

FUN AND RESOURCES FOR TUESDAY 3-31-20



CHEESE



Cheddar Baked Chicken

INGREDIENTS

- 1 tsp pepper
- 1 Tbsp *milk*
- 1 cup shredded **cheddar cheese**
- 3 chicken breast halves, halved
- 1/2 cup flour
- 1 tsp garlic powder
- 1/2 cup bread crumbs
- 1 tsp salt
- 1 **egg**
- 2 Tbsp butter
- 1 cup **crispy rice cereal**

DIRECTIONS

- 1** Preheat oven to 350° F. Coat a 9 by 13 inch baking dish with cooking spray.
- 2** In a bowl, mix flour, salt, pepper, and garlic powder. In a separate bowl, beat together the egg and milk. In a third bowl, mix the cheese, bread crumbs, cereal. Dredge chicken pieces in flour mixture, dip in egg mixture, then press in breadcrumb mixture to coat. Arrange in baking dish.
- 3** Bake 35 minutes, or until the chicken is no longer pink in the middle and the juices run clear.
- 4** Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 6 (3 oz chicken per serving)

One serving: 315 Calories, 14 g Fat, 19 g Carbohydrate,
28 g Protein, 690 mg Sodium, 1 g Fiber

Recipe adapted from allrecipes.com



LIMIT RECREATIONAL SCREEN TIME HOURS OR LESS EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

Life is a lot more fun when you join in!

Try These Activities Instead of Watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

Tame the TV and Computer!

Set Limits and Provide Alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

Healthy Screen Time Means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.



www.letsgo.org



Build this card slot drop activity in seconds!

I always tell people the best activities are the ones that happen totally on the fly. Like this card slot drop that I made my 19 month old. I had just recycled an empty oats container when I saw her messing around with a deck of cards. A light bulb went off and here is the activity to show for it.

CARD SLOT DROP

A QUICK & EASY TODDLER ACTIVITY



I love using recycled items for my activities. Do you? If so, try recycled building, pom pom push or giant building with your toddler.

It only took seconds to make a card slot drop!

Materials:

- Container
- Deck of cards
- Utility knife

I carefully cut a hole in the top of the oats container – just wide enough for the cards to fit through. Of course, I ripped it a little because things aren't always perfect but my toddler didn't mind. Next time we do this activity, I'll make sure to add a little duct tape reinforcement.



My 19 month old daughter went nuts for this activity! It kept her busy for almost 15 minutes and she's gone back to play it over and over since I set it up.



All I did was dump out a set of playing cards and let her figure out how to slide them into the card slot. It's been absolutely perfect for her!

There's so much skill involved in card slot drop!

Even with as easy as this seems, there is a lot of learning and hard work at hand for such a young toddler.

Here's what my toddler is learning / working on:

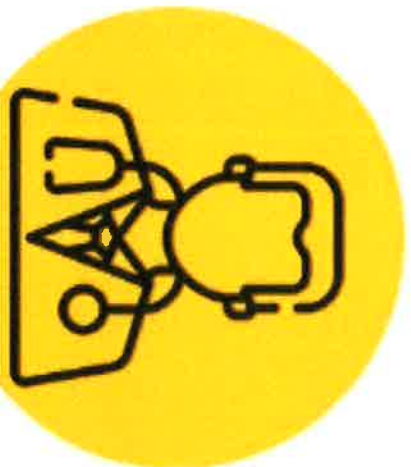
- Fine motor skills
- Hand eye coordination
- Dexterity
-

A game for older tots too!

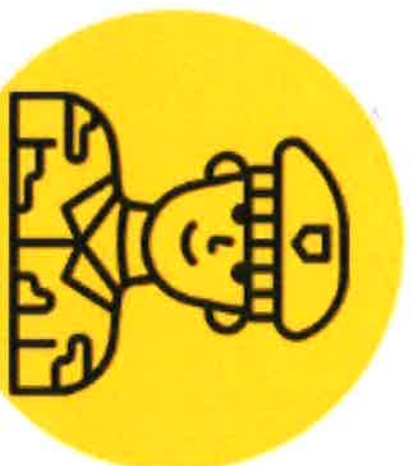
What I didn't expect from this on-the-fly activity was the level of interest my 3 year old would have it in. He thinks it's just as much fun as little sister does. He adds in an element of imaginary play (it's apparently a mail box) which is fun to watch.

