

**Fun and  
Resources for  
Wednesday  
July 8, 2020**







# Breakfast Burritos



## Ingredients

- 4 **eggs**
- 1/4 cup 1% **milk**
- salt, pepper, and chili powder** to taste
- 1 teaspoon **oil**
- 4 (10 inch) flour **tortillas**
- 1 cup fat-free refried **beans**
- 1/2 cup (4 ounces) grated **cheddar cheese**
- 1 **tomato**, chopped

**Makes:** 4 burritos  
**Prep time:** 10 minutes  
**Cooking time:** 15 minutes



## Directions

1. Mix eggs, milk and seasonings in a bowl.
2. Heat oil in skillet over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
5. Warm the refried beans in a separate pan.
6. On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half, and enjoy!
8. Refrigerate leftovers within 2 hours.

## Notes

- Try your favorite salsa in place of the tomato.
- Use other vegetables that you have in the refrigerator, such as green or red bell peppers, or cooked corn.
- Serve with guacamole or light sour cream.

*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://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

## Nutrition Facts

Serving Size 1/2 burrito (124g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 100mg</b>	<b>33%</b>
<b>Sodium 530mg</b>	<b>22%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 10g</b>	
Vitamin A 4%	• Vitamin C 6%
Calcium 15%	• 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	

# THE BEST PLAYDOUGH RECIPE

## INGREDIENTS:

2 cups all-purpose flour  
3/4 cup salt  
4 teaspoons cream of tartar  
2 cups lukewarm water  
2 Tablespoons vegetable oil  
Food coloring, optional



## DIRECTIONS:

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough while inside the bag so it doesn't stain your hands. The dough can be stored for 3-6 months in an airtight container.

# **You can protect yourself and your family by taking action to prevent injuries at home!**

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## **You Can Prevent Choking at Home**

- Don't let children put small things in their mouths
- Toys, household items, and food can all be choking hazards
- Teach your child to chew his or her food fully before swallowing
- Choose the foods you feed your child carefully— for example: popcorn, hard candy, nuts, hot dogs, grapes and avoid fish with bones

## **You Can Prevent Drowning at Home**

- Never leave your child unattended in a bathtub, bathroom, pool or even near a bucket
- Install lid locks on all toilets and keep the lid closed
- Never leave a child alone around water
- Empty buckets after each use

## **You Can Prevent Suffocation at Home**

- Keep plastic shopping bags and trash bags away from your child
- Keep toy chests, car trunks, and washer/dryer doors closed when not in use
- Don't put pillows, blankets, bumpers, or toys in crib— these things can sometimes keep a baby from breathing
- Place babies to sleep on their backs

# INJURY

The **#1** killer of children in the United States.



Resource: CDC Vital Signs  
[http://www.cdc.gov/VitalSigns/ChildInjury/infographic.html?s\\_cid=bb-vitalsigns-123](http://www.cdc.gov/VitalSigns/ChildInjury/infographic.html?s_cid=bb-vitalsigns-123)

*School readiness begins with health!*



NATIONAL CENTER ON  
Early Childhood Health and Wellness



# Healthy Habits for Happy Smiles



## Choosing Healthy Drinks for Your Young Child

**C**hoose drinks that will help keep your child healthy. Many drinks have natural or added sugar. Children who are often given sugary drinks are more likely to have tooth decay (cavities). You might not even know you are giving your child drinks with sugar! Water or milk are the best drinks for your child.



*School readiness begins with health!*



Tips for choosing healthy drinks for your child:

- Breast milk is best. Breastfeed your child for 6 months or longer.
- Give your child plain water with fluoride. Water from the tap (faucet) is safe and cheap.
- Give your child milk at scheduled meal and snack times.
- It is best not to put your child to bed with a bottle or sippy cup. If you do, the bottle or sippy cup should contain only water, nothing else.
- Give your child cut-up or whole fruit instead of fruit juice.
- If you give your child juice, wait until he is 1 year old. After age 1, offer no more than 4 ounces each day for children ages 1 to 3 and no more than 4 to 6 ounces each day for children ages 4 to 6. Give only 100-percent fruit juice, and serve juice in a cup.
- If your child drinks from a sippy cup, it should contain only water or milk, nothing else. By age 12 to 14 months, most children can drink from a cup.

## Do you know how much sugar is in each drink?

*Teaspoons of sugar in each 4-ounce drink.*

<b>3 1/2</b> Grape juice	<b>3 1/2</b> Cola	<b>3</b> Apple juice	<b>3</b> Fruit drink
<b>2 1/2</b> Chocolate milk	<b>2</b> Orange juice	<b>1 1/2</b> Low-fat milk	<b>0</b> Water

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ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness





Give Them More  
of the  
Good Stuff!

