



**Fun
&
Resources
Tuesday
5-5-2020**



Minestrone Soup



Ingredients

- 1 medium **onion**, chopped
- 1 stalk **celery**, diced
- 1 large **carrot**, sliced
- 2 Tablespoons **oil**
- 1 large **potato**, peeled and chopped
- 1 can (15 ounces) chopped **tomatoes**
- 2 cans (15 ounce each or 3 1/2 cups) low sodium **vegetable or beef broth** (see notes)
- 1 can (15 ounces) **kidney beans**, drained
- 1 teaspoon dried **basil**
- 1/2 cup uncooked **macaroni**
- 2 small **zucchini**, sliced
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**

Makes: 10 cups
Prep time: 15 minutes
Cooking time: 45 minutes



Directions

1. In a 5 quart saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
2. Add potato, tomatoes, broth, beans and basil.
3. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
4. Add macaroni and zucchini. Cook another 15 minutes.
5. Taste and adjust seasoning with salt and pepper.
6. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Use any vegetables you have on hand.
- Add cooked meat if desired.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Nutrition Facts

10 servings per container	
Serving size	1 cup (220g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 220mg	10 %
Total Carbohydrate 22g	8 %
Dietary Fiber 4g	14 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 5g	
Vitamin D 0mcg	0 %
Calcium 40mg	4 %
Iron 2mg	10 %
Potassium 405mg	8 %
Vitamin A 57mcg	6 %
Vitamin C 9mg	9 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"I'm Bored!"

How to Deal with Your Child's Boredom

by Patty Wipfler

"I'm bored!"

What's a parent to do when a child flops down on the floor and complains, "I'm bored! There's nothing *todo*," and waits, blank and listless, for some zap of inspiration to save them from a fate worse than chores?

Our children are born to play, create, and feel great satisfaction. They want to have fun. They want to be involved. They relish that surge of initiative that is so abundant in childhood. When they lose it, they suffer.



What keeps their spark alive is a sense of connection. The sense that we see them, and understand who they are and what they love. Our caring and attention is the fuel children depend on for their next idea of what to do, or who would be fun to play or learn with. When our children don't feel connected, even the coolest, newest toy or adventure loses its luster.

So when you hear, "[I'm bored](#)," and see that the shine is missing from your child's eyes, I can almost guarantee that listing activities or trying to lure them into action won't work. Your attempt to fix their boredom will just bring frustration, for you and for them. Unless they're in an unusually restricted environment for a long time, the problem isn't a lack of opportunity to have fun. The problem is that they don't feel connected enough to enjoy life in the first place.

So the remedy isn't your list of things your child could do. It's not forcing your child up out of their doldrums. The remedy is your warm attention.

Here's what we recommend when your child is caught in the feeling of boredom.

- If seeing your child listless and moaning irritates you, find someone to listen to you! To be of help, you need to vent your frustration, give the lecture that runs in your mind, and work on whatever anger, resentment or worry that you experience in this situation. Do this, not with your child, but with another adult, out of earshot, at a time you both agree upon. Getting listening time is a bit like the vigorous scrubbing process surgeons must do before they operate on a patient. You could use a good emotional scrub to help you bring needed attention to your bored child. Attention infected with impatience or other upsets won't help much. You may have to muddle through until you can find and develop a Listening Partnership, but it's worth the effort.
- Remember that your child is good. There's nothing deficient about him or her because boredom has struck. Your child has a fine mind and a good heart. He or she has just run out of gas. Refill needed! The vital fuel is a sense of connection, and you're just the person to provide it.
- Don't try to fix anything. There's not much to fix. Your presence, your warmth and your willingness to be close and attentive are all that's needed. The less bustling you do to deliver your presence, the better. The main thing that might need a slight fix is your immediate plan for your next half hour or so. That plan might require a postponement of some kind.
- Do move in close to your child. Bring a sense of pleasure in him or her, and interest in the situation. Your initial tone could be something like, "Ohhh, bored, huh? Hmmm. Nothing to do. Wow, nothing to do..." and then, be there and attentive. Flop down right next to your child, wherever he or she landed when the boredom hit. You want to let your presence and lack of worry about the situation to sink in, so stay attuned, perhaps propping yourself up on your elbow now and then to make eye contact, or snuggling in a bit closer as the minutes roll by.
- Listen to whatever your child can tell you about how awful it is to be bored. Listening opens the communication channels. Your ideas are not needed here. Your warm attention is.
- Offer physical contact after you've listened. Your child will still feel bored. It takes awhile to fill up a tank that's empty. Physical touch can help, as long as it's what a child can agree to, and is offered without urgency or agenda. So the spirit of it might be sweet, or could also be lightly playful. "Shall I rub your forehead, son?" or "Maybe if I massage your little toe, and work my way up to your knees, that will help. What do you think?" or "While you're trying to think of what you might want to do, I'll just give these shoulders a bit of a massage. How would that be?" If you get a very resigned, "Oh, Dad! That won't help! I'm *bored!*" don't get discouraged. Stay light and add a bit of humor if you can. For

