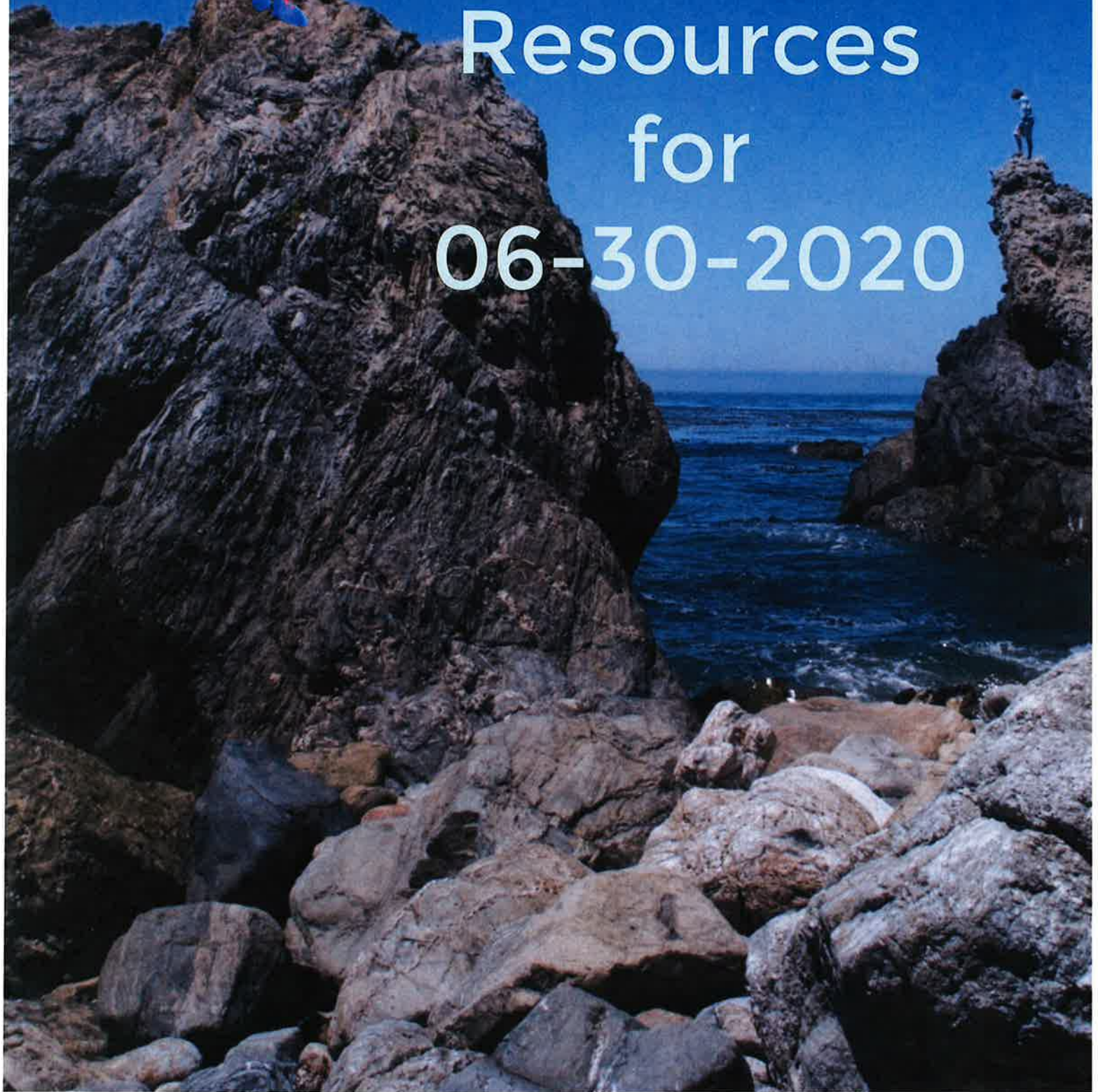




Fun and
Resources
for
06-30-2020





Cheesy Beef Pasta



Ingredients

- 1/2 pound lean **ground beef** (15% fat)
- 1 **onion**, diced (about 1 cup)
- 2 cloves **garlic**, minced, or 1/2 teaspoon **garlic powder**
- 1 small **zucchini**, chopped (about 1 1/2 cups)
- 1 jar (24 to 26 ounces) tomato based **pasta sauce**
- 1/2 teaspoon dried **basil**
- 1/2 teaspoon dried **oregano**
- 1/4 teaspoon **hot red pepper flakes** (optional)
- 12 ounces **rotini pasta** (about 4 cups)
- 2 ounces shredded **cheddar cheese** (about 1/2 cup)
- 6 ounces shredded **mozzarella cheese** (about 1 1/2 cups)

Makes: 8 cups
Prep time: 20 minutes
Cooking time: 30 minutes



Directions

1. In a large skillet, cook beef, onion, garlic and zucchini over medium-high heat (350 degrees in an electric skillet) until meat is browned and broken into pieces. Drain any fat.
2. Add the pasta sauce, basil, oregano and red pepper flakes, if desired. Bring to a simmer and cook on medium low (275 degrees in an electric skillet) for 15 minutes.
3. Cook the pasta in boiling water according to package directions.
4. Drain the pasta and add to the sauce in the skillet. Stir in the cheese and cover until the cheese is melted.
5. Refrigerate leftovers within 2 hours.

Notes

- Substitute broccoli for zucchini. Cook fresh broccoli with the pasta in step 3 or add frozen broccoli in step 2.

Nutrition Facts

Serving Size 1 cup (289g)	
Servings Per Container 8	
Amount Per Serving	
Calories 400	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 580mg	24%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 21g	
Vitamin A 10%	• Vitamin C 10%
Calcium 25%	• Iron 15%
*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 65g 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	

Making Divorce Less Traumatic for Kids

By Dr. Charles Fay

Parents can make divorce less traumatic for their kids

Over the past twenty-five years we've met parents who've managed to reduce the negative effects of divorce on their children...and ended up raising kids who grew into really nice, responsible adults. Sadly, we've also seen the other side of the coin...parents who unnecessarily make things much tougher for their children and themselves.

