



**Fun
&
Resources
Wednesday
5-6-2020**



Baked Apple Chips



Ingredients

- 2 large **apples**
- cinnamon** (optional)

Directions

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
2. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.
3. Bake at 200 degrees F for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from oven and cool. Store in an air-tight container for up to a year.

Makes: 2 cups
Prep time: 10 minutes
Cooking time: 2 hours



Recipe adapted from *Nutrition Matters*.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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 SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

Serving Size 1 apple (49g)
 Servings Per Container 2

Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 19g	
Protein 0g	

Vitamin A 2% • Vitamin C 15%
 Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	85g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Help Us Have a Good Day!

Positive Strategies for Families



Give me choices

Do you want your breakfast in the orange bowl or the green bowl?



Remind me of the rules

Remember, we keep ourselves safe, so go up the steps, down the slide.



Help me know when something is going to **end/change**

Five more minutes until dinner.



Catch me being good

Wow, thanks for trying something new. I hope you feel proud when you try new things!



Tell me exactly **what to do**

First we get into the bathtub and then we do bubbles.



Show me what is going to happen



More family resources at

ChallengingBehavior.org/Implementation/Family.html



National Center for
Pyramid Model
INNOVATIONS



UNIVERSITY OF
SOUTH FLORIDA



Office of
Special Education Programs
U.S. Department of Education

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{KIDS CRAFT} PAPER BOXES

Paper boxes craft!

Do you ever see a **kids craft activity** and drool, just itching with anticipation until you can do the project with your kids? I had that when I saw this Paper Craft post from Marie, of Make and Takes (*LOVE* her blog, follow her for tons of other kids crafts, you won't be disappointed).

She used scraps of paper to create paper cubes. We made one and were hooked... there is a growing installation of ceiling art in our play room. We are hanging the paper cubes as we make more!

You will need a variety of colors of paper. We used this multi-color pack of neon paper – love how bright the colors are!

Cut your paper into strips. It is not super important how long or wide your pieces are as long as they are all the same size. We made our strips 4 1/4" long (paper cut in half) and then roughly 2 inches wide.

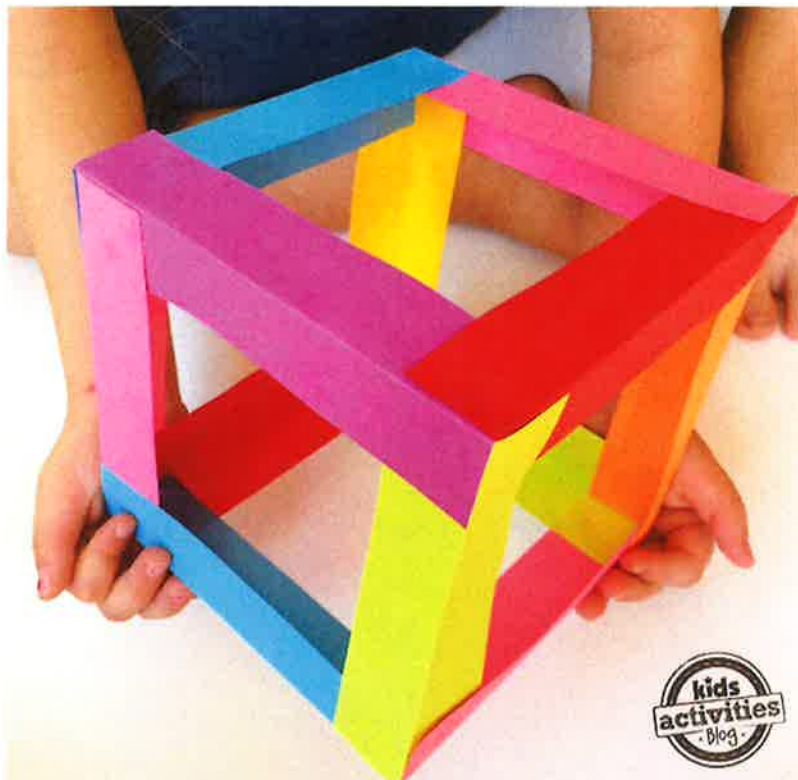
Also needed is a cup of glue with Q-tips. The Q-tips were so handy to put glue into those crevices.

