



**FUN &  
RESOURCES  
THURSDAY  
04-23-2020**


# THE BEST EASY PINTO BEANS

★★★★★ *5 from 4 reviews*


*The best easy pinto beans from scratch, with stovetop, slow cooker and Instant Pot directions. They are an easy, flavorful and healthy side dish to go with all of your Tex-Mex, Mexican, and BBQ meals, or a simple, hearty vegetarian dinner. (gluten-free, dairy-free, vegetarian option)*





Author: [Kaleigh](#)


 Prep Time: 5 minutes    Cook Time: 2 hours    Total Time: 2 hours

 Yield: About 6 cups

 Category: side dish

 Method: stovetop

 Cuisine: Mexican

 ingredients






SCALE:

- 1 lb dry pinto beans
- 1 small onion, diced
- 4 cloves garlic, smashed
- 1 jalapeno or serrano pepper
- 1/4 cup cilantro leaves
- Small ham hock, slice of bacon, or pork bone\*
- 1/2 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 2 cups chicken or vegetable broth (optional)
- Water

for mexican version:

- Add 1 can diced tomatoes, 1/2 tsp chili powder, and 1 tsp ground cumin

## instructions

1. Soak beans overnight: Pour beans into a large bowl or pot. Sift through and pick out any small rocks that may be present. Cover beans with water (at least 3 inches over beans) and let sit on the counter overnight. If you forgot to soak the beans (it happens!), use the quick soak method\*\* (see notes).
-     2. Drain and rinse beans. Place in a large heavy-bottomed pot with a lid. Add onion, garlic, jalapeno, cilantro, and ham hock, if using. Add spices (this is also the time to add tomatoes and Mexican spices if you are making that version). Add chicken broth if using and fill with enough water to cover beans at least 2 inches with water.
-  3. Place lid on the pot and heat over medium-high heat. Boil beans for 1 minute, then turn heat to low. Simmer 2-4 hours or until beans are tender.

## notes

\*omit for vegetarian.

\*\*For quick soak method, rinse and drain beans. Add to a pot and cover with at least 3 inches of water. Cover, turn heat to high, and bring to a rapid boil for 1 minute. Remove from heat and let soak, covered, for 1 hour. Then drain and proceed with the recipe.

\*\*For slow cooker, follow directions as written, but add beans to your slow cooker instead of a pot on the stove. Cook on high about 3-4 hours or until tender.

\*\*For Instant Pot, add all ingredients to the pot of the Instant Pot. Close and lock lid and seal vent. Cook on high pressure for 25-20 minutes for unsoaked beans or 8-10 minutes for soaked beans. Let pressure release naturally before removing the lid.

Keywords: *the best pinto beans, easy crockpot pinto beans*

# INTRODUCTION



## Preparing Dry Beans

.....

Dry beans are an inexpensive source of protein. The extra preparation time needed for them can be intimidating, but as the instructions below demonstrate, it is easily doable. Plus, prepared beans can be stored in the freezer for up to six months. Store two cups of cooled beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge. Note that cooking in hard water or at high altitudes may increase the cooking time.

.....

### ***Overnight Soak Method***

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender—about 2 hours.
5. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

Tip: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

### ***Quick Soak Method***

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for an hour.
4. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

# NON-FOOD REWARDS AT HOME

**How can you celebrate a job well done without using food treats?**

**Here are some ideas:**

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it. Allow your child to choose something from the list when appropriate.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of your child's friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Allow the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