Listed below are some tips that up the odds that children of divorce will grow up well- adjusted, instead of angry, resentful, and irresponsible.

Tip #1: Assure your kids that the divorce is not their fault.

Children, especially younger ones, have a strong tendency to blame themselves for the divorce. What a horrible burden of guilt to bear! From you and your former spouse, they need to hear the following message over and over:

Some kids blame themselves for their parents getting a divorce. It was not your fault. We love you.

Tip #2: Avoid bad mouthing your former spouse...even in subtle ways.

As we all know, small ears hear more than big ones!

Kids need to know that it's okay to love both of you. Don't place your child in a loyalty conflict by subtly suggesting that they should not love the other parent or have fun when they visit them. One father made this mistake in a very subtle yet damaging way. Each time he picked up the kids at his ex-wife's, he would greet them with a worried look and ask nervously, "Are you guys okay? Did your visit go okay?"

It wasn't long before the kids started to believe that they weren't supposed to have an "okay" time at Mom's house.

Oftentimes, these more subtle jabs are the most powerfully damaging.

Tip #3: Don't waste time and energy trying to "convert" your former spouse to your parenting style.

Some divorced parents waste precious time and energy fighting a never-ending control battle with their former spouse over how to parent the kids.

Children adjust to different parenting styles, as long as their parents aren't manipulated into giving in or getting angry. When your kids say things like, "But Dad lets us," experiment with saying the following while not backing down:

You're pretty lucky to have two parents who are different. Thanks for letting me know.

Tip #4: Don't hesitate to seek qualified professional help.

Our children will never be healthier than we are. The trauma of divorce can result in major financial stress, lost friendships, depression, low self-esteem, anger, etc. A skilled therapist can help you and your kids move on to happier times, instead of getting bogged down in the pain.

