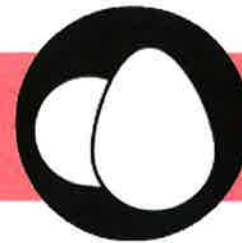


**FUN AND RESOURCES
FOR FRIDAY
4-03-20**



EGGS



German Pancakes

INGREDIENTS

1/4 cup butter 1 cup all-purpose flour
6 **eggs**, beaten 1/8 tsp salt
1 cup **milk**

DIRECTIONS

- 1** Preheat oven to 350° F. Melt butter in a 9 x 13 inch baking dish.
- 2** In a medium bowl, mix flour, milk, eggs, and salt. Pour mixture into the prepared baking dish.
- 3** Bake on center rack in preheated oven for 30-40 minutes, until golden brown.
- 4** Top with fresh fruit with whipped cream, fried apples, powdered sugar, or maple syrup.

Serves: 8 (3 1/4" x 4 1/2" piece per serving)

One serving: 167 Calories, 10 g Fat, 13 g Carbohydrate,
7 g Protein, 142 mg Sodium, 1 g Fiber

50 Proven Stress Reducers

Continue reading at https://childdevelopmentinfo.com/how-to-be-a-parent/angry_child/stress/#gs.1czt1e |

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
3. Don't rely on your memory. Write down appointment times, when to pick up the laundry, when library books are due, etc. ("The palest ink is better than the most retentive memory."-Old Chinese Proverb)
4. Make duplicates of all keys. Bury a house key in a secret spot in the garden and carry a duplicate car key in your wallet, apart from your key ring.
5. Practice preventive maintenance: your car, appliances, home, and relationships will be less likely to break down/fall apart "at the worst possible moment."
6. Be prepared to wait. A good paperback can make a wait in a post office line almost pleasant.
7. Procrastination is stressful Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
8. Plan ahead. Don't let the gas tank get below one-quarter full. Keep a well-stocked emergency shelf of home staples. Don't wait until you're down to your last bus token or postage stamp to buy more, etc.
9. Don't put up with something that doesn't work correctly. If your alarm clock, wallet, shoe laces, windshield wipers, or whatever are a constant aggravation, get them fixed or get new ones.
10. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport one hour before domestic departures.
11. Eliminate (or restrict) the amount of caffeine in your diet.
12. Always set up contingency plans, "just in case." ("If for some reason either of us is delayed, here's what we'll do." Or, "If we get split up in the shopping center, here's where we'll meet.")
13. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
14. Pollyanna-Power! For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count 'em!
15. Ask questions. Taking a few moments to repeat back directions, what someone expects of you, etc., can save hours of time.
16. Say "No!" Saying "no" to extra projects, social activities, and invitations you know you don't have the time or energy for takes practice, self-respect, and a belief that everyone, everyday, needs quiet time to relax and be alone.
17. Unplug your phone. Want to take a long bath, meditate, sleep, or read without interruption? Drum up the courage to temporarily disconnect. (The possibility of there being a terrible emergency in the next hour or so is almost nil). Or let calls go to voicemail.
18. Turn needs into preferences. Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.

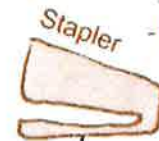
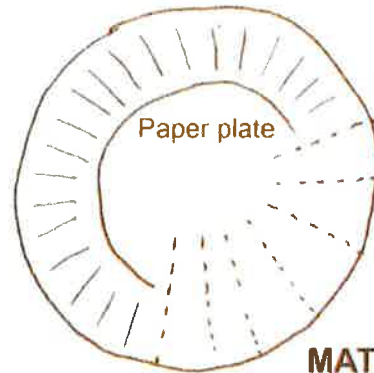
19. Simplify, simplify, simplify...
20. Make friends with non-worriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.
21. Get up and stretch periodically if your job requires that you sit for extended periods.
22. Wear earplugs. If you need to find quiet at home, pop in some earplugs.
23. Get enough sleep. If necessary, use an alarm clock or the alarm setting on your phone to remind you to go to bed.
24. Create order out of chaos. Organize your home and work space so that you always know exactly where things are. Put things away where they belong and you won't have to go through the stress of losing things.
25. When feeling stressed, most people tend to breathe in short, shallow breaths. When you breathe like this, stale air is not expelled, oxidation of the tissues is incomplete, and muscle tension frequently results. Check your breathing throughout the day as well as before, during and after high pressure situations. If you find your stomach muscles are knotted and your breathing is shallow, relax all of your muscles and take several deep, slow breaths. Note how, when you're relaxed, both your abdomen and chest expand when you breathe.
26. Writing your thoughts and feelings down (in a journal, or on a piece of paper to be thrown away) can help you clarify things and give you a renewed perspective.
27. Try the following yoga technique whenever you feel the need to relax. Inhale deeply through your nose to the count of eight. Then with lips puckered, exhale very slowly through your mouth to the count of 15 or for as long as you can. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.
28. Inoculate yourself against a feared event. For example, before speaking in public, take time to go over every part of the experience in your mind. Imagine what you'll wear, what the audience will look like, how you will present your talk, what the questions will be and how you will answer them, etc. Visualize the experience the way you would have it be. You'll likely find that when the time comes to make the actual presentation, it will be "old hat" and much of your anxiety will have faded.
29. When the stress of having to get a job done gets in the way of getting the job done, diversion (a voluntary change in activity and/or environment) may be just what you need.
30. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem solving.
31. One of the most obvious ways to avoid unnecessary stress is to select an environment (work, home, leisure) which is in line with your personal needs and desires. If you hate desk jobs, don't accept a job which requires that you sit at a desk all day. If you hate to talk politics, don't spend a lot of time with people who love to talk politics, etc.
32. Learn to live one day at a time.
33. Every day, do something you really enjoy.
34. Add an ounce of love to everything you do.
35. Take a hot bath or shower (or a cool one in the summertime) to relieve tension.
36. Do something for somebody else. For instance, make a meal for someone who is in need.

