

Fun and Resources for Tuesday, July 21, 2020





Chunky Black Bean Dip



Ingredients

- 1 can (15 ounces) **black beans**, rinsed, drained
- 1/2 cup diced **onion**
- 1 small **bell pepper**, diced
- 1 medium **tomato**, diced
- 1 clove **garlic**, minced, or 1/4 teaspoon garlic powder
- 1 teaspoon **cumin**
- 1 teaspoon **chili powder**
- 1 Tablespoon **cider vinegar**

Makes: 3 cups
Prep time: 10 minutes



Directions

1. **For a smooth dip**, place ingredients in a food processor or blender and process until smooth OR **For a chunky dip**, mash beans well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste.
3. Refrigerate leftovers within 2 hours.

Notes

- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Preparation time:

10 minutes

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

Nutrition Facts

24 servings per container	
Serving size	2 Tablespoons (33g)
Amount per Serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 71mg	2%
Vitamin A 3mcg	0%
Vitamin C 6mg	6%

*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.

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,

ACTIVITY SHEET 1

Tooth Fairy Wand

Materials:

- Festive paper drinking straws
- Thin ribbon – sparkly
- Tooth template, cut out (found below)
- Glue dots
- Clear packing tape
- Crayons / colored pencils, etc.

Instructions:

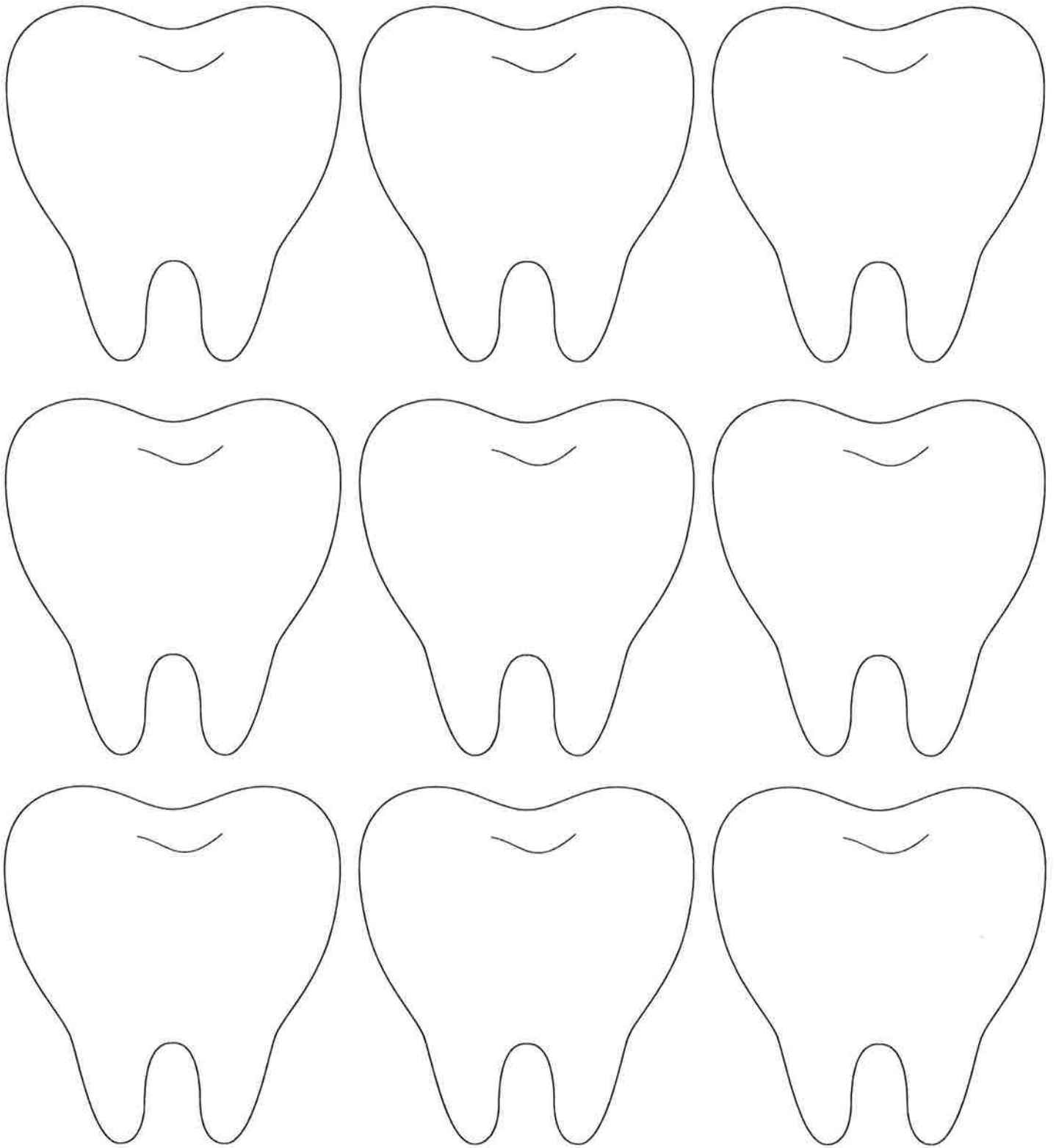
- Have children write their name or pick their favorite healthy food and draw it on the tooth (you can choose). Discuss why choosing healthy foods for our teeth are the best choice.
- “Laminate” the tooth with clear packing tape after the child is done drawing. Apply the glue dot to the back of the tooth and attach to the straw. Help child tie ribbon around straw.
- **You’re done! A fun festive tooth fairy wand!!**



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.