One Love and Logic parent commented:

I never thought I'd end up divorced, and when my marriage ended I was devastated. All I could think about were the news reports I'd seen about how messed up kids get when their parents break up. Love and Logic taught me how to take care of myself so that I could take care of my kids. It also taught me that the only thing I can really control is myself and how I react...not how their dad does. That was ten years ago. I think my kids are still a bit angry over what happened, but they're doing well.

While divorce is certainly very difficult for kids, Love and Logic offers easy-to-learn techniques that really work. Start building a happy future by getting started today.

People who are really successful implementing this skill purchased [Love and Logic Keys for Helping Kids Cope with Divorce](#)

[Printer Friendly PDF](#)

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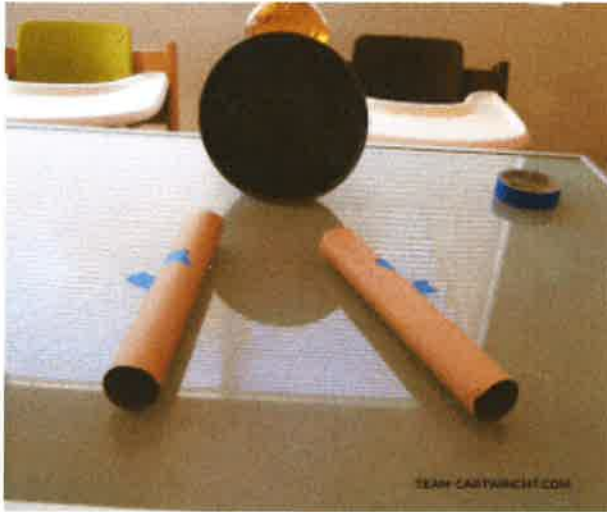
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How Do Echos Work?

How do echoes work? What makes you hear a sound a second and third time like that?

You Need:

1. 2 Paper Towel Tubes
2. Pie Pan

To Do:

Prop the pie pan up on a table so it is vertical. Take one paper towel tube and place it on the table, angled a bit but aimed at the pie plate. Take the other paper towel and have it angled the opposite way, also aimed at the pie plate.



Have your child put his ear to one of the tubes while you talk softly into the other. You can hear what is said through the other tube!

The sound waves you create by speaking travel through the tube. They are directed through the tubes, hit the pie plate, and bounce off, traveling back through the other tube. You are hearing the echo.

An echo is when a sound wave bounces off of a surface. Some surfaces are better for echoes than others. For example, bathrooms are often very good at creating echoes. This is because they are usually full of hard surfaces like tile that bounce back sound waves effectively. A fun bath time activity is to explore your echo with your child.

Take a nature walk and tap on things with sticks. Try making high pitches and low pitches. Explore echoes. Sounds are all around us. Encourage your kids to take a listen and explore the science behind the sound.

Welcome to Group Care!



Healthy Active Living at Home

- Limit fast food and dining out. It is much easier to make sure that what your family eats is healthy if you make it yourself!
- Let your child help make meals with you. Give simple tasks such as putting napkins on the table, placing precut vegetables in the salad, or helping mix batter
- If your child has a hard time sitting at the table during mealtimes, try to keep mealtimes short—10 minutes or so. Let your child get up when she shows she is finished eating
- Put healthy foods, such as a bowl of apples, where your child can reach them. When she gets hungry, she can easily get to healthy foods
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- When awake, children should not be inactive for longer than 1 hour at a time
- Limit TV and videos to no more than one to two hours each day
- Try not to put a TV in your child's bedroom
- Be active together as a family
- Choose active toys for your child. Young children need easy access to balls, jump ropes, and other active toys
- Find time for things such as singing, exploring parks, flying a kite, digging in the sand, tumbling in leaves, or building a snowman
- Find ways to engage your child in healthy active living such as
 - Playing a game of tag
 - Making healthy meals together
 - Making a shopping list with colorful fruits and vegetables
 - Going on a walk in the neighborhood
 - Growing a garden
- Read together. It can be a lot of fun and part of your bedtime routine



Questions to Ask Your Baby's Pediatrician

"How can I make sure my child is getting enough physical activity?"

