

*Fun and Resources for
07-16-2020*





Chicken and Dumpling Casserole



Ingredients

- 3 Tablespoons **oil**
- 1 cup chopped **onion** (about 1 medium)
- 1 cup chopped **carrots** (about 2 small)
- 1 cup chopped **celery** (about 2 stalks)
- 3 cups low sodium **chicken broth** (see notes)
- 3 Tablespoons **flour**
- 2 cups cooked **chicken**, bite sized
- 1 cup frozen **peas**
- salt** and **pepper** (try 1/4 to 1/2 teaspoon)

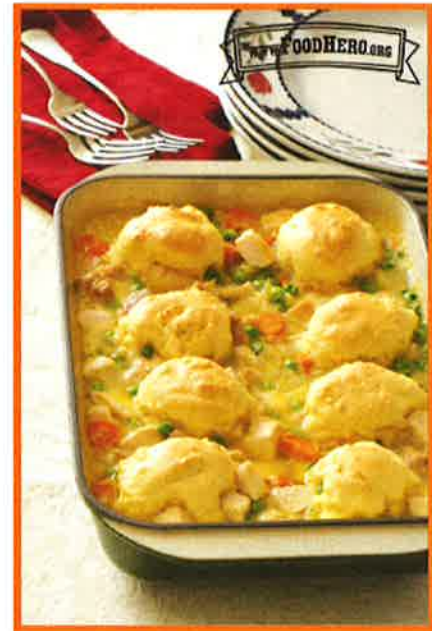
Makes: 8 cups
Prep time: 10 minutes
Cooking time: 30 minutes

DUMPLINGS

- 1 cup **flour**
- 2 teaspoons **baking powder**
- 1/4 teaspoon **salt**
- 1 **egg**
- 1/3 cup nonfat or 1% **milk**

Directions

1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet) and saute onions, carrots and celery until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.
4. Dumplings: sift the flour, baking powder and salt together into a mixing bowl.
5. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.



Nutrition Facts

Serving Size 1 cup (232g)
 Servings Per Container 8

Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 370mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 16g	

Vitamin A 60% • Vitamin C 10%
 Calcium 10% • Iron 10%

*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

6. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture. (makes about 8 dumplings)
7. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.
8. 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.

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.

Is it Hot or Cold?



This experiment will help kids discover that the sensations of hot and cold are determined solely by touch. They will feel objects to identify if they are hot, cold, or room temperature. This is a fun experiment for kids ages 18 months+ who know the difference between hot and cold.

Materials needed:

- blindfold (optional)
 - bag of frozen veggies
 - a hand towel warmed in the dryer
- a bag of beans or pasta

Safety:

Be careful that the warm item is not too hot to touch that it can cause burns. Also, frozen items can also burn the skin through prolonged contact, so don't let your children handle the frozen item for too long. If your child is uncomfortable with a blindfold on you can ask them to close their eyes instead, or do the experiment with eyes open.

Procedure:

1. Blindfold your child or ask them to close their eyes. (optional)
2. Hand the bag of frozen veggies to your child.

My kids were thrilled to unexpectedly touch the cold bag of frozen peas!

3. Observe their immediate reaction and ask them how it feels (*hot, cold, or neutral*)?
4. Repeat steps 2 and 3 with the warm hand towel and the bag of beans.

My kids used the warm towel as a blanket

5. Remove the blindfold (if used) and discuss how we interpret temperature of an object though our sense of touch.

What Happened:

Your child discovered how well their thermoreceptors work. They were able to feel and interpret cold and hot sensations. How did they react to the cold and hot? Did their brains tell them to hold on to the object or drop it?



Head Start and Families Working Together—6 months

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

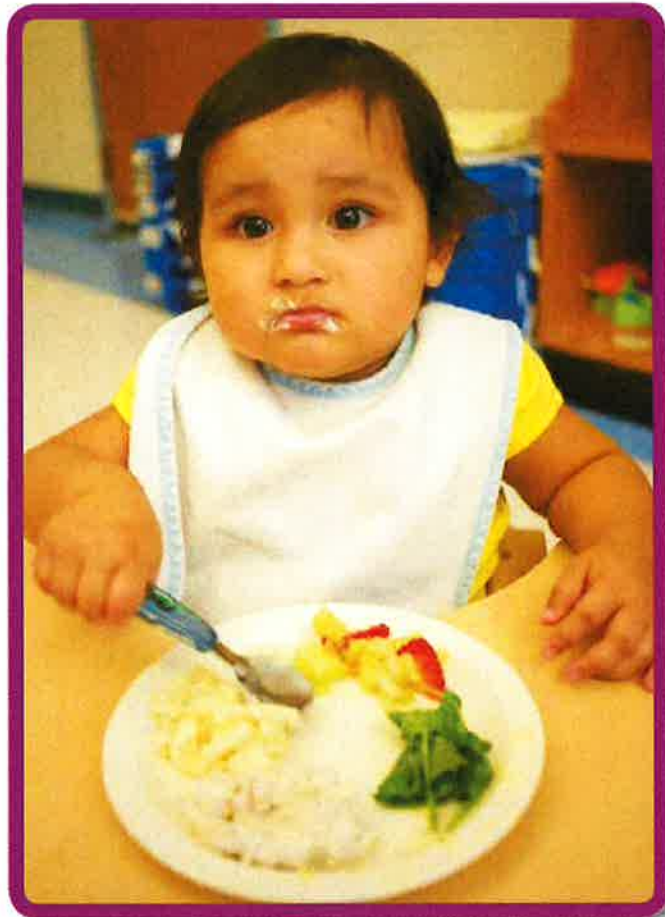
Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