instance, you could ask one more time, “I don’t think it will help, either, but my massage energy is getting stronger and stronger. What shall I do with it? Massage your pant leg? Your sleeve?”

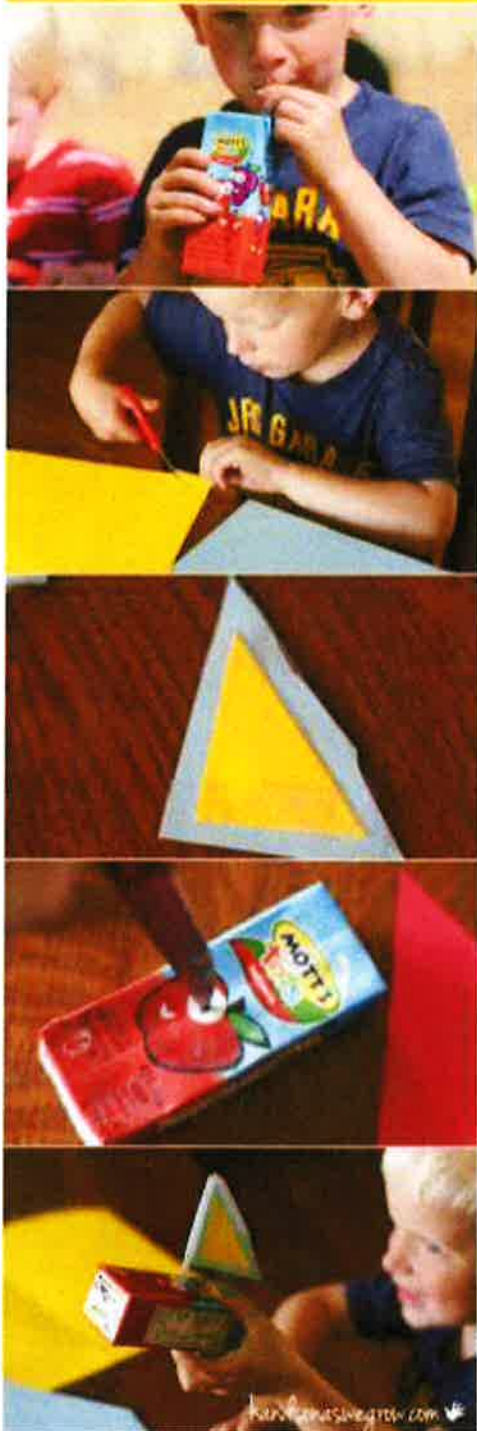
- **Keep listening.** When your child’s complaint lasts quite awhile, you can bet that the sense of isolation he’s felled by is not small. Your child’s difficulties may not be connected to any current lack of connection in his present life at all. It can happen that lots of warmth and connection during nourishing family times will build a child’s sense of emotional safety. And when it’s safe, very early childhood feelings of isolation bubble up out of their hiding place in your child’s emotional memory. Your listening and willingness to pay attention is the most powerful antidote you can deliver. It’s exactly what’s called for. If your child needs to have a good cry about how life is not any fun at all right now, Staylisten. The cry is a big part of the solution. Keep resisting your urge to judge him or her as lazy or ungrateful. Keep being interested in what your child can tell you, and in any feelings that pour out along the way.

- **After you’ve listened and stayed close for at least ten or fifteen minutes without trying to solve the problem, and if your child isn’t in the middle of a nice, healthy cry, you can try offering a few fanciful solutions.** Toss out some outlandish thoughts to see if you can raise a giggle or two. Laughter is one of the strongest connectors we have access to as human beings, so silly ideas tailored to your child’s tastes might help move things along a bit.

