

Fun and  
Resources for  
08-14-2020



# 19 Southwestern Stuffed Potatoes

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

**Makes:** 4 potato halves



## Ingredients

- 2 medium **potatoes** (each about 5 x 2½ inches)
- 1 cup cooked **black beans** (or any type), drained and rinsed
- ¾ cup **salsa**
- 1 cup **corn** (canned and drained, frozen or fresh cooked)
- ½ cup shredded **cheese** (try cheddar, pepper jack)

## Directions

1. Scrub the potatoes well. Poke each with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
2. In a microwave-safe bowl, combine the beans, salsa and corn. Cover and cook on high for 2 to 3 minutes, stirring halfway though cooking time, until heated through.
3. Cut the potatoes lengthwise and flatten them with a fork. Divide the bean mixture among the halves. Sprinkle with cheese and serve.

## Note

- ★ Topping ideas: hot sauce, avocado, black olives, green onion, cooked meat or tofu, or plain low-fat yogurt or sour cream.

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## Cooking Dry Beans

1. **Sort and rinse** to remove stones, seeds, damaged beans and dust.
2. **Soak**—Cover the beans with plenty of water (8 cups of water for every 2 cups of beans). Soak for 6 hours or overnight.
3. **Drain and rinse** the beans.
4. **Cook**—In a large saucepan, add fresh water to cover the beans by at least 1 inch, and bring to a boil. Reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. The beans are done when you can easily mash them with a fork.
5. **Add flavoring!**

## Nutrition Facts

4 servings per container  
**Serving size 1 potato half (250g)**

Amount per serving  
**Calories 240**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 450mg **20%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 0mcg 0% Calcium 125g 10%

Iron 2mg 10% Potassium 720mg 15%

Vitamin A 54mcg 6% Vitamin C 24mg 27%

\* 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.



# LEGO WEEK

## ACTIVITY #1 LEGO & WATER SENSORY BIN

Collect a handful of LEGO or DUPLO bricks and put them in a sensory bin. Fill up your sensory bin with water and you're ready to play!

Optional: Add in some scoops and tongs!

MORE SENSORY IDEAS:

- Try a LEGO & shaving cream bin
- Try a LEGO & playdough bin

## ACTIVITY #3 FEED THE LEGO MONSTERS

Grab some brown bags or boxes, markers, and scissors and decorate them to make some monsters! Cut a hole in the box/bag for a mouth. Feed the LEGO or DUPLO bricks to your LEGO monsters.

Optional: Make different colored LEGO monsters and use them to help you sort the LEGO by colors.

## ACTIVITY #5 LEGO ICE EXCAVATION

Put some LEGO bricks, minifigures, and water into a tupperware container. Freeze the tupperware overnight. Pop the ice out of the container and use whatever tools you have to try and melt/excavate the LEGO bricks from the ice- forks, warm water, etc.

## ACTIVITY #2 LEGO KNOCK DOWN

Take LEGO or DUPLO bricks outside and set several bricks up on a table or bucket. Build them into towers. Spray them with a spray bottle to knock down the brick towers. Or soak a sponge and toss it at the bricks.

Optional: Use a water blaster to knock down the brick towers.

## ACTIVITY #4 PAINT WITH LEGO

Lay out paper or a flat box along with washable paint and LEGO bricks. Use the LEGO bricks to paint on the paper and make patterns and prints.

MORE PAINTING IDEAS:

- Build a lego car, dip it in paint and do LEGO car painting.

## SUPPLIES

- LEGO or DUPLO bricks
- Sensory bin
- LEGO minifigures (optional)
- Spray bottle or sponge
- Washable paint
- Roll of paper or a flat box
- Brown paper bag or box
- Scissors
- Markers
- Small tupperware container