It's always a bonus to find activities the kids can play together!

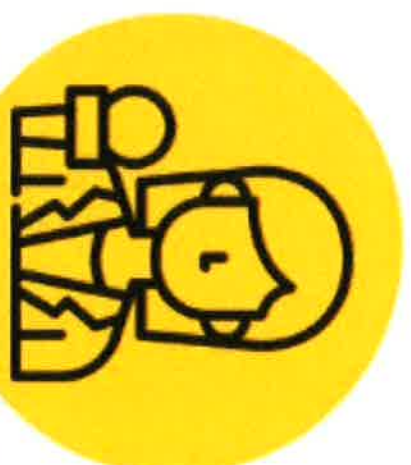
THANK YOU FOR YOUR SERVICE!



HEALTHCARE WORKERS



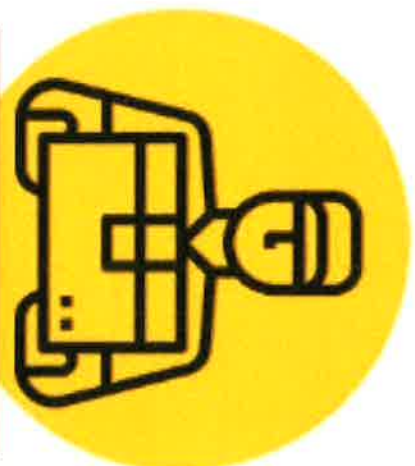
POLICE & MILITARY



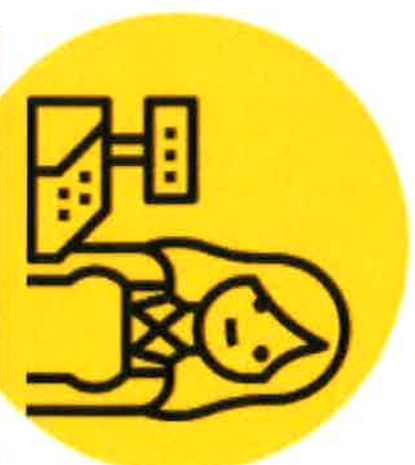
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FOOD & SERVICE CREW



DELIVERY PERSONNEL



SUPERMARKET

2020 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.



Shaded boxes indicate the vaccine can be given during shown age range.

HepB	RV	RV	RV	HepB					
DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP
Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib
PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13
IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV
Influenza (Yearly)*									
MMR									MMR
Varicella									Varicella
HepA [§]									HepA [§]

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, call toll-free
1-800-CDC-INFO (1-800-232-4636)
or visit
www.cdc.gov/vaccines/parents

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTaP combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.

What Should YOUNG CHILDREN

DRINK



The best drinks for young children—and for kids of all ages—are water and milk.

- Water is essential for good health and is the best thirst quencher.
- Milk is loaded with important nutrients, especially calcium, which is vital to proper development of teeth and bones.
 - Children between 1 and 2 years old should be drinking whole milk and/or breast milk.
 - Preschoolers can consume 2-3 cups of milk (or other dairy, or dairy alternative products like fortified soy or almond milk) every day.
- Even 100% juice has a significant amount of sugar, so limit to no more than one serving (about 4-6 ounces) of 100% juice a day.
- Kids may be less likely to drink enough water and milk if soda and other sugar-sweetened beverages are available.

What you can do

- Promote water and milk as the drinks of choice.
- Offer milk or milk alternatives at all meals, and water between meals.
- For flavored milk, limit the added sugar by flavoring it yourself versus buying premixed versions. Note: Flavored milk should only be an occasional treat, if served at all.
- Use the drink chart below to talk with your kids about how much sugar is in some common drinks.
- Bring water or milk instead of sugar-sweetened drinks to celebrations.
- Be a role model by drinking water or milk.

DRINK	SIZE	SUGAR
Water	8 oz.	0
Milk	8 oz.	11 grams
100% Orange Juice	8 oz.	22 grams
Juice Drink (10% fruit juice)	8 oz.	38 grams
Powdered Drink Mix (with added sugar)	8 oz.	24 grams
Soda	8 oz.	27 grams