**Food as a reward:**

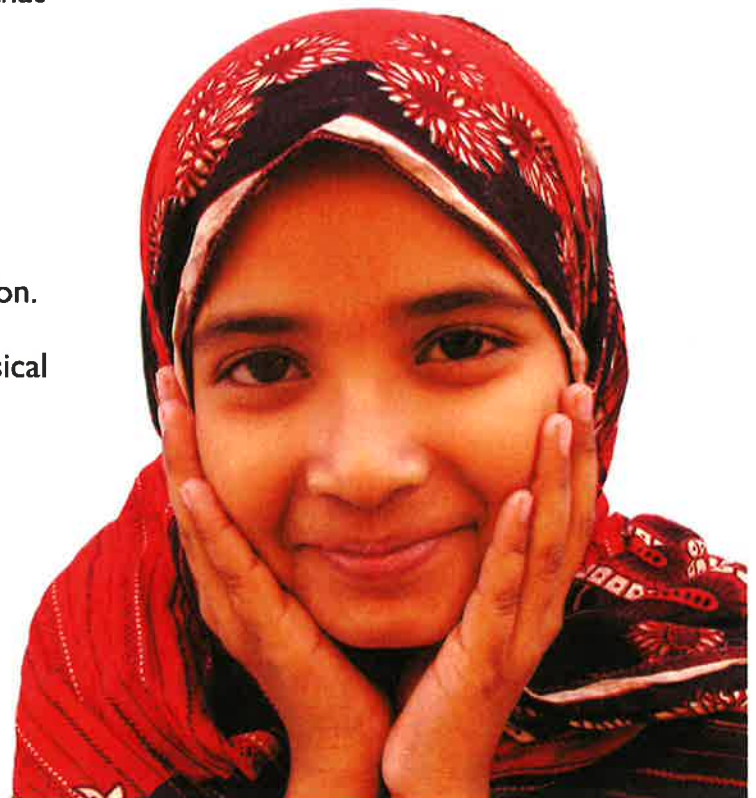
- Contributes to poor health.
- Encourages over-consumption of unhealthy foods.
- Contributes to poor eating habits.
- Increases preferences for sweets.

**Be sure to avoid giving extra time in front of the TV or computer as a reward!**

**Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."**



[www.lets-go.org](http://www.lets-go.org)





## DIY BIRD FEEDER

UPCYCLED PROJECT FOR KIDS



# HOW TO MAKE A DIY BIRD FEEDER

## YOU WILL NEED:

- empty produce netting (We used a netting that held 3 lemons in it. You can use any produce netting that is similar.)
- 1 cup of peanut butter
- 1 1/2 cups of birdseed (sunflower seeds that are larger in size are a great choice and help make a thick mixture)
- string
- bowl
- spoon



## HOW TO MAKE A DIY BIRD FEEDER

STEP 1. In a mixing bowl, mix the birdseed and peanut butter together until a thick paste

STEP 2. Spoon the mixture into a large ball shape. It does not have to be perfectly round. Then freeze the ball shape in the freezer for about 1 hour. This will help it drop into your produce bag nicely without making a huge mess!

STEP 3. Find the bottom of the produce bag. Drop the seed ball into the bag so it reaches the bottom.

STEP 4. Gather the additional netting at the top of the bag and tie it closed with string. You can add additional string for hanging as well.

STEP 5. Hang the bird feeder on a shepherd's hook or tree branch where birds can find it.



## **Now You See It Now You Don't! (0-3 months)**

This baby game will start to test your infant's memory. Ideally, your infant should already be able to slowly follow your moving finger back and forth. You should have a small soft toy that is a bright color that your baby can easily see.

First, make sure your baby is in a secure baby seat or have your partner hold him in a comfortable position.