"How often should I read to my child?"

"What type of car seat should my child be using?"

"When is my child ready for organized sports?"



Give Them More
of the
Good Stuff!

Split Pea Basics

Shop and Save

- ☼ Look for bright-colored split peas, usually green or golden yellow.
- ☼ Dried split peas are inexpensive and store well.
- ☼ Split peas are available pre-packaged or in bulk bins.

Split Pea Math

1 pound =
2 1/8 cups dry split peas
1 cup dry split peas =
2 to 2 1/2 cups cooked

Split peas are an excellent source
of protein and fiber.



More About Split Peas

- ☼ Split peas are mature peas that are allowed to dry before harvesting. When the skins are removed, they naturally split in half.
- ☼ Either yellow or green split peas can be used in most recipes. Yellow split peas have a mild flavor while green split peas are slightly sweeter.
- ☼ Split peas do not need to be soaked before cooking. Sort to remove small rocks or other seeds and plant parts, then rinse to remove dust.
- ☼ Cook split peas by simmering in water or broth. Use about 3 cups of water for 1 cup of split peas.
- ☼ Cooking times depend on the desired texture. For split peas that hold their shape, cook for 20 minutes. To make a smooth puree, cook for 40 minutes or longer.

store Well Waste Less

- To maximize shelf life, store dry split peas in an airtight container in a cool, dark, dry place. Stored well, they keep their quality for 2 years or longer.
- Cooked split peas can be refrigerated for up to a week.

- For longer storage, freeze cooked split peas for up to 3 months. Divide into amounts suitable for a single use.



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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Enjoy Split Peas

Split Pea Soup

Ingredients:

- 1 cup sliced or grated **carrots**
- 1 cup chopped **onion**
- 1 cup chopped **celery**
- 1 teaspoon **oil**
- 2 cups dry **split peas** (yellow, green or a mix)
- 7 cups **broth** (any flavor)

Directions:

1. In a large saucepan, sauté carrots, onion and celery in oil until just beginning to brown.
2. Add split peas and broth. Bring to a boil then cover and reduce heat to low.
3. Simmer until peas are as soft as you like, 45 to 60 minutes or longer.
4. Refrigerate or freeze leftovers within 2 hours.

Flavor variations:

- ✿ Make broth by adding 1 teaspoon or cube of bouillon (any flavor) for each cup of water.
- ✿ Ham: Use a ham bone or ham hock with the broth or water. Add 1 cup of chopped ham and a dash of ground cloves to the soup.
- ✿ Curry: Add 1 Tablespoon curry powder and ½ teaspoon each garlic powder, cumin, and turmeric. Taste and adjust seasonings as you like.

Makes 8 cups

Prep time: 10 -15 minutes

Cook time: 50 -60 minutes or longer

Visit FoodHero.org for more recipes using split peas.

Split Pea Salad

Ingredients:

- ½ cup dry **split peas** (green, yellow or a mix)
- 1½ cups **water** or **broth** (any flavor)
- 2 **green onions**, sliced, or ¼ cup **sweet onion**, chopped finely
- 1 cup **tomatoes**, diced
- ¼ cup fresh **parsley**, chopped
- ¼ cup **Italian salad dressing**

Directions:

1. In a small saucepan, combine split peas and water or broth. Bring to a boil. Reduce heat and simmer until just tender but still holding their shape, 20 minutes. Drain if needed. Set aside to cool.
2. In a bowl, combine the cooked split peas, onion, tomatoes and parsley. Add the dressing and toss lightly.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 -15 minutes

Cook time: 20 minutes + cooling time

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

- ✿ find and remove small rocks, seeds or plant parts from dry split peas.
- ✿ Rinse split peas in a colander under cool running water.
- ✿ Wash, peel or chop vegetables.

Kids Can!