



**Fun and Resources
for
Thursday May 21, 2020**

CANNED FISH



Salmon Patties

INGREDIENTS

3-5 oz cans **salmon** 3 Tbsp vegetable oil
1/2 **onion**, chopped 3/4 cup cracker crumbs
2 **eggs**, beaten 1 tsp parsley
1 tsp salt 1 tsp prepared yellow mustard

DIRECTIONS

- 1** Drain the salmon and flake the meat. In a skillet on medium-heat, cook the onion in 1 tbsp oil until the onion is tender.
- 2** In medium bowl, combine cooked onions, 1/4 cup of the cracker crumbs, eggs, parsley, mustard, and salmon. Mix until well blended. Scoop out 1/3 cup of the salmon mixture and shape it into a patty (will make 6 patties).
- 3** Coat patties in remaining 1/2 cup cracker crumbs. Heat remaining oil in large skillet. Cook patties until browned, then carefully turn and brown on the other side.

Serves: 6 (1 patty per serving)

One serving: 231 Calories, 14 g Fat, 18 g Carbohydrate,
18 g Protein, 602 mg Sodium, 0 g Fiber

Recipe adapted from allrecipes.com

CANNED FISH



No Recipe Needed!

1 Pico de Gallo: **Tuna**, a squeeze of fresh **lime** juice, chopped **tomatoes**, **chilies**, **onions**, and fresh cilantro.

2 Use **canned fish** on tossed **green salads** for added protein.

3 Serve as a snack on crackers, tortilla chips, or **whole wheat bread**.

4 Mix in with cooked **whole grain pasta** made with white sauce or tomato sauce.

5 Tuna Melt: toast **whole wheat bread**, top with **tuna**, sliced **tomatoes**, and melted **cheese**.

Tips on Temperament

Every child is born with his own individual way of approaching the world—a temperament. Here's how you can tune in to your child's temperament to anticipate how they will react in certain situations.

Generally, there are five characteristics that describe an individual's temperament:

- Emotional intensity
- Activity level
- Frustration tolerance
- Reaction to new people
- Reaction to change



Temperament is not something your child chooses, nor is it something that you created. A child's temperament shapes the way he experiences the world. A child who is cautious and needs time to feel comfortable in new situations and a child who jumps right in are likely to have very different experiences going to a classmate's birthday party. A child who can handle a lot of sensory stimulation will experience a trip to the supermarket differently from a child who has a low threshold for a lot of surrounding noise and action.

Understanding your child's temperament helps you be a better parent. Recognizing patterns in your child's behavior that are influenced by temperament can help you anticipate your child's responses to certain situations. If you know that your child has a hard time making transitions, you can guess that pick-up time at child care might be challenging. You could share this observation with your child's teacher and talk about how you can work together to make the end of the day easier. For example, the teacher can give your child a reminder that it will soon be time to go home. You might also choose to spend a few minutes helping your child finish what she is doing, rather than move her into the car right away.

Your Child Can Adapt

A child's behavior and approach to the world are shaped by his experiences and especially by his interactions with you. For example, children who are temperamentally shy can become more outgoing and

comfortable in new situations when their parents help them sensitively and slowly adapt to new experiences.

Also, no matter how consistent a child's patterns may appear to be, sometimes children can—and will—catch you off guard by acting in ways that you do not expect. A child who is usually wary of strangers might fall madly in love with her new teacher. The fact that your child can surprise you is one of the most exciting and even delightful rewards of parenthood.

Culture Matters

Different cultures place different values on behavioral styles. For example, some cultures value children who are quiet and obedient. Others value feisty, assertive kids. One dad, who lives in the inner city, expressed worry that his son was too laid back and not assertive or tough enough. He was afraid that his child would get bullied and taken advantage of by others. What qualities do you value and desire for your child? How might your cultural values influence the way you see your child's behavior?