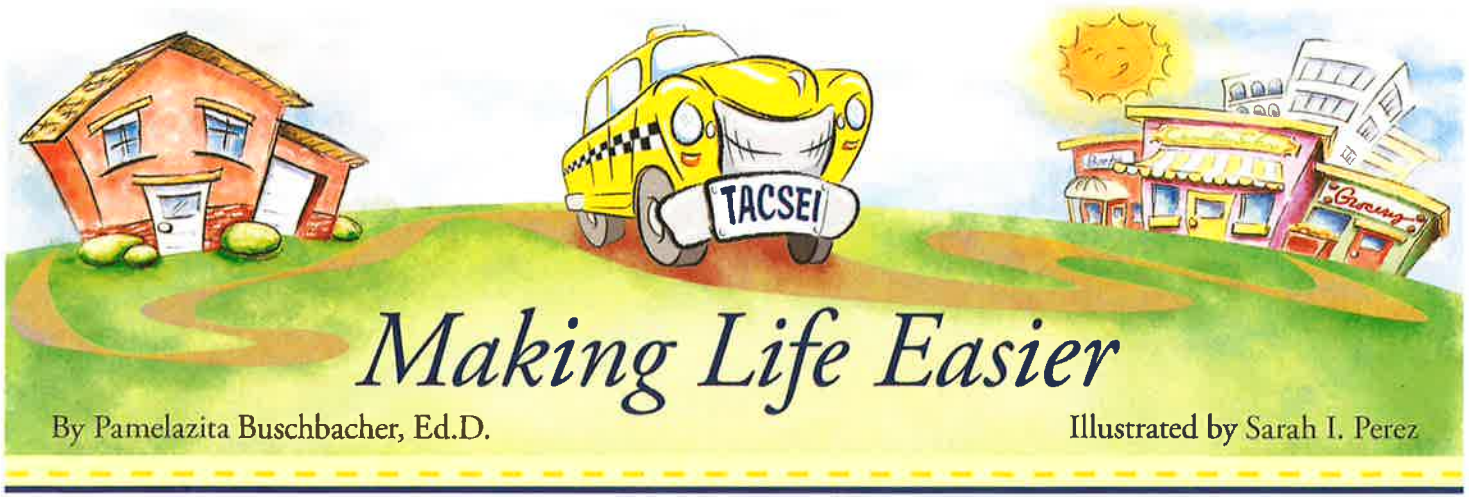
Show your baby the toy, then hide it behind your back asking "Where is it?". Pop it back out (not too fast so the baby is startled) with a "It's Here!"

Initially, it is better to be predictable so your baby can anticipate the toy's reappearance. You can eventually pop the toy up from different locations!

One variation of this game for very young infants (0-1 months) would be to just cover the toy with a cloth so there is not too much movement. You then uncover the cloth with the "It's Here!" exclamation.

### **Learning and Development Skills:**

- Cognitive, Problem Solving, and Memory



# Making Life Easier

By Pamelazita Buschbacher, Ed.D.

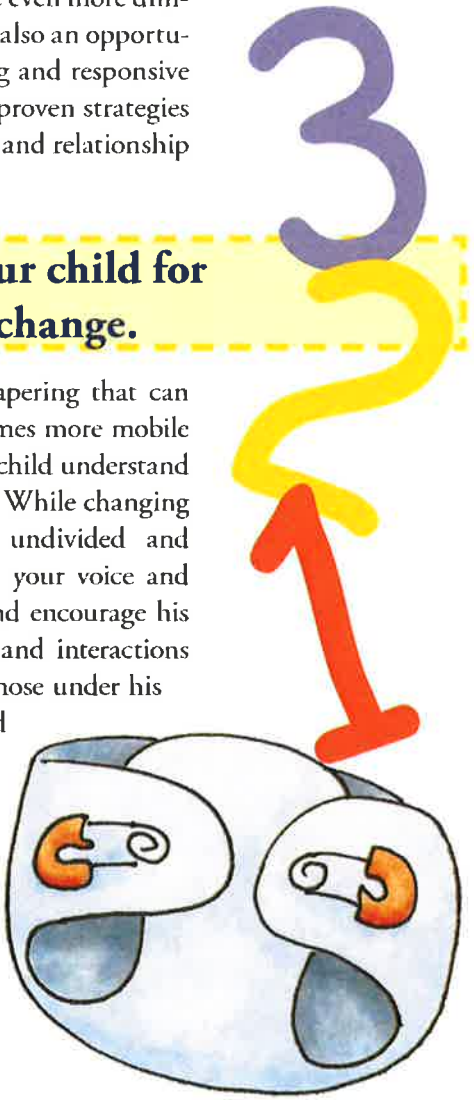
Illustrated by Sarah I. Perez

## Diapering

For many families, changing a child's diaper becomes a major battle. This routine is one that is often not as scheduled or predictable as other activities. It is often unpleasant for adults and not an activity that the young child enjoys. As your child grows older and becomes more mobile and interested in interacting with his world, diaper changing might become even more difficult. While it can be challenging, it is also an opportunity for building a positive, nurturing and responsive relationship with your child. Several proven strategies can help to make diapering a positive and relationship building experience for both of you.