For instance, for a girl who is very interested in her clothes and in looking good, you could say, “Well, you could dress me up in the worst outfit ever, and make me go outside where people would see me, or you could do a beauty makeover on me that wouldn’t look so much like a makeover. Or you could make a concoction in the kitchen and put lots of stuff in it, and then make me taste it...” For a boy who usually likes adventure, you could float ideas about squirt gun fights in the cold outside; or about lighting matches together over the kitchen sink, and experimenting with how various materials and foods burn; or ideas about throwing various kinds of food up against the side of your house or apartment, to see how they smash and dribble down. You’re looking for laughter, not for the “right” activity. You’re using your imagination to try to connect with your child. And you are looking to spark a fifteen- to thirty-minute adventure of your child’s choice that would bring more laughs, to further revive your child’s sense of connection.

- **And if these things don’t work, hang in there.** As long as you can stay close and unworried, you’re rebuilding your child’s sense of connection. His or her tank might signal empty for quite awhile, until it suddenly signals “Full,” with an “I know what I want to do!” or “Mom, would you help me with x, y or z? Then I want to...” Your child’s mind is in gear again, at last! You’ve helped, by being there, trusting that your child would absorb your caring, and by remembering that your caring was the elegant solution all along.

HOW TO MAKE A JUICE BOX BOAT



How to make a boat craft for kids using juice boxes:

Ask (as if you have to) the kids to drink their juice boxes

While drinking their juice, Kids can cut triangles from card stock paper for the sail of their boat.

We did a double triangle to add some color. So they each cut a larger triangle and then a smaller triangle in another color.

Tip: I drew lines across the corners so my kids would just have to cut one straight line.

The rest was up to me.

I taped the triangles together on top of each other. I just used Scotch tape.

Once they had their juice gone, I taped the sail to their straw of the juice box. Again, just with Scotch tape. I don't have

really any trick for this, other than to kind of shift the paper to one side of the straw. I also used the bendy part of the straw to fold over the top of the sail and then bend down over along the edge of it. To give it that added structure.



With the sail complete, I added it to the boat (the juice box). I poked a hole on the side of the juice box (unfortunately it ended up right in the eye of the apple on our Mott's for Tots juice boxes! Looks a little odd poking him in the eye!)

And be sure to tape the hole at the top of the juice box too so it doesn't sink!

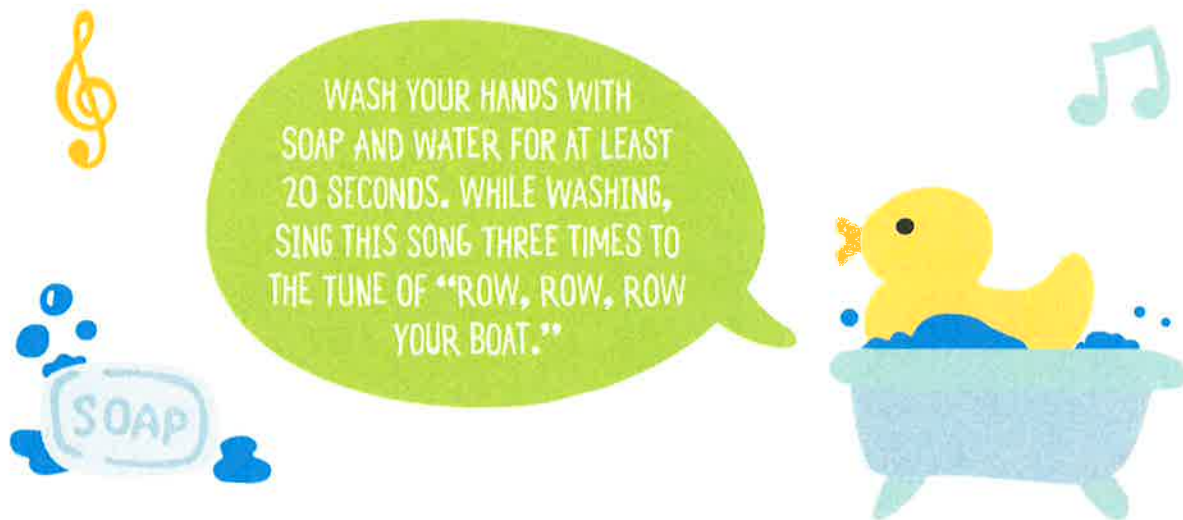
The kids thought these were great!