Solid Foods

Introduce solid foods when you know your baby is ready, one at a time, waiting a few days between each new food. We will wait to give your infant solid foods until you let us know.

- Signs that show your infant is ready
 - Opens mouth for the spoon
 - Sits with support
 - Has good head and neck control
 - Shows interest in foods you eat
- Starting new foods
 - Introduce new foods at home for the first time.
 - Let us know if certain foods cause allergies (eg, peanuts and fish). We will avoid giving these to your infant
 - Finger foods will be offered only after you give permission
- Avoid overfeeding, and watch for signs that your infant is full
 - Leaning back
 - Turning away
 - Pushing away the spoon



Physical Health

Immunizations help your baby stay healthy. Your baby's pediatrician should provide routine immunizations based on the current state schedule.

- We support you in working with your pediatrician to bring your infant up-to-date
- Let us know if you have questions about your infant's immunizations

School readiness begins with health!

Healthy Gums

Tooth decay can develop when your infant's gums (or teeth) are exposed to liquids or foods other than water for long periods.

- To prevent decay, we gently wipe your infant's gums at least once during the day
- You, too, can use a clean cloth to gently wipe your infant's gums at home

Development

Your baby is increasingly able to use his senses and muscles. We make sure the environment he explores helps strengthen these abilities. When at home, engage in your infant's development through play!

A 6-month-old infant will:

- Turn toward a noise
- Reach for toys
- Hold a toy in one hand and transfer it to the other
- Play with his toes
- Recognize his own name and faces of familiar people
- Make sounds
- Relax when you read him a bedtime story

A 6-month-old child may:

- Roll over
- Help hold his bottle during feeding
- Play games with people he knows
- Be afraid of adults he does not know

Relationships

As your infant becomes more aware of objects and people around him, he will want to play with you and other familiar adults. Talking with your

child helps him to learn words and understand the world around him.

- Your infant really wants your attention
- Encourage positive things he does
- Each day, set aside special time with him to do something together

Separation Anxiety

Your infant may appear anxious when you leave him at our center. To help you and your infant:

- Allow yourself extra time when saying good-bye during drop-off
- Do not sneak out. Sneaking out will cause your infant confusion when he discovers you are gone. It can also break his trust in you
- Talk with us so we can better support you and your infant. Together we can...
 - Establish a routine to make drop-off predictable for him
 - Reassure your infant that you will be back to pick him up

Getting Sick

It happens to everyone. Catching a cold is an easy thing to do, even for a tiny person. We help protect your infant from illness.

- We wash our hands—and your infant's
- We keep all of the toys clean—especially bottles and pacifiers
- At home, you can make sure to wash your hands and your infant's hands

Questions to Ask Your Baby's Pediatrician

"How do I know if my baby is eating enough?"
"What do I need to do to safety proof my house?"

Healthy Habits for Happy Smiles



Giving Your Child Healthy Snacks

Young children eat small amounts of food because their stomachs are small. In addition to giving your child healthy meals, giving your child a variety of healthy snacks at scheduled times during the day is important to keep your child healthy. Encourage your child to try new foods.



School readiness begins with health!

Tips for healthy snacks:

- Give your child a variety of healthy snacks, such as:
 - Fruits like apples, bananas, oranges, or berries
 - Give your child cut-up or whole fruit instead of fruit juice.
 - Vegetables like broccoli, carrots, celery, cucumbers, or peppers
 - Foods made with whole grains, like cereals, crackers, bread, or bagels
 - Dairy products like low-fat milk, cheese, cottage cheese, and unsweetened yogurt
- Avoid foods that may cause choking, like popcorn, nuts, seeds, raw carrots, or whole grapes. Cut food into small pieces.
- Give your child water or milk to drink with snacks.
- Do not give your child sweets like candy, cookies, and cake at snack time. And do not give your child sweet drinks like fruit-flavored drinks, pop (soda), and fruit juice at snack time.