37. Focus on understanding rather than on being understood; on loving rather than on being loved.
38. Do something that will improve your appearance. Looking better can help you feel better.
39. Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments. Allow time between appointments for a breathing spell.
40. Become more flexible. Some things are worth not doing perfectly and some issues are well to compromise upon.
41. Eliminate destructive self-talk; "I'm too old to...," "I'm too fat to...," etc
- .42. Use your weekend time for a change of pace. If your work week is slow and patterned, make sure there is action and time for spontaneity built into your weekends. If your work week is fast-paced and full of people and deadlines, seek peace and solitude during your days off. Feel as if you're not accomplishing anything at work? Tackle a job on the weekend, which you can finish to your satisfaction.
43. "Worry about the pennies and the dollars will take of themselves." That's another way of saying: take care of the todays as best you can and the yesterdays and the tomorrows will take care of themselves
- .44. Do one thing at a time. When you are with someone, be with that person and with no one or anything else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.
45. Allow yourself time everyday for privacy, quiet, and introspection.
46. If an especially unpleasant task faces you, do it early in the day and get it over with. Then, the rest of your day will be free of anxiety.
47. Learn to delegate responsibility to capable others.
48. Don't forget to take a lunch break. Try to get away from your desk or work area in body and mind, even if it's just for 15 or 20 minutes.
49. Forget about counting to 10. Count to 1,000 before doing something or saying anything that could make matters worse.
50. Have an optimistic view of the world. Believe that most people are doing the best they can.

DIY Mini Easter Basket

Make Your Basket

1. Cut 2 1/2 inch lines toward the center around the circumference of a paper plate.
2. Overlap two adjacent strips partway and staple them together near the top. Repeat, stapling each section to the next, until you form a bowl shape.
3. Punch two holes on opposite sides.
4. Thread a pipe cleaner through the holes to form a basket handle, wrapping the ends to secure it.



MATERIALS

- Paper plate
- Pipe cleaner
- Hole punch
- Scissors
- Drawing & painting supplies
- Stapler

use
tape
instead

Decorate Your Basket

Decorate your basket by drawing or painting the paper plate *before* or *after* shaping it into a basket.

Use Your Basket

Use your new mini Easter basket for displaying or collecting Easter eggs, treats, or other treasures!

From: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities

Recommended precautions for household members, intimate partners, and caregivers in a nonhealthcare setting¹ of

A patient with symptomatic laboratory-confirmed COVID-19

OR

A patient under investigation

Household members, intimate partners, and caregivers in a nonhealthcare setting may have close contact² with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath) (see Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 (COVID-19) Exposure in Travel-associated or Community Settings.)

Close contacts should also follow these recommendations:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.

CHILL



Refrigerate Foods
Within Two Hours



Thaw Foods Properly

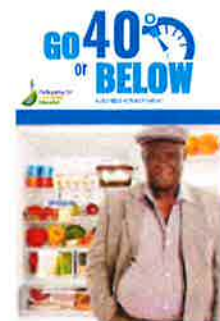


Temperatures of 40° F or below will slow the growth of foodborne bacteria, which can grow rapidly at warmer temperatures. It's important to chill foods promptly and properly to prevent the growth of harmful microbes.

Keep Home Refrigerator at 40° F or Below

- A constant home refrigerator temperature of **40° F or below** is one of the most effective ways to reduce the risk of foodborne illness and slow the growth of harmful bacteria.
- Use a **refrigerator thermometer** to ensure the temperature is consistently 40° F or below. Refrigerator thermometers are tools that stay in your refrigerator to display actual temperatures (separate from refrigerator dials).
- **Don't go too low:** As temperatures approach 32° F, ice crystals can form and lower the quality of foods.
- **Keep your refrigerator clean, too:** To prevent the spread of harmful bacteria, wipe spills immediately. Regularly clean the inside of your fridge with hot water and liquid soap, and dry with a clean cloth or paper towels.
- For more information on safe refrigeration temperatures, check out our **Go 40° F or Below fact sheet** and special brochures for **expecting mothers** and **seniors** at fightbac.org.