You will need 12 strips of paper for each cube. Fold each slip in half "like a hotdog".

Make a "tray" with four of the strips.

For extra stability, try to layer the corners. Glue them down and then add the "legs" of the table.





Again, try to layer the sides for extra stability. Glue the legs into place.

Make sure that each corner is tight and flush with the other. If you don't your square will be lopsided or may not work.

For the top of the cube, do one side at a time.

We found that it got confusing for the kids, so it helped to do the whole top, put it into place and then glue it down.

These blocks are addictive. You won't want to make one, you'll want a dozen! We stacked them and then hung our blocks from the ceiling. Super cool!!

After you make a couple together your kids can make the blocks independently. Our 3 year old had fun helping us glue. Our five year old has been making them all by herself!

You can also add white paper to the "windows" of the cubes for a unique gift box.



The Difference between a Sore Throat, Strep & Tonsillitis



The terms *sore throat*, *strep throat*, and *tonsillitis* often are used interchangeably, but they don't mean the same thing.

- **Tonsillitis** refers to tonsils that are inflamed.
- **Strep throat** is an infection caused by a specific type of bacteria, *Streptococcus*. When your child has a strep throat, the tonsils are usually very inflamed, and the inflammation may affect the surrounding part of the throat as well.
- **Other causes of sore throats** are viruses and may only cause inflammation of the throat around the tonsils and not the tonsils themselves.

Sore Throat

In infants, toddlers, and preschoolers, the most frequent cause of sore throats is a **viral infection**. No specific medicine is required when a virus is responsible, and the child should get better over a seven to ten day period. Often children who have sore throats due to viruses also have a cold at the same time. They may develop a mild fever, too, but they generally aren't very sick.

One particular virus (called **Coxsackie**), seen most often during the summer and fall, may cause the child to have a somewhat higher fever, more difficulty swallowing, and a sicker overall feeling. If your child has a Coxsackie infection, she also may have one or more blisters

in her throat and on her hands and feet (often called **Hand, Foot, and Mouth disease**). Infectious **mononucleosis** (often called "Mono") can produce a sore throat, often with marked tonsillitis; however, most young children who are infected with the mononucleosis virus have few or no symptoms.

Strep Throat

Strep throat is caused by a bacterium called *Streptococcus pyogenes*. To some extent, the symptoms of strep throat depend on the child's age.

- **Infants:** May have only a low fever and a thickened or bloody nasal discharge.
- **Toddlers:** May also have a thickened or bloody nasal discharge with a fever. Such children are usually quite cranky, have no appetite, and often have **swollen glands** in the neck. Sometimes toddlers will complain of tummy pain instead of a sore throat.
- **Children over age three:** They are often more ill and may have an extremely painful throat, fever over 102 degrees Fahrenheit (38.9 degrees Celsius), swollen glands in the neck, and pus on the tonsils.

It's important to be able to distinguish a strep throat from a viral sore throat, because strep infections are treated with antibiotics.

Diagnosis & Treatment

If your child has a sore throat that persists (not one that goes away after her first drink in the morning), whether or not it is accompanied by fever, headache, stomachache, or extreme fatigue, you should call your pediatrician. That call should be made even more urgently if your child seems extremely ill, or if she has difficulty breathing or extreme trouble swallowing (causing her to drool).

Throat culture

This may indicate a more serious infection. The doctor will examine your child and may perform a throat culture to determine the nature

of the infection. To do this, he will touch the back of the throat and tonsils with a cotton-tipped applicator and then smear the tip onto a special culture dish that allows strep bacteria to grow if they are present. The culture dish usually is examined twenty-four hours later for the presence of the bacteria.

Rapid strep test

Most pediatric offices perform rapid strep tests that provide findings within minutes. If the rapid strep test is negative, your doctor may confirm the result with a culture. A negative test means that the infection is presumed to be due to a virus. In that case, antibiotics (which are antibacterial) will not help and need not be prescribed.