**Tip:** Prepare your child for the diaper change.

Develop a predictable routine for diapering that can change as your child grows and becomes more mobile and independent. A routine helps the child understand what will happen and what to expect. While changing your child, give your child your undivided and unrushed attention. The calmness in your voice and manner will most likely calm him and encourage his cooperation. Respond to his sounds and interactions with gentle touch, nuzzles with your nose under his chin, eye contact, soothing sounds and words. Respond in soothing ways that you know comfort him and you both enjoy. Babies and toddlers thrive on predictability and learn from repetition. They like and need to know what is going to happen next. The following are strategies that will help your child learn to cooperate with the diaper changing routine.





- **Provide a transition warning.** Most young children need help in transitioning from one activity to another especially if they are engaged in an activity that is enjoyable. It's difficult for a child to move from an activity he really enjoys to one that he does not like.
  - You might try giving him a **verbal warning** and say, "Tommy, I think it is time to change your diaper. We'll change it in five minutes. Okay?"
  - Another transition strategy is to **set a timer** and when the timer rings, it's time to change the diaper. For example, you can set the timer for 5 minutes and warn your child when the bell rings it will be time to change his diaper. Remind him as the time gets closer. You might say, "Look, Mason, 2 more minutes, then we change your diaper." You can use a kitchen timer to help your child or purchase a visual timer that shows the time counting down (your child's teacher or therapist would be able to tell you more about where to purchase a visual timer).
  - You might use a **countdown or count up** strategy and make a game of the transition. You might say, "Hmm, someone has a poopy diaper. Who can it be? I think it is Sammy. Let's change your diaper. 5, 4, 3, 2, 1. Diaper change."
- **Provide choices whenever possible.** Providing limited choices to your child is a powerful strategy for the prevention of challenging behavior. Limited choices that can be offered during diaper change might be about what toy to bring to the changing table, where to do the diaper change, turning the lamp on or off. This gives your child a feeling of control, supports your child's communication, and encourages your child to cooperate with your requests. Offering limited choices (2 or 3) versus many

prevents your child from engaging in a game where you keep offering different things and your child keeps saying "not that one." Your child could choose who might change him (Daddy or Nana), where to be changed (on the floor or on the couch), or what to hold (diaper, wipe, or pacifier). You can communicate the choices for your child with words, pictures, or by showing your child an object. When you offer choices by presenting objects, pictures, or using sign language, say what the options are in addition to showing the child the choices (even if your child has a hearing loss).

- **Empathize with your child's feelings.** If your child pouts, says "not now, Mommy," ignores you, screams, or runs away, provide a label for how he might be feeling and follow through with the diapering. You might say, "You look sad (angry). I know you want to go out and play. Here, hold your blankie. First, change your diaper. Then we can go out and play." Your empathy will help your child understand that you respect how he feels but that it is still necessary to change his diaper.
- **Use or allow your child to choose (with limited options) a transition object.** This is something (e.g., diaper, book, blankie, bottle, etc.) that the child can take with him and hold or suck (e.g., pacifier, bottle) during the diapering process.



- **Ensure that the transition is smooth** and encourage your child's cooperation by letting him know what will happen after you change his diaper with the use of a **"First..., Then..." statement**. You might say, "First we change Micah's diaper. Then we can go outside to play."
- **Many parents have found success with using a picture for each step of the routine** using photos or clip art. The steps might look something like what is listed below for changing Micah's diaper. For each step, the underlined word would be represented with a photo or picture.

1. Get 1 <u>diaper</u> . 	2. Get the <u>wipes</u> . 
3. <u>Lie</u> down. 	4. <u>Pants</u> off. 
5. Dirty <u>diaper</u> off. 	6. <u>Wipe</u> bottom. 
7. <u>Diaper</u> on. 	8. <u>Pants</u> on. 

9. All done diapering. (happy face)



Not only does this explain the process for your child, but it also ensures that others (e.g., grandparents, babysitters, etc.) will conduct the routine in a similar and predictable way. For children who can't see a picture, you might use an object or your words to guide your child through each step.

- **Encourage your child to be a helper in the routine.** Active participation in the process builds your child's self confidence, independence, and problem solving abilities. You might say, "Shelby, time to change your diaper. Please help me find what we need. Hmm. Where do we keep the diapers? (wait) Oh yeah. Thank you. Now we need the wipes. You are such a big helper. Thank you."