We got out a tub (it hasn't been swimming pool weather, or we would have done that) and filled it with water.

And they floated their new boats!

LET'S WASH OUR HANDS!

It's important to stay clean and wash our hands often throughout the day, especially before eating, and after playing and using the bathroom. Here's a way to make handwashing fun through singing!



WASH, WASH, WASH YOUR HANDS
WASH THEM EVERY DAY
SCRUB IN AND OUT AND ALL AROUND
KEEP DIRTY GERMS AWAY!



LET'S TALK!

Scrub the top of our hands, under fingernails, the inside of our palms, and in between our fingers.

Let's lather our hands by rubbing them together with soap and water!

Let's scrub our hands and make lots of bubbles!

When is a Sore Throat a More Serious Infection?



By: Nicole Bentley, MD & Caroline Paul, MD, FAAP

Sore throats are common in kids. However, it can be difficult to sort out when your child has a sore throat that will get better on its own, or one caused by a more serious infection.

Here's some information on common infections that may include a sore throat.

The Common Cold

Sore throats are most often caused by a viral infection like the common cold. These illnesses show up more commonly during winter but can happen year-round. In addition to a sore, scratchy throat, a cold virus can cause your child to have a fever, runny nose and cough. Antibiotics will not help a sore throat caused by a virus. These infections usually get better without medication in 7 to 10 days. The best way to care for a cold and sore throat is to help keep your child comfortable and make sure he or she gets plenty of fluids and rest.

Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease is caused by a family of viruses called enteroviruses. This infection most often spreads among young children during summer and fall, although cases may occur year-round. Early symptoms may include fever and sore throat or mouth pain, followed by a rash that appears as a mix of small red bumps and blisters, particularly on the hands, feet, buttocks, and around the mouth. Blisters and sores may form in the mouth and throat, making it painful to swallow. As with other viruses, antibiotics will not help this type of sore throat. Your pediatrician may recommend acetaminophen or ibuprofen for the fever and pain, along with fluids and rest at home until the blisters heal.

Strep Throat

Strep throat is an infection caused by the bacterium *Streptococcus pyogenes*. It's most commonly seen among children 5 to 15 years old, usually during winter and early spring. Only 20% to 30% of throat infections in school age children are caused by strep throat. Symptoms include sore throat, pus on the tonsils, difficulty swallowing, fever, and swollen glands. Children may also complain of headaches, stomachaches, and may develop a red, sandpaper-like rash on their bodies. Cough and runny nose are NOT typical symptoms of strep throat among older children. Strep throat is extremely uncommon in infants and toddlers. When they do get strep, though, their symptoms may be different. Your pediatrician will prescribe antibiotic medicine for strep throat.

Why is it important to know the difference?

The cause of sore throats in children usually is viral infections, which do not benefit from antibiotics and go away on their own. Children with strep throat also may also recover without antibiotics. However, antibiotics can speed up recovery time, reduce contagiousness, and lower the risk of developing certain complications from strep throat. The most important complications to avoid include acute rheumatic fever, a disease that can damage the heart and joints. Antibiotics are important for treating bacterial infections like strep throat but have their own risks, including diarrhea, yeast infections, allergic reactions, and the development of antibiotic resistance. That's why it is important to know when antibiotics are necessary for sore throat and when they are not.

Sore Throat: Diagnosis & Treatment

Your pediatrician can diagnose a sore throat caused by a virus after examining your child and ruling out a bacterial infection. The best way to care for a sore throat caused by a virus is to keep your child comfortable and making sure they get plenty of fluids and rest. Your pediatrician may recommend acetaminophen or ibuprofen to relieve the fever and pain. For hand, foot and mouth disease, which is highly contagious, your child should stay home until the blisters begin to heal.

If your pediatrician is concerned about a possible strep throat infection, he or she may swab the back of your child's throat to collect a test sample. Most pediatric clinics can do a rapid strep test, which gives results within about 10-15 minutes and can detect most cases of strep throat. If this test is negative, the pediatrician may send the sample to a lab where they will try to grow the bacteria. If either test is positive, your child may be diagnosed with strep throat. If both tests are negative, your child does not have strep throat.

Preventing Illnesses that Cause Sore Throat

The viruses and bacteria that cause a sore throat are passed from person to person through droplets of moisture in the air (from a sneeze or cough) or on the hands of

someone who is infected. The illnesses may spread through schools and child care centers. One challenge for prevention is that people are often most contagious before they even begin to have symptoms. Washing hands, covering coughs and sneezes with a tissue or upper arm (rather than hand), cleaning toys, and not sharing drinking cups is the best way to try to prevent the spread of illness.