1. Follow thermometer manufacturer instructions for ideal placement.
2. Make sure the thermometer reads 40° F or below. Some events may cause temporary readings over 40° F, such as:
 - Initial placement
 - Door open for an extended time
 - Hot foods recently placed inside
 - Automatic defrost cycles: Check temperature as soon as it turns on, when it's at its highest temp.



Refrigerate Foods Within Two Hours

- Refrigerate or freeze perishables, prepared foods and leftovers within **two hours** of purchase or use. If the temperature is 90 ° F or above, cut this time down to one hour
- Separate large amounts of leftovers into **shallow containers** for quicker cooling.
- **Do not overstuff your refrigerator.** Cold air must circulate to keep food safe.
- **Know when to toss:** you can't tell by looking or smelling whether harmful bacteria have started growing in your leftovers or refrigerated foods. Check out the **Safe Storage Times** chart for storage guidelines of different foods.



Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

CATEGORY	FOOD	REFRIGERATOR (40° F or below)	FREEZER (0° F or below)
Salads	Egg, chicken, ham, tuna and mixtures salads	5-6 days	Does not freeze well
Hot dogs	Unopened package	2 weeks	1-2 months
	Open package	2 weeks	1-2 months
Purchased meat	Open package or disk already opened package	3-5 days	3-6 months
	Beef	2 weeks	6-12 months
Roast and sausage	Beef	3-5 days	3-6 months
	Sausage, ham, frankfurters, turkey, pork, lamb	3-5 days	3-6 months
Ground meat and other ground meats	Ham, burger, ground beef, turkey, veal, pork, lamb and mixtures of these	3-5 days	3-6 months
	Steaks	5-7 days	3-12 months
Fresh fish, shellfish and other seafood	Shellfish	1-2 days	3-6 months
	Other seafood	1-2 days	3-6 months
Poultry	Chicken or turkey, whole	1-2 days	1 year
	Chicken or turkey, pieces	1-2 days	9 months
Soups and stews	Vegetable or meat soups	3-4 days	2-3 months
	Meat soups	3-4 days	2-3 months
Deli meats	Cooked meat or poultry	3-4 days	3-6 months
	Chicken nuggets or patties	3-4 days	3-6 months
Deli cheeses	Processed	3-4 days	3-6 months
	Soft	3-4 days	3-6 months

Hit the Road Cold

- When traveling, be aware that time, temperature and a cold source are key.
- Always use ice or ice packs. A full cooler will maintain cold temperatures longer than a partially filled one.
- For more information, check out our **Food Safety on the Move fact sheet.**

Thaw Foods Properly

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

Never thaw food at room temperature – harmful bacteria can multiply rapidly at room temperature. Choose one of these options to thaw food safely:

- **Thaw food in a refrigerator.** This is the safest way to thaw meat, poultry and seafood. Place the frozen food on a plate or pan to catch any juices that may leak.
- **Thaw in cold water** if food will be cooked immediately. Replace the water every 30 minutes so the food continues to thaw in cool water.
- **Thaw in the microwave** if food will be cooked immediately. Follow the instructions in your owner's manual for thawing.
- If you don't have time to thaw food: It is safe to **cook foods from a frozen state**, but the cooking will be approximately **50 percent longer** than fully thawed meat or poultry. Use a food thermometer to ensure food is cooked to safe internal temperature.

THE FOUR WAYS TO FIGHT BAC!



WATER IS FUEL for Your Body

**“In a game,
when my
players get
thirsty, water
gets the call.”**

Arnie Beyeler, Manager,
Portland Sea Dogs

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body run. To keep your body running smoothly, drink plenty of water throughout the day.

Kids who eat healthy, drink enough water, and sleep well at night will have more energy for all their sports and activities!

- Between 70-80% of your body is made up of water.
- Water is the # 1 thirst quencher.

Give Your Body Water When You Need More Fuel!

When you exercise, you sweat, and when you sweat, you LOSE water and minerals. It's important to replace the water you lose when you sweat by drinking water. You can replace the minerals by eating a piece of fruit such as a banana. It's uncommon for kids to reach a level of activity where they require sports drinks. Most often the best choice is water and a light snack.

Energy drinks should never be used to replace water during exercise. Most energy drinks, like Red Bull and SuperStar, contain CAFFEINE. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches, and sleep problems.

Energy drinks and many sports drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.



www.letsgo.org

Stay hydrated!
It's cool.