# Sweet Potato Basics



## Shop and Save

- ✱ Choose firm, smooth skinned sweet potatoes without cuts, soft spots or bruises.
- ✱ Fresh sweet potatoes are likely to be lowest cost and best quality from October to January.
- ✱ Frozen and canned sweet potatoes (yams) are available year-round.

Sweet potatoes are packed with vitamins, minerals and fiber.



**Orange flesh-**  
Usually called yams in the store. Moist and sweet when cooked.

## Sweet Potato Math

One pound raw fresh sweet potato =  
3 cups shredded, cubed or sliced =  
1 3/4 cups cooked, mashed

**Yellow flesh-**  
Texture like baked potatoes when cooked.



## Preparing Sweet Potatoes

**Fresh/Raw:** Serve sticks or thin rounds with your favorite dip, or grate and toss in a salad.

**Bake/Roast:** Prick the skin of whole sweet potatoes several times with a fork. Bake until tender. Depending on size and oven temperature, whole sweet potatoes take 45 - 60 minutes; cubes or sticks take 20 - 30 minutes.

**Microwave:** Prick the skin of whole sweet potatoes several times. Microwave on high until tender, 5 to 8 minutes for whole sweet potatoes depending on size and amount.

**Steam:** Steam in a basket over boiling water until tender, about 40 - 50 minutes for whole sweet potatoes and 15-30 minutes for cubes.

**Boil:** Cook in boiling water until tender, about 35 - 40 minutes for whole sweet potatoes and 12 minutes for cubes.

**Sauté:** Peel and slice or cube. Sauté in a small amount of oil until tender, about 10 minutes.

**Grill:** Slice lengthwise into halves or thick slices. Grill until tender, turning once.

## Store Well Waste Less

- Store in a cool, dark area in an open container or bag that allows air flow. Use within 2 weeks for best quality. Refrigeration of raw sweet potatoes can cause a hard center and an unpleasant taste.
- Scrub under cool running water just before using.



- Cooked sweet potatoes can be stored in the refrigerator in a covered container for 4 to 5 days.
- Cooked sweet potatoes can be frozen whole, sliced or mashed.
  - Package in an airtight bag or container. Use within 10 to 12 months.

Sweet potatoes are often called yams in the United States.



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# Enjoy Sweet Potatoes

## Sweet Potato and Orange Muffins

### Ingredients:

- 2/3 cup **all-purpose flour**
- 2/3 cup **whole wheat flour**
- 1 1/2 teaspoons **baking powder**
- 1 1/4 teaspoons **baking soda**
- 3/4 teaspoon **cinnamon**
- 1/4 teaspoon **nutmeg**
- 3/4 cup mashed **sweet potatoes** (yams), cooked or canned/drained
- 1/3 cup **brown sugar**
- 1 **egg**, lightly beaten
- 2/3 cup **orange juice**
- 1/4 cup **carrot**, grated
- 3/4 teaspoon **vanilla**

### Directions:

1. Preheat oven to 400 degrees. Lightly oil muffin tin for 12 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon and nutmeg. Blend well.
3. In a separate bowl, combine sweet potatoes, brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is just moistened.
5. Fill muffin tins 3/4 full. Bake 20 minutes or until muffins are browned and bounce back when touched lightly in the center.
6. Cool 5 minutes and loosen around the edge of each muffin to remove from tins.
7. Cool completely then store in an airtight container at room temperature.

**Makes** 12 muffins

**Prep time:** 10-15 minutes

**Cook time:** 20 minutes

*Mash cooked sweet potatoes with enough milk to make creamy. Season with salt and pepper or add a dash of cinnamon or chili powder.*



Slow roasting brings out the natural sweetness of sweet potatoes. Make extra to use in recipes later.

## Savory Sweet Potatoes

### Ingredients:

- 3 1/2 cups **sweet potatoes**, peeled and diced
- 1 Tablespoon **oil**
- 1 teaspoon **salt**
- 1/2 teaspoon **sugar**
- 2 teaspoons **Italian seasoning**
- 1/4 teaspoon **pepper**

### Directions:

1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning and pepper so that each piece is coated.
3. Arrange cubes in a single layer on the baking sheet.
4. Bake for 10 minutes. Stir or turn cubes. Bake an additional 10 minutes or until tender and golden brown.
5. Refrigerate leftovers within 2 hours.

**Notes:** No Italian seasoning? Use 1 teaspoon dried oregano, 1 teaspoon dried basil and 1/2 teaspoon garlic powder.

**Makes** 2 1/2 cups

**Prep time:** 10 minutes

**Cook time:** 20 minutes



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

- scrub sweet potatoes under cool running water.
- prick whole sweet potatoes with a fork before baking or microwaving.
- mix sweet potato cubes with oil and seasonings before roasting.