Fun and Resources for Thursday July 9, 2020

Burrito Soup

Ingredients

Makes: 10 cups
Prep time: 5 minutes
Cooking time: 45 minutes

1 cup chopped **onion**
1 cup chopped **zucchini**
1 Tablespoon **oil**
1 can (15.5 ounces) **refried beans**
1 can (28 ounces) **diced tomatoes**, with juice
1 can (28 ounces) **crushed tomatoes**, with juice
2 cans (15.5 ounces) **corn**, drained and rinsed
1 can (15.5 ounces) **black beans**, drained and rinsed
2 Tablespoons **taco seasoning**

Directions

1. Sauté onion and zucchini in oil until soft.
2. Add refried beans and stir to break up beans.
3. Add tomatoes, corn, black beans and taco seasoning.
4. Simmer over medium heat for about 30 minutes, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Notes

- The more vegetables you add, the more nutrients! Try adding some of your favorites.
- Freeze leftovers for another meal.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

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

Nutrition Facts

Serving Size 1 cup (222g)
Servings Per Container 20

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 5g	
Vitamin A 6% •	Vitamin C 25%
Calcium 6% •	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

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.

Fishing for Ice Cubes | STEAM Activity for Kids

by Emily | May 13, 2020 | STEAM Experiments, STEAM for Kids | 0 comments

Today's STEAM Activity is Fishing for Ice Cubes! My kids love going fishing in our local lake with their dad. When I told them we could fish at home, they didn't believe me, but we had fun with this easy at home activity!

These kids love fishing!

MATERIALS:

- String
- Salt
- Bowl
- Water
- Ice

PROCEDURE:

1. Fill your bowl about 3/4 full with water, then add ice cubes covering the top of the water
2. Cut a ~12" long piece of string

3. Place the end of your string in the ice water and try to catch a piece of ice, what happens?
4. Now place the end of the string in the ice water on top of some ice cubes
5. Sprinkle on some salt and let sit for a few minutes (this is like casting your line and waiting for a bite)

6. After a few minutes try lifting out the string, did you catch any ice cubes this time?

STEAM CONCEPTS LEARNED:

- **Science**: Water freezes at 32 deg F, adding salt significantly lowers the freezing point. This means when we add salt it starts to melt the ice, but since we used a small amount of salt the water refreezes quickly. The string is trapped in the freezing water, making it stuck to the ice.

This activity amused my kids to no end. We did it over, and over, and over again…that is until my daughter started eating the salty ice cubes! Then I decided it's time to move on. 😉

We all have stress. Stress is part of life.

There are many sources of stress. Some stress can come from outside sources like

- conflict with others
- challenges at work or school
- limited finances
- illness
- loss of a loved one

Some stress comes from inside sources such as

- worrying about things you can't control
- unrealistic beliefs
- fear of failure

Too much stress can take a toll on your health and your ability to parent.

You can take steps to care for yourself and reduce your stress.

School readiness begins with health!

Do you have too much stress? Did you know reducing your stress can help your child's behavior?

Do you have

- memory problems
- frequent worries
- feelings of irritability
- headaches, chest pains, stomach pains, frequent illnesses
- increase/decrease in appetite
- difficulty/irregular sleeping
- excessive use of medications, alcohol, or cigarettes

Talk to your doctor or health care professional

Reducing your stress can help you enjoy time with your children and help your children learn to cope with stress

School readiness begins with health!

Take Steps to Reduce Your Stress

7 Tips and Tools to Reduce Stress

Notice your thoughts and feelings without thinking they are wrong.

Focus on what is in your control, not what is out of your control.

Spend time with friends.

Take Care of Yourself

Eat a healthy diet and drink plenty of water.

Spend a few minutes of quiet time each day.

Exercise and spend time doing things you enjoy.

"Talk back" to your unhelpful thoughts.

School readiness begins with health!

Early Childhood National Centers

NATIONAL CENTER ON
Early Childhood Health and Wellness

Healthy Habits for Happy Smiles

Encouraging Your Child to Drink Water

A child's body needs water to be healthy and active. Many communities have tap (faucet) water with fluoride. Giving children water with fluoride is one of the best ways to keep their teeth healthy. When children drink water with fluoride throughout the day, their teeth are bathed in low levels of fluoride, which helps to keep teeth strong.

School readiness begins with health!