**Tip:** Minimize unwanted movement.

Some children become very active during diaper changing. When they wiggle around or resist, it places them at danger of falling off the changing table and it makes it difficult for the adult to complete the routine. The following strategies are suggested for keeping your child from wiggling all over the place.

- **Reduce distractions in the diapering area.** A pet or others running around the child only makes him want to get up and join the fun.
- **Describe what you are doing in a fun way.** You could do this in song. You might sing, "This is the way we take off your diaper" (to the tune of "This is the way we wash the clothes") or use some other melody that's bouncy. You could use "First...Then" statements. You could say, "First we take off you overalls. Then I take off the wet diaper..." and so on.

- **Let your child help as much as possible.** You can ask your child to help such as “Can you hold your legs up high? Hold the diaper for Mommy? Open the powder for me?”
- **Use interesting distractions.** Laugh and comment on these as you are diapering your child.
  - You might play peek-a-boo, sing his favorite song or a do favorite finger play (e.g., “itsy, bitsy, spider”).
  - Use a toy (e.g., binoculars, stuffed animal, etc.).
  - Use stickers - one on each of the child’s hands.
- **Plan a preferred activity or event** to follow diapering.

**Tip:** Celebrate you and your child’s successes along the way.

Children need to hear in concrete ways what they have done well. You might say, “Thanks for being such a ‘big boy.’ You really helped me diaper you.” or “No more poopy diaper. We did it!” For older children, use natural consequences, such as, “Now your bottom will be clean and not feel sore!” Or “Now you can put on pants and go outside, because you are all dry!”

In closing, please remember that the team of professionals that support you and your child will have additional specific ideas about how to help your child. Don't forget to ask them! Your child's speech therapist, physical therapist, teacher, or other professional should be able to help you think about the best way to support your child within daily routines and community activities. If your child is having persistent challenging behavior within this activity, you should ask the professionals who work with you to help develop a behavior support plan that will provide more specific strategies to prevent challenging behavior and help your child develop new social and communication skills.



## *Making Life Easier: Diapering*

### **1. Prepare your child for the diaper change.**

- ★ Use a **transition warning** (verbal, timer, count downs or count ups).
- ★ Provide **choices** (who, where, when).
- ★ **Empathize** with your child's feelings.
- ★ Provide a **transition object**.
- ★ Use "**First..., Then...**" statements.
- ★ Use step by step **pictures**.
- ★ **Encourage** your child to be a helper.

### **2. Change the diaper.**

- ★ **Reduce distractions** in the room.
- ★ **Describe** what you are doing in a fun way (e.g., sing, make up a rhyme).
- ★ Let your **child help**.
- ★ Use "**First...Then**" statements.
- ★ Use **interesting distractions** (toy, stickers, book, etc.).
- ★ Say "**all done**" to end the process.
- ★ **Plan** something your child and you will enjoy when finished.

*Celebrate your child's successes along the way!*

# UNDERSTANDING FOOD LABELS

For more information visit <http://www.fda.gov/> and search “Food Labeling”

## What can I use the Nutrition Facts label for?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

## Watch out for these common misconceptions:

- Assuming “sugar-free” or “fat-free” means a product is low calorie or healthy; it's not true!
- Buying something because it says “organic,” “natural,” “multigrain,” or has some other “healthy” claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!

### 1 START HERE

Start by checking what counts as one serving size and how many servings there are per package.

### 2 CHECK CALORIES

How many calories would you eat if you ate a whole package?  
Multiply the number of “servings per container” by the “calories.”

### 3 Know Your Fats and Reduce Your Sodium

Aim to eat only small amounts of saturated fat and cholesterol. Keep trans fat to 0. Limit your sodium by choosing foods with less sodium.

### 4 GET ENOUGH OF THESE NUTRIENTS

Aim to get enough fiber, vitamins, and minerals.

## Nutrition Facts

Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 20%	
Iron 4%	

### QUICK GUIDE TO % DAILY VALUE

5% or less is Low.  
20% or more is High.  
Use the % Daily Value to compare similar foods and choose the healthiest option.



[www.letsgo.org](http://www.letsgo.org)