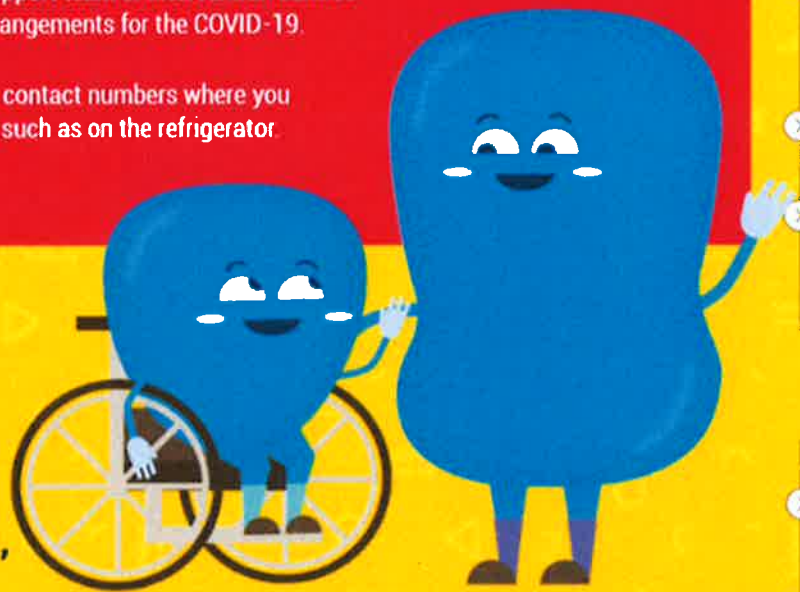
# COVID-19 PARENTING

## Tips for Children with Disabilities

All children, including those with disabilities, need love, respect, nurturing, and time, especially during difficult and uncertain times.

### Keep your child safe.

- It is strongly recommended that you follow local guidelines for COVID-19 while helping your child stay as active as possible both indoors and outdoors.
- Ask your local support team or intervention centres about special arrangements for the COVID-19.
- Keep emergency contact numbers where you can easily see it, such as on the refrigerator.



### Ask for help if you can.

- Share the load with other adult family members.
- You are not alone! Keep connected with people who understand your situation. Share your challenges AND your successes.
- It is normal to feel stressed, frustrated, and afraid at this time.
- Be kind to yourself and take a break when you need to! Tip sheets "When We Get Angry" and "Keep Calm and Manage Stress" have some helpful advice.

### Be supportive, empathetic, and loving.

- Your child may not have the same support they usually have, and this can lead to additional challenges such as increased stress, anxiety, and frustration.
- Use physical and verbal support to make your child feel accepted and loved.
- Positive body language, gestures, and words make a big difference!

### Communicating with your child.

- Get down to your child's level when communicating with your child.
- Maintain eye contact, a positive attitude.
- Take your time to allow your child the space to communicate.
- Observe, listen to, and confirm that you understand your child.

### Reinforce the positive!

- Reinforce strengths with praise and stimulate their abilities rather than highlight the things they cannot do.
- Only help children when they need it. Too much support denies them the chance to become independent and can feel patronising.

### Strengthen routines.

- Routines help children feel secure and safe. See tip sheet, "Structure Up!" for more info.
- Create a daily routine with activities that are familiar to your child and include some of their favourite activities.
- Help your child connect to friends and family members via phone chats, writing cards, or drawing pictures.
- Provide your child with choices so that they have a sense of control. This also increases self-esteem.
- Use simple language and clear instructions and nonverbal communication for children who need it (for example: gestures, pictures, and visual aids).

For more information click below links.

- [TIPS FROM UNICEF](#)
- [OTHER LANGUAGES](#)
- [EVIDENCE-BASE](#)

# WAYS TO PROMOTE HEALTH WITH PRESCHOOLERS

## HOME:



Start with a healthy breakfast.

## CHILD CARE:



Teacher leads indoor or outdoor physical activity, and children are served healthy meals and snacks during the day.

## DOCTOR'S OFFICE:



Weight, height, and BMI are measured; nutrition and physical activity counseling are provided; and nutrition education support services are referred when appropriate.

## COMMUNITY FARMERS' MARKET:



Pick up fruits and vegetables to cook for dinner.

## LOCAL SCHOOL PLAYGROUND AND/OR NEIGHBORHOOD PARK:



Children and parents walk to local school playground or neighborhood park to play.



American Heart Association.

Healthy for Good™

# Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

## PLAN AHEAD



### Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



### Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



### Know what you have

Inventory your pantry and refrigerator each week.



### Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



### Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



### Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

## AT THE GROCERY STORE



### Compare prices

Store-brand products may be more affordable.



### Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



### Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



### Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



### Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit [heart.org/healthyforgood](http://heart.org/healthyforgood).