Antibiotics

If the test shows that your child does have strep throat, your pediatrician will prescribe an [antibiotic](#) to be taken by mouth or by injection. If your child is given the oral medication, it's very important that she take it for the full course, as prescribed, even if the symptoms get better or go away.

If a child's strep throat is not treated with antibiotics, or if she doesn't complete the treatment, the infection may worsen or spread to other parts of her body, leading to conditions such as [abscesses of the tonsils](#) or kidney problems. Untreated strep infections also can lead to **rheumatic fever**, a disease that affects the heart. However, rheumatic fever is rare in the United States and in children under five years old.

Prevention

Most types of throat infections are contagious, being passed primarily through the air on droplets of moisture or on the hands of infected children or adults. For that reason, it makes sense to keep your child away from people who have symptoms of this condition. However, most people are contagious before their first symptoms appear, so

often there's really no practical way to prevent your child from contracting the disease.

In the past when a child had several sore throats, her tonsils might have been removed in an attempt to prevent further infections. But this operation, called a tonsillectomy, is recommended today only for the most severely affected children. Even in difficult cases, where there is repeated strep throat, antibiotic treatment is usually the best solution.



Give Your Family More of the Good Stuff!

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Shop and Save

- ✿ Store brands can be less expensive than national brands.
- ✿ Buying yogurt in larger containers instead of single serving containers can save you money. Check the cost per ounce on the grocery shelf price tag.
- ✿ Check the 'best by' or 'use by' date on the package and choose the longest time for use.
- ✿ Greek yogurt may cost more than regular yogurt.



Yogurt Basics

Yogurt provides calcium, protein and healthful (probiotic) bacteria.



Types of Yogurt

Traditional yogurt has a tart taste and smooth texture. It can be thickened with milk solids, gelatin, agar, guar gum or starches.

Greek style yogurt has been strained to separate out the liquid whey. This makes it thicker and concentrates the protein. It also reduces the calcium, sodium and sugars.

Plain yogurt is especially tart because it has no added fruit or sugar.

Flavored yogurts may contain fruit or other natural or artificial flavorings, sugars or artificial sweeteners.

Non-dairy yogurt can be made from soy, coconut or almond milk.

Store Well Waste Less

- Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling, or taking on the flavors of other foods in the refrigerator.
- If stored well (refrigerated and covered), yogurt is safe to eat after the 'use by' date but the flavor may be more tart and the liquid may

have separated out. (It will need to be stirred.) Discard the entire container if any mold has appeared.

- Freezing yogurt is safe but the texture will not be the same after thawing.



Yogurt may be easier to digest for people with lactose intolerance.

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Using Yogurt

Quick Fix

- ✦ Use yogurt in smoothies and frozen fruit yogurt.
- ✦ Substitute for mayonnaise and sour cream in salad dressing or dips.
- ✦ Add to fresh or frozen fruit and granola.
- ✦ Substitute for buttermilk in baked goods.
- ✦ Top waffles or pancakes with yogurt and fruit.

Yogurt Fruit Dip

Ingredients:

- 1 cup nonfat **plain yogurt**
- 1 teaspoon **vanilla extract**
- $\frac{1}{2}$ teaspoon **cinnamon**
- 1 teaspoon **brown sugar**

Directions:

1. In a bowl, combine yogurt, vanilla, cinnamon and brown sugar. Mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Drinkable Yogurt

Ingredients:

- $\frac{1}{2}$ cup low fat **plain yogurt**
- $\frac{1}{2}$ cup **100% fruit juice**

Directions:

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Peanut Butter Yogurt Dip

Ingredients:

- $\frac{1}{2}$ cup nonfat **plain yogurt**
- $\frac{1}{4}$ cup **peanut butter**
- $\frac{3}{4}$ teaspoon **cinnamon** (optional)

Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

Makes: $\frac{3}{4}$ cup **Prep time:** 5 minutes

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

- ✦ measure yogurt or other ingredients.
- ✦ mix or shake the ingredients.
- ✦ use a rubber scraper to get peanut butter out of a cup.
- ✦ wash and slice fruit.

Go to
FoodHero.org
for easy, tasty
recipes
using yogurt

Kids
Can!