ACTIVITY SHEET 1
Tooth Fairy Wand Tooth Template



What Are the Risks of Lead Poisoning?

Small amounts of lead can build up in the body and cause us to **get sick**.

Build-up of lead in children is especially dangerous because:

- Lead sickness does not always cause symptoms we can see.
- Lead can permanently harm the brain and nervous system of your child.
- Lead can cause learning problems, attention problems, and behavior problems in your child.
- Lead can sometimes cause speech and hearing problems and slow down your child's growth.



How Do You Test for Lead Poisoning?

- Talk with your health care provider about the risk for your child.
- **A blood test**, through either finger stick or blood draw, is the only way to know for sure.

**Many children
who have lead poisoning
do not look or act sick!**

REMEMBER: Protect Your Family from Lead

- Lead exposure can harm young children and babies even before they are born!
- Separate children and pregnant women from home repair areas or areas with peeling/chipping paint.
- Even children who seem healthy may have dangerous levels of lead in their bodies.
- Tell your health care provider about your home to check if there is risk.
- Be aware of the risks where you and your child live, work, and play.



The Good News: Lead Poisoning Is 100% Preventable!
You Can Protect Your Family!



Visit the CDC website:

<http://www.cdc.gov/nceh/lead>

Healthy Habits for Happy Smiles



Toothbrushing Positions for Your Child with a Disability

Some children with disabilities need extra help brushing their teeth. There are many ways to position a child for brushing. These may change with a child's age, and they depend on the child's physical or medical condition. Try different positions for brushing your child's teeth to find one that works for your child and you.



School readiness begins with health!



Tips for different positions to brush your child's teeth:

- ◉ **On the floor.** Place your child on the floor, sitting up. Sit right behind him or her, on a chair or stool. Tip the child's head back into your lap. If your child will not sit still, gently place your legs over your child's arms to keep him or her still. You can also lay your child on the floor, with his or her head on a pillow or on your lap. Kneel or sit behind your child's head. If you need to, use your arm to keep him or her still.
- ◉ **In a beanbag chair.** If your child can't sit up, place your child in a beanbag chair. Use the same position described above for sitting on the floor.
- ◉ **On a bed or sofa.** Lay your child on a bed or sofa, with his or her head in your lap. Support your child's head and shoulders with your arm. If your child will not stay still, another person can gently hold his or her hands and feet.
- ◉ **In a chair or wheelchair.** Stand behind the chair or wheelchair. Use your arm to brace the child's head against the chair or wheelchair or against your body. You can use a pillow to make the child more comfortable. Or, sit behind the chair or wheelchair and tilt it back into your lap. Remember to lock the wheels of the wheelchair.
- ◉ **Warning:** Some children make extra saliva during toothbrushing. To prevent the child from choking on saliva, make sure the child's head is not tilted far back. Whichever toothbrushing position you choose, hold the child's head upright or to the side. That will help stop saliva from running down the child's throat. This warning is especially important for children who have a poor swallowing reflex or poor tongue control.



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.

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Early Childhood
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Early Childhood Health and Wellness

STAFF NOTES

SMART CHOICES FOR FEEDING PRESCHOOLERS

Why Is This Important?

- Energetic preschoolers need 1–2 healthy snacks a day to fuel their growth.
- As young children get older, sticking to milk or water may be more difficult. Friends and family may believe that soda pop and juice boxes/pouches are okay for preschoolers, and these sugary beverages may be hard to avoid outside of school.

Talking Points About Healthy Eating

- Your preschooler is still learning what he likes and doesn't like—and his tastes can (and will!) change very quickly. Something your child refuses to eat this week could be his favorite next week so don't give up.
- Let your child choose between 2 healthy options. He's more likely to eat something if he chooses it himself.
- Even if your family has a hectic schedule, try to limit fast food to one meal per week.

Talking Points About Snacks

- If kids are hungry, snack time can be a great time to try a new fruit or veggie.
- Be creative at snack time—use fruits and veggies to make up a story. Broccoli can be a tree, celery can be a boat.

Talking Points About Healthy Drinks

- Milk and water are still the healthiest choices for your preschooler.
- Eat fruits instead of drinking juice. Offer cut up bananas, strawberries, grapes or other fun finger food for snacks.
- If you decide to allow some juice or punch at a party, mix in some water so it's less sugary.