

*Fun and Resources for
07-13-2020*





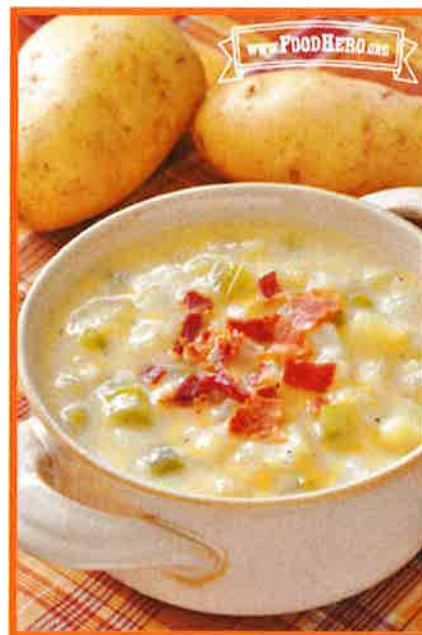
Cheesy Potato Soup



Ingredients

- 1 medium **onion**, chopped (about 1 cup)
- 1/4 cup **celery**, chopped
- 1 teaspoon **oil**
- 2 cups **potatoes**, peeled and diced bite size
- 2 cups **chicken broth**
- 1/4 teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1 1/2 cups nonfat or 1% **milk**, divided
- 3/4 cup (3 ounces) **cheddar cheese**, shredded
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Makes: 6 cups
Prep time: 10 minutes
Cooking time: 45 minutes



Directions

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer until the potatoes are tender, 15 to 25 minutes.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

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 cup (242g)
 Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	22%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 5g	

Protein 9g

Vitamin A 6% • Vitamin C 10%
 Calcium 25% • 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

What's that smell?

In this experiment you will introduce your child to their sense of smell by having them smell (with their eyes closed) some strong-smelling items and also some unscented items.

This experiment is appropriate for children age 1+. Younger children may not want to close their eyes, and that is perfectly ok! All children will enjoy smelling the items (and guessing what the items are if their eyes are closed).

Our sense of smell relies heavily on brain interpretation of the scent. Everyone interprets smells differently, and a smell I find pleasant, such as coffee, may be repulsive to my children. It's important to try not to push our personal feelings about the scent onto our child and rather to let them decide how they feel about the scent on their own. 😊

Materials needed:

- Blindfold (optional)
- 3-5 items with a strong scent that your child will know (examples: mint, coffee, warm pizza, hot chocolate, popcorn, flower, orange peel, candle, essential oil)
- 3-5 items without a strong scent (examples: water, paper, cell phone, book, clothing)

Safety:

Be careful not to get the items too close to your child's nose to prevent them from inhaling the items through their nostrils.

Procedure:



1. Blindfold your child or ask them to close their eyes
 - A. *For babies:* skip this step
 - B. *For toddlers :* blindfold works well if they can't keep eyes closed
 - C. *For preschoolers:* closing eyes is recommended
2. Place the first item under your child's nose and ask them to inhale and smell the item



3. Discuss the smell with your child

A. *For babies:* Show them what they smelled, tell them the name of it, and describe the item (for example: “you are smelling a rose, it is a flower that is known for its appealing, strong, sweet floral scent.”)

B. *For toddlers:* Ask them to tell you what they think they are smelling? Then discuss the item with them as in step 3A.

C. *For preschoolers:* In addition to step 3B, ask them to describe the scent (do they like it? Is it a sweet, fruity, floral, spicy, clean, or strong scent)?

4. Repeat steps 1-3 with all the items



I used a mitten for our first unscented item. The kids thought it was so silly. “Mom, you tricked us!”



What happened:

Your child learned about their sense of smell. They discovered they needed only their nose to be able to identify some items (like coffee, orange peel and roses), and for others items (like water and paper) they need to use their other senses (such as sight,

and touch) to help identify the item.

As your child learned, we all interpret scents differently. My son enjoyed the smell of fresh rosemary from our garden, but my daughter did not.

Some foods, like chocolate and coffee, for example, have a stronger scent when hot then cold. My kids preferred the smell of hot brewed coffee over coffee that had gone cold in my cup.

7 Tips and Tools



Try to understand your child's behavior.



Validate your child's feelings—let her know you understand.