This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #90HC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Giving Your Child Healthy Snacks*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

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ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness



Give Your Family More of the Good Stuff!

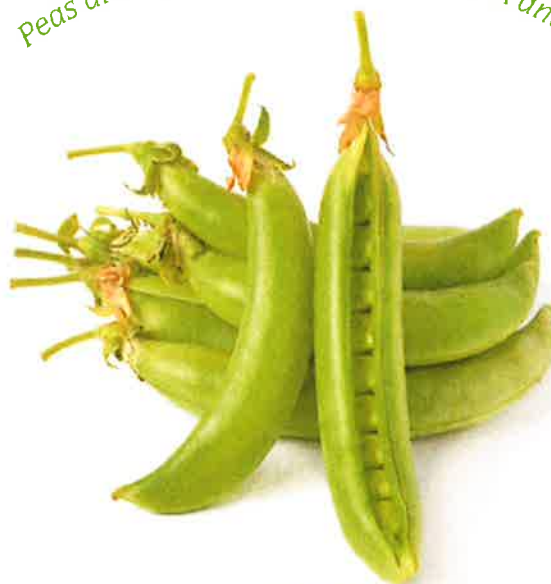


Shop and Save

- * Fresh peas might cost less and taste fresher while in season from May through mid-July.
 - ⇒ To avoid waste only buy what you need, since fresh peas only last a few days in the refrigerator.
- * Frozen and canned peas are available all year.
 - ⇒ For the best value buy frozen peas in large bags that you can reseal, or portion out what you need in smaller freezer bags or containers.
 - ⇒ Choose low-sodium canned peas. Use the food label to find canned peas with less sodium. Rinse and drain the canned peas to cut more sodium.
- * Sugar snap peas and snow peas may be least expensive at a farmers' market.

Peas Basics

Peas are a good source of vitamins A and C.



Peas can be enjoyed year round—fresh, frozen or canned.

Types of Peas

Green peas (garden peas) – Green peas grow in a pod but are 'shelled' or removed from the pod for cooking or eating. Fresh green peas should be plump and firm and not rattle around inside the pod. Green peas can be found fresh, frozen or canned.



Snow peas (Chinese pea pods) – Snow peas should be flat with very small peas inside the pod. The pod and peas inside are eaten together. They are usually available fresh or frozen.



Sugar snap peas (snap peas) – Snap peas have a plump, fleshy pod with peas inside. Both the pod and the peas inside are eaten together. They are crisp and snap like green beans when bent. They are usually available fresh or frozen.



Store Well Waste Less



- Refrigerate fresh peas soon after picking or buying. Store them in an open bag or unsealed container. They should keep for about 3 days.
- Frozen peas will keep in the freezer for up to 8 months. Keep them in a resealable freezer bag or container so you can use what you need and continue to keep the rest frozen.
- Canned peas keep for 2 years or longer.

Cooking with Peas

Green Pea Soup

Ingredients:

- 2 cans (15 ounces each) **peas** (undrained)
- 1 cup nonfat or 1% **milk**
- 1 teaspoon **chicken** or **vegetable bouillon**
- 1 tablespoon **onion powder**
- ½ teaspoon **garlic powder**
- ¼ tsp **pepper** (optional)

Directions:

1. In a medium saucepan, heat peas with liquid over medium heat. As the peas warm, mash to desired consistency with a fork or potato masher.
2. Stir in milk, vegetable bouillon, onion powder, garlic powder and pepper, if desired. Simmer for 15 minutes. Serve warm.
3. Refrigerate leftovers within 2 hours.

Notes:

For a smoother soup, combine peas with liquid and milk in a blender or food processor. Blend until smooth, then add to saucepan.

Try fresh onion for extra flavor! Heat 1 teaspoon vegetable oil in the saucepan over medium heat. Add ¾ cup chopped fresh onion. Cook until onion is soft then add peas with liquid.

Parmesan Peas

Ingredients:

- 1½ teaspoons **margarine** or **butter**
- 3½ cups **peas** (about 2 cans [14.5 ounces each] drained or 16 ounces frozen)
- 1½ teaspoons **lemon juice**
- ¼ teaspoon **pepper**
- ⅓ cup grated **parmesan cheese**

Directions:

1. Heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peas and cook 2-3 minutes or until peas are heated through.
2. Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.
3. Refrigerate leftovers within 2 hours.

Note:

Try other types of cheese or a blend!

Go to
FoodHero.org
for easy, tasty
recipes with
peas

Quick Fix

- ❖ Peas make a great addition to green salads.
- ❖ Try sugar snap peas with a low-fat dip.
- ❖ Add peas to a tasty brown rice or barley pilaf.
- ❖ Add fresh or frozen peas to your favorite pasta dish.
- ❖ Use snow peas mixed with other veggies and chicken or tofu for a stir-fry.