a safe internal temperature.**
- The best way to ensure safety is to use a food thermometer.

### Check with a Food Thermometer

- **Use a food thermometer** to ensure that meat, poultry, seafood, egg products, leftovers and casseroles are cooked to safe temperatures to destroy any harmful bacteria.
- Compare your thermometer reading to the chart to make sure food has been cooked to a safe temperature.
- Food thermometers should be placed in the **thickest part of food**, making sure not to touch bone, fat or gristle.
- **Clean your food thermometer** with hot water and soap after each use.
- For information about calibrating your food thermometers, check out the **Thermometers and Food Safety Web page** from the USDA Food Safety and Inspection Service.



## Microwave to Safe Temperatures

### Read and follow package cooking instructions.

- Most prepared convenience foods are not ready to eat right out of the container.

### Know when to use a microwave or conventional oven.

- Sometimes proper cooking requires the use of a conventional oven, not a microwave.
- Some convenience foods may be shaped irregularly or are thicker in some areas and may not cook evenly in a microwave oven. It is important to use the appliance and the method recommended on the label.



### Know your microwave wattage before microwaving food.

- If your microwave's wattage is lower than the wattage mentioned in the label's instructions, it will take longer than the instructions say to cook the food to a safe internal temperature.

### Always use a food thermometer to ensure a safe internal temperature.

- Use a food thermometer to test food in several places to make sure it has reached a safe internal temperature.
- For more information on microwaving foods to safe temperatures, check out the **Cook it Safe! fact sheet** at [fightbac.org](http://fightbac.org).

| SAFE MINIMUM INTERNAL TEMPERATURES<br><small>as measured with a food thermometer</small> |   |
|--|---|
| Beef, pork, veal and lamb (roast, steaks and chops)                                      | 145°F with a three-minute "rest time" after removal from the heat source                            |
| Ground meats   | 160°F   |
| Poultry (whole parts or ground)  | 165°F   |
| Eggs and egg dishes  | 160°F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny |
| Potatoes   | 155°F   |
| Finfish  | 145°F   |
| GUIDELINES FOR SEAFOOD   |   |
| Shrimp, lobster, crabs   | Flesh pink and opaque   |
| Clams, oysters and mussels   | Shells open during cooking  |
| Scallops   | Milky white, opaque and firm  |



[Download and print this chart here.](#)

### Important Cooking Tips to Remember: Entertaining and On-the-Go Foods

- When entertaining and serving hot food buffet-style, use a chafing dish, warming tray or slow-cooker to keep food hot.
- When bringing hot foods to a party or traveling with hot foods, transport them in insulated thermal containers. Keep containers closed until serving time.