Set clear expectations and encourage the behavior you want.

Help Your Child Feel Loved



Tell your child what you want him to do.



Give choices.



Spend time playing, reading, singing together.



Pay attention to your own feelings and thoughts.

School readiness begins with health!



NATIONAL CENTER ON
Early Childhood Health and Wellness

Parents—help your child learn positive behavior!

- All children misbehave or engage in challenging behavior sometimes.
- How you handle your child's misbehavior can make a big difference in how your child behaves throughout her life.

Treating your child with kindness and respect will help her treat others with kindness and respect. You are modeling positive relationships.

You can take steps to teach your child positive behaviors!



School readiness begins with health!

Nurture your child and yourself!



How to nurture your child

- listen to your child
- respond to your child's needs
- remain calm
- don't expect your child to be perfect
- model appropriate behavior— including saying sorry if you need to



How to nurture yourself

- take care of yourself
- take a break when you need it— if your child is safe
- don't expect yourself to be perfect

Resources

APA—American Psychological Association
<http://www.apa.org/monitor/2012/10/parenting.aspx>

CDC—Centers for Disease Control and Prevention
<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

CSEFEL—Center on the Social and Emotional Foundations for Early Learning
<http://csefel.vanderbilt.edu/resources/family.html>

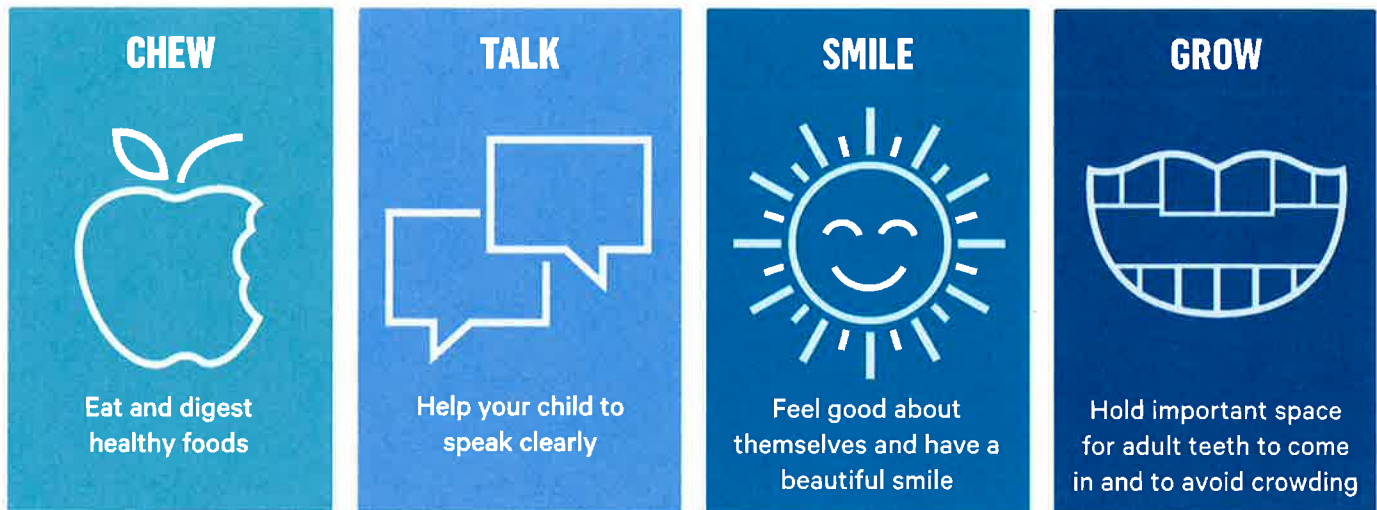
TACSEI—Technical Assistance Center on Social Emotional Intervention
http://challengingbehavior.org/do/resources/making_life_easier.html

BABY TEETH MATTER

Cavities are preventable. How you care for your child's baby teeth will impact their adult teeth.

Start good oral care habits now!

Baby teeth play an important role in your child's health because they help your child:



Losing baby teeth too soon can cause serious problems. Follow these steps to help your child keep their baby teeth healthy:

- Help your child brush his/her teeth 2 times a day with fluoride toothpaste.
- Never put your child to bed with a bottle or sippy cup.
- Avoid sharing spoons, cups or toothbrushes with your child.
- Limit sugary drinks and avoid sweet and sticky foods.
- Take your child to their first dental visit by age 1.