When to Call the Pediatrician

If your child complains of a sore throat that does not improve over the course of the day—especially after drinking water—you should call your pediatrician. This is especially true if there's a fever, headache, stomachache, drooling (because it hurts to swallow), or signs of dehydration. Your child's pediatrician may want him or her to come in for to determine if a strep test is needed.

If your child tests negative for strep throat or if your pediatrician does not think your child needs a throat swab, that is great news. Your child most likely has a virus that will get better with time. However, if his or her symptoms don't get better after 3 to 5 days, or if they develop other symptoms such as an earache or a new fever, he or she should see the pediatrician again to determine if more tests are needed.



Give Them More
— of the —
Good Stuff!

Make It at Home

1. Crust

For an **extra-quick crust**: use French bread, tortillas, pita or flat bread, English muffins or pre-baked crusts.

For a **dough crust**:

- Buy it pre-made—look in the grocery refrigerated case for dough in a bag or can. Check the “use by” date for best results.
- Buy a dry mix—it will keep longer. Check the “use by” date for best results.
- Make your own—yeast or no yeast. This might cost the least! Most recipes use simple ingredients you may already have at home.

Shape the dough:

- Roll or press the dough into a flat shape. The more even it is in thickness, the more evenly it will bake.
- Any shape will do! Try a heart or other fun shapes.
- Make small individual shapes so each person can choose their own toppings.

Look for
whole-grain
crusts.

Pizza Basics

Go heavy on veggies and fruit
for color and added health benefits.



2. Sauce

- Tomato-based sauces add a vegetable. They may be lower in calories, added sugars and salt than other options.
- Use a purchased sauce or make your own, or use sliced tomatoes.

3. Toppings

- **Veggies and fruit** – choose fresh, cooked, canned or dried.
- **Cheese** – grate the cheese and sprinkle lightly. Try low-fat cheeses like part-skim mozzarella.
- **Protein** (optional) – spread it out and keep it lean.

Buy It Prepared

- Watch for sale pricing and coupons.
- Compare refrigerated and frozen options.
- Try store brands. They may be cheaper than national brands.
- Compare the nutrition facts, especially calories per serving.

- Add extra fruits and veggies of your choice.



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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Share on:



Homemade Pizza

No-Yeast Pizza Crust

Ingredients:

- 1 1/3 cups all-purpose **flour**, try half whole wheat
- 1 teaspoon **baking powder**
- 1/2 teaspoon **salt**
- 1/2 cup nonfat or 1% **milk**
- 2 Tablespoons **oil**

Directions:

1. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
2. Turn dough onto a clean, lightly floured surface and knead 6 to 8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
3. On a baking sheet, roll or press dough into a 12-inch circle.
4. Bake crust at 400 degrees F for 8 minutes.
5. Remove from oven and add your choice of sauce and toppings.
6. Return to oven and bake until light golden brown, 12 to 20 minutes. Serve hot.
7. Refrigerate leftovers within 2 hours.

Makes one 12-inch circle

Prep time: 15 minutes

Cook time: 20 to 30 minutes

Go to
FoodHero.org
for more easy,
tasty pizza
recipes

Quick No-Cook Pizza Sauce

Ingredients:

- 1 can (8 ounces) **tomato sauce**
- 1 can (6 ounces) **tomato paste**
- 1 teaspoon dried **oregano**
- 1 teaspoon dried **basil**
- 1/2 teaspoon **garlic powder**
- 1 **carrot**, finely grated

Directions:

1. Mix all ingredients together in a bowl.
2. Spread on pizza dough, bread, English muffins or other pizza base.
3. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

Makes enough for four 12-inch crusts

Prep time: 5 minutes

Top it with fruits and veggies!

Chop, slice or grate:

Apples	Onions
Bell peppers	Pears
Carrots	Pineapple
Chilies	Roasted
Garlic	veggies
Green onions	Spinach
Leeks	Tomatoes
Mushrooms	Zucchini
Olives	



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ roll or pat dough into shapes with a rolling pin or clean hands.
- ✿ grate cheese or slice veggies and fruit.
- ✿ spread the sauce with the back of a spoon.
- ✿ choose and arrange the toppings.