There is No Right or Wrong Temperament

It's very important for children to be accepted for who they are. It is true, though, that some temperaments are easier to handle than others. A parent with an intense, reactive child or a child who is very shy and slow-to-warm-up will tell you that parenting these children can be a challenge at times. Stefanie, the mother of 2-year-old Danielle, described how she had moved to a new neighborhood and was desperate to meet some other moms. Finally, one day, a mom walked by with her very happy toddler who eagerly sought out Danielle and even offered to share her snack. Danielle, a slow-to-warm-up and intense child, pushed the bag away and then threw a huge tantrum when Stefanie tried to encourage her to play nicely. Stefanie later told her husband that Danielle was going to ruin her social life. (She also describes Danielle as incredibly creative, smart, and passionate.)

Most parents prefer some of their child's temperamental characteristics to others. Frank is shy and slow-to-warm-up. Frank's father sometimes feels his patience dwindling and wishes that his son Frank was the kind of kid who would just get on with it rather than take so long to settle in. The mother of very feisty Carlos sometimes wishes for a disappearing pill, like the day Carlos' exuberant hug knocked over a friend who hit his head on a chair as he fell down.

Parents struggle with these kinds of feelings for a range of reasons. Your child's behavior may remind you of parts of yourself that you don't like so much and want to change—like being easily hurt by someone's unkindness. Conversely, you may feel discomfort with ways in which your child is very different from you—such as her ease and comfort in new situations when you like to take things slow. It is quite normal that you will like and feel more comfortable with some aspects of your child's temperament more than with others.

Siblings can be (and often are) temperamentally very different. One mother told us, "In our house, we have two kids, and we parent them in two different ways." If you have more than one child, how are they alike? How are they different? How do you adapt your parenting style to meet each of their needs?

Moldy Apples



Materials:

- 1 apple cut into 4 equal pieces
- 4 mason jars
- Vinegar
- Salt Water
- Lemon Juice

Instructions:

1. Put an apple piece in each container.
2. Fill each container halfway with one of the liquids. Make sure the apple piece is covered in the liquid. The fourth apple and container is your control group, so don't add anything to that one.
3. Keep the jars in cool area for a week.
4. Observe apples for rot, mold, and any other changes.

How it Works:

Bacteria loves to grow on things like fruit. When you put fruit in the refrigerator, the cold temperature slows down the process. However, in this experiment the fruit is exposed to room temperature. Salt is a natural preserver because it dehydrated the water from the apple, reducing the area where bacteria can grow and thrive. On the other hand, the lemon juice was a perfect playground for bacteria to play because of the sugar.

Extra Experiments:

1. Add a fifth apple piece and put it in the fridge for the week.
2. Do the same exact experiment as the original but instead conduct it all in the refrigerator and see if the results change.

Coughs and Colds: Medicines or Home Remedies?

Medicines

Oral over-the-counter (OTC) (</English/health-issues/conditions/treatments/Pages/Common-Over-the-Counter-Medications.aspx>) cough and cold medicines can cause serious harm to young children. The risks of using these medicines is more than any help the medicines might have in reducing cold symptoms.



- **From ages 4 to 6 years:** Cough medicine should be used only if recommended by your child's doctor.
- **After age 6:** Cough medicines are safe to use but follow the instructions on the package about the right amount of medication to give.

Luckily, you can easily treat coughs and colds in young children without these cough and cold medicines.

Home Remedies

A good home remedy is safe, does not cost a lot, and can help your child feel better. They are also found in almost every home.

Here is how you can treat your child's symptoms with home remedies:

Runny nose:

- Suction (with something like a bulb syringe) to pull out the liquid out of your child's nose or ask your child to blow his or her nose. When your child's nose runs like a faucet, it's getting rid of viruses. *Watch the video, Reasons Why Your Child Has a Runny Nose.* (</English/health-issues/conditions/ear-nose-throat/Pages/Reasons-Why-Your-Child-Has-a-Runny-Nose.aspx>)

Blocked nose:

- **For children 3 months to 1 year of age:** Infants with a common cold may feed more slowly or not feel like eating, because they are having trouble breathing. Try to suction baby's nose before attempting to breast or bottle-feed.

Breastfeeding is still recommended for infants with common colds. If it is difficult for your baby to feed at the breast, expressing breastmilk into a cup or bottle may be an option.