Your dental provider is a big part of your healthcare team! It's important to have a dental home with a dental provider that you like, trust, and see regularly for care.

If you need help finding a dentist and are a member of **Smiles For Children**, please call **1-888-912-3456** or visit our website at **www.DentaQuest.com**.



Give Them More
of the
Good Stuff!

Onion Basics

Shop and Save

❁ Choose whole onions that are firm and heavy for their size, and have no scent. Look for a dry, papery outer skin. Avoid cut, bruised or sprouting onions.

❁ Yellow onions usually cost the least. Use them for cooking since the flavor becomes sweeter when cooked. Use sweet onions and red onions when you need a mild raw flavor or bright color.

❁ Onion powder adds flavor when cooking. Choose onion powder over onion salt to help reduce the salt in your diet.

Onions boost flavor
and add antioxidants
for cell and tissue health.



Types of Onions

 **Yellow onions** are most common. They store well.

White onions are usually sharper in flavor.



 **Red onions** are somewhat mild in flavor. Their red skin adds color to dishes.

Sweet onions have a mild flavor even when raw. They don't store as long.



Green onions (scallions) are mild in flavor. Both the bulb and the green tops are eaten.

Chives are thin green stems with a mild onion flavor. Use them fresh or dried.



Leeks have a mild onion flavor and can be used raw or cooked.



Store Well Waste Less

- Store whole onions in a cool, dark, dry place in an open bowl or bag for several weeks. They need air around them to slow spoilage.
- Refrigerate peeled or cut onions in sealed containers or wrapped tightly. Use within 1 to 2 weeks.
- Refrigerate green onions (scallions) and use within 1 to 2 weeks.

- Freeze extra onions (raw or cooked) to prevent waste. Chop the onions and sauté if desired.
 - Freeze an amount to be used at one time in individual freezer-safe containers or bags.
 - Freeze individual pieces on a tray and transfer to a freezer-safe container. To use, remove just what you need and return to the freezer. Use within 6 to 8 months in cooked dishes.



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.

2019 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



Cooking with Onions

Sautéed Onions

Ingredients:

- 1 medium **onion**, sliced or chopped
- 1 teaspoon **oil, margarine, or butter**

Directions:

1. Heat oil in a wide bottomed skillet or pan over medium-high heat.
2. Add chopped or sliced onion and cook, stirring frequently, until desired softness and color are reached. Reduce the heat as needed to prevent burning.
 - ✿ 3-5 minutes – onions will be crisp-tender and a clear white.
 - ✿ Longer cooking will start to brown the onions. They will become softer and sweeter.
 - ✿ Cooking for a long time (30 minutes or more) at a lower heat will turn onions a rich golden brown.
 - ✿ When sautéing more than one onion, avoid crowding them in the pan.

Makes 1 cup

Prep time: 5 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for easy, tasty
onion recipes

No Tears!

- ✿ **Chill onions before chopping - 30 minutes in the refrigerator or 10 minutes in the freezer.**
- ✿ **Use a very sharp knife.**
- ✿ **Start cutting at the stem end.**

Roasted Onions

Ingredients:

- 2 medium **onions**
- 1½ teaspoons **oil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**

Directions:

1. Preheat oven to 425 degrees F.
2. Peel off papery layers and trim out root end. Cut onion in quarters.
3. Toss with oil, salt and pepper. Place cut-side down on a baking sheet.
4. Roast until tender, about 20-25 minutes.
5. Refrigerate leftovers within 2 hours.

Notes:

- ✿ To make clean-up easy, cover the baking sheet with foil.
- ✿ Drizzle with 1 to 2 teaspoons of balsamic vinegar before serving for a different flavor.

Makes 2 cups

Prep time: 5 minutes

Cook time: 30 minutes



Kids Can!

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

- ✿ **snip green onions or chives with kitchen scissors.**
- ✿ **put onions in the refrigerator before cutting.**
- ✿ **toss onions with oil and seasonings and arrange on the pan for roasting.**

Any type of
onion can be
used in most
recipes.

1 medium onion = 1 cup chopped onion = 1 Tablespoon onion powder