

*Fun and Resources
for 08-13-2020*



18 Vegetable and Beef Skillet Meal

Prep time: 10 minutes

Cooking time: 40 minutes

Makes: 8 cups



Ingredients

- ½ pound lean **ground beef** (15% fat)
- ¾ cup chopped **onion** (¾ medium onion)
- 1 cup uncooked white **rice**
- 1 can (15 ounces) diced **tomatoes** (about 2 medium fresh tomatoes)
- 1½ cups **vegetables**, fresh, frozen, or canned and drained (try one or more of the following: zucchini, bell pepper, broccoli, corn, cauliflower)
- 1¾ cups **water**
- 1½ teaspoons **chili powder**
- 1 Tablespoon **oregano**
- 1 teaspoon **salt**
- ½ cup (2 ounces) shredded **cheese**

Directions

1. Cook beef in a large skillet over medium-high heat until no longer pink. Drain fat.
2. Add onion and cook until soft, about 3 to 5 minutes.
3. Add rice, tomatoes, vegetables, water and spices. Stir and bring to a boil.
4. Reduce heat to medium low. Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
5. Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm.

Variations

- ✦ Try brown rice and simmer for 15 more minutes.
- ✦ Try ground turkey or 1½ cups of beans (a 15-ounce can, drained and rinsed) in place of beef.
- ✦ For extra flavor, in step 3 add ¼ teaspoon pepper and 1 teaspoon garlic powder or 4 cloves minced garlic.

Nutrition Facts

8 servings per container
Serving size 1 cup (190g)

Amount per serving
Calories **210**

		% Daily Value*	
Total Fat	7g		9%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	390mg		17%
Total Carbohydrate	25g		9%
Dietary Fiber	1g		4%
Total Sugars	3g		
Includes 0g Added Sugars			0%
Protein	11g		

Vitamin D	0mcg	0%	Calcium	90mg	6%
Iron	2mg	10%	Potassium	310mg	6%
Vitamin A	101mcg	11%	Vitamin C	15mg	17%

* 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.

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ACTIVITY SHEET 3