- Use salt water (saline) nose spray or drops to loosen up dried mucus, followed by asking your child to blow his or her nose or by sucking the liquid from the nose with a bulb syringe. If you do not have nose spray or drops, warm water will work fine.
- Put 2 to 3 drops in the opening of each nose (nostril). Do this one side at a time. Then suck out the liquid or have your child blow his or her nose.
- You can buy saline nose drops and sprays in a pharmacy without a prescription, or you can make your own saline solution. Add ½ teaspoon of table salt to 1 cup of warm tap water.
- Do nose washes whenever your child can't breathe through the nose. For infants who bottle-feed or breastfeed, use nose drops before feedings. Teens can just splash warm water into their nose. Keep doing the nasal washes until what comes out of the nose is clear.

Sticky, stubborn mucus:

- Use a wet cotton swab to get rid of sticky mucus around the nose.

Coughing:

- **Do not give infants under 1 year honey;** it will not help with symptoms and can cause a sickness called infant botulism ([/English/health-issues/conditions/infections/Pages/Botulism.aspx](#)).
- **For children 1 year and older:** Use honey, 2 to 5 mL, as needed. The honey thins the mucus and loosens the cough. (If you do not have honey, you can use corn syrup). Recent research has shown that honey is better than store-bought cough syrups at reducing how often coughing happens and how bad coughing is at night.
- **For children 2 years and older:** Rub a thick layer of a mentholated rub on the skin over the chest and neck (over the throat). As with all medicines, once you are done putting the medicine on your child, put it up and away, out of the reach of children.

Liquids:

- Try to make sure your child is staying hydrated. When there is enough water in the body, the mucus the body makes becomes thinner, making it easier to cough and blow the nose. See

Humidity (amount of water in the air):

- If the air in your home is dry, use a humidifier. Moist air keeps mucus in the nose from drying up and makes the airway less dry. Running a warm shower for a while can also help the air be less dry. Sometimes, it can be helpful for your child to sit in the bathroom and breathe the warm mist from the shower.

Treatment Is Not Always Needed

If cold symptoms are not bothering your child, he or she doesn't need medicine or home remedies. Many children with a cough or a stuffy nose are happy, play normally, and sleep well.

Only treat symptoms if they make your child uncomfortable, have trouble sleeping, or the cough is really bothersome (e.g., a hacking cough).

Because fevers (/English/health-issues/conditions/fever/Pages/default.aspx) help your child's body fight infections, only treat a fever if it slows your child down or causes discomfort. This doesn't usually happen until your child's temperature reaches 102°F (39°C) or higher. If needed, acetaminophen (/English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-Fever-and-Pain.aspx) (e.g., Tylenol) or ibuprofen (/English/safety-prevention/at-home/medication-safety/Pages/Ibuprofen-for-Fever-and-Pain.aspx) (e.g., Advil, Motrin) can be safely used to treat fever or pain.

Summary

If treatment is needed for coughs and colds, home remedies may work better than medicines.

Additional Information:

- 10 Common Childhood Illnesses and Their Treatments (/English/health-issues/conditions/treatments/Pages/10-Common-Childhood-Illnesses-and-Their-Treatments.aspx)
- Antibiotics for a Sore Throat, Cough, or Runny Nose? (/English/safety-prevention/at-home/medication-safety/Pages/Antibiotics-for-a-Sore-Throat-Cough-or-Runny-Nose.aspx)
- Fever and Pain Medicine: How Much to Give Your Child (/English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx)
- Choosing Over-the-Counter Medicines for Your Child (/English/safety-prevention/at-home/medication-safety/Pages/Choosing-Over-the-Counter-Medicines-for-Your-Child.aspx)



Give Them More
of the
Good Stuff!

Herbs and Spices

Shop and Save

- * In bulk foods, you can buy a small amount to use while the flavor is strongest. Or try something new.
- * Check for a "BEST by" date on packaged spices and herbs. They are still safe after the date but the flavor will be weaker.
- * Fresh herbs should be a color typical for the herb. Avoid wilted or yellowed leaves.
- * If you garden, grow some herbs. Try basil, parsley, chives and others in the ground or a container.

*Herbs and spices boost flavor,
and are salt- and sugar-free!*



Fresh or Dried?

Both fresh and dried herbs add flavor. Adjust amounts to your taste.

Most Herbs:

3 teaspoons fresh =
1 teaspoon dried

Garlic: 1 clove fresh =
¼ teaspoon garlic powder

Ginger: 1 teaspoon
fresh ginger root =
¼ teaspoon ground
ginger powder



Store Well Waste Less

- Store dried herbs and spices in a cool, dark location away from direct heat or sunlight. Keep containers tightly closed.

- Whole dried spices keep their flavor for up to 4 years; ground spices for 2 to 3 years and dried herbs for 1 to 3 years. Smell them to check for strength of flavor.
- Refrigerate fresh herbs like parsley, basil or cilantro upright in a glass of water like flowers. Cover with a loose plastic bag.
- Wash fresh herbs just before using by pushing up and down in

a bowl of water; lift out of the water; repeat in fresh water until no dirt appears in the bowl.

- Freeze fresh herbs and use in cooked dishes within one year. Remove clean, dry leaves from main stems, spread on a tray and freeze. Package in freezer quality container labeled with the herb's name and date.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Using Herbs and Spices

Homemade Seasoning Blends

Mix ingredients well and store in an airtight container.

Taco Seasoning

- 3 Tablespoons **garlic powder**
- 3 Tablespoons **onion powder**
- 6 Tablespoons **chili powder**
- 3 Tablespoons **paprika**
- 1 Tablespoon **black pepper**

Optional:

- 3 Tablespoons **cumin**
- 4 ½ teaspoons **dried oregano**
- Red pepper flakes** to taste

Makes 1 cup without optional ingredients.
2 Tablespoons = one packet (1.25 ounces) taco seasoning mix

Soulful Seasoning (salt free)

- 3 Tablespoons **onion powder**
- 4 Tablespoons **garlic powder**
- 1 Tablespoon **ground red pepper**
- 1 Tablespoon **chili powder**
- 1 Tablespoon **paprika**
- 1 teaspoon **ground black pepper**
- 2 teaspoons **ground thyme**

Makes ¾ cup

Use with vegetables and meats.

Pumpkin Pie Spice

- 2 Tablespoons **cinnamon**
- 1 Tablespoon **ginger**
- 1 ½ teaspoons **nutmeg**
- 1 ½ teaspoons **cloves**

Makes 4 Tablespoons

Use fresh herbs to flavor water. Find ideas in the Food Hero Monthly for water at FoodHero.org

Pumpkin Fruit Dip

Ingredients:

- 1 can (15 ounce) pumpkin (about 1¾ cups cooked pumpkin)
- 1 cup low-fat **ricotta cheese** or **plain yogurt** or low-fat **cream cheese**
- ¾ cup **sugar** (or less to taste)
- 2 teaspoons **pumpkin pie spice**

Directions:

1. In a medium bowl, combine pumpkin, ricotta cheese (or yogurt or cream cheese), pumpkin pie spice.
2. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
3. Serve with fresh fruit dippers like apple slices, bananas or grapes.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes

Hummus Dip (no tahini)

Ingredients:

- 1 can (15 ounces) **garbanzo beans**, drained and rinsed
- 2 Tablespoons **lemon juice**
- 2 teaspoons **vegetable oil**
- ½ cup nonfat plain **yogurt**
- ¼ teaspoon **garlic powder** or 1 clove garlic
- ¼ teaspoon **black pepper**
- ½ teaspoon **ground cumin**

Directions:

1. For a **smooth texture**, blend all ingredients in a blender. For a **less smooth texture**, mash beans with a fork until they are as smooth as you like. Mix with other ingredients.
2. If hummus seems too thick, add 2 teaspoons of water.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Kids Can!

- When kids help make healthy food, they are more likely to try it. Show kids how to:
 - * **measure and mix ingredients together.**
 - * **wash and cut up fruits and vegetables for dipping.**