Tips for encouraging your child to drink water:

- Make drinking water fun for your child. Use bendy, silly, or colored straws. Or let your child choose their favorite cups or water bottles.
- Use water bottles that can be carried anywhere. Refill them with tap water. Most bottled water does not have fluoride.
- Add a lemon, lime, or orange slice or fresh mint leaves to the water. Or add fruit like blueberries, raspberries, or strawberries.
- Give your child water with ice cubes or crushed ice. Look for ice cube trays in fun shapes like dinosaurs, letters, or animals.
- Be a good role model for your child. Drink water instead of drinks that have sugar, like juice, fruit drinks, soda (pop), or sports drinks.
- Set up a station where your child can get a drink of water when they are thirsty. Keep a nonbreakable water pitcher or thermos on a low stool or a chair where your child can reach it.
- Read books or show your child videos about drinking water, for example *Potter the Otter: A Tale About Water* and *Potter the Otter Loves to Drink Water.*

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 and Office of Child Care.

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ADMINISTRATION FOR CHILDREN & FAMILIES

Early Childhood National Centers

NATIONAL CENTER ON Early Childhood Health and Wellness

FOOD HERO
FoodHero.org

Give Your Family More of the Good Stuff!

OSU Oregon State University
Extension Service

Kiwi Basics

Kiwifruit is an excellent source of vitamin C and vitamin K

Shop and Save

- Choose slightly firm, unblemished fuzzy kiwifruit. Size of the fruit does not affect the taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, it's ripe. If the kiwi feels hard, it's not ready to eat but could be ripened at home.
- US grown fuzzy kiwifruit are available from November through May. From June through October, the fruit is coming from outside the US and may be more expensive.
- Hardy kiwi (kiwi berries) are available in September and October near their growing areas. They may be available in stores and farmers markets in Oregon.

Types of Kiwi

Fuzzy kiwi - the most common type. They are about the size and shape of a large egg. The brown fuzzy skin is edible but most often removed. The flesh is usually bright green with tiny black seeds. Some varieties have golden flesh.

Hardy kiwi (kiwi berries or grape kiwi) - small, smooth skinned fruits, about 1-inch long. Skin may be green or purple-red depending on the variety. The inside usually looks like the fuzzy variety but can also be red or yellow. Sweeter and more aromatic than fuzzy kiwi. These do not store long and are usually available in September and October.

Store Well Waste Less

- Unripe kiwi can be held in a plastic bag in the refrigerator for up to 6 weeks.
- To ripen, put firm kiwifruit in a paper bag on the counter away from heat and light. To speed ripening, place an apple or banana in the bag with the kiwi.

- Ripe kiwi will keep for several days at room temperature and up to four weeks in the refrigerator.
- Kiwifruit can be frozen sliced, crushed or whole. They can also be dried as slices or fruit leather.

How to peel Kiwi:

Use a vegetable peeler, a paring knife or a spoon. To use a spoon: Slice off both ends of the kiwi. Insert a soup spoon just under the skin at a cut edge. Gently turn the kiwi in a circular motion keeping the spoon as close to the peel as possible without breaking it.

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Cooking with Kiwi

Quick Fix:

- Slice the kiwi in half and eat the flesh with a spoon.
- Include in a sack lunch.
- Make a smoothie or frozen pops.
- Add to any fruit salad or make fruit kabobs.
- Make a yogurt and kiwi parfait.

Go to FoodHero.org for easy, tasty kiwi recipes

Kiwi Salsa

Ingredients:

1 cup **kiwi**, peeled and chopped (about 2 kiwi)

1 Tablespoon **onion**, finely chopped (try red or sweet)

1 Tablespoon **jalapeno pepper**, minced (seeds removed)

1 Tablespoon **cilantro**, finely chopped

1 Tablespoon fresh **lime juice**

⅛ teaspoon **salt**

Directions:

1. Combine all ingredients in a medium bowl and stir gently to combine.
2. Refrigerate leftovers within 2 hours.

Notes:

- Try with tacos, tostadas, fish, chicken and more.
- Texture will be best when freshly made.

Makes 1 cup

Prep time: 15 minutes

Kiwi Pineapple Slaw

Ingredients:

1 cup **pineapple** in juice, undrained

3 cups **cabbage**, finely shredded

1½ cups **kiwi**, peeled and chopped (about 3 medium kiwi)

½ cup **celery**, chopped

¼ cup **raisins**

¼ cup light **mayonnaise**

Directions:

1. Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed.
2. Combine drained pineapple, cabbage, kiwi, celery, and raisins in a large bowl.
3. Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes

Kids Can!

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

- use a can opener.
- measure ingredients.
- chop or slice vegetables if they are ready to use a knife. Ripe kiwi can be cut with a plastic knife and peeled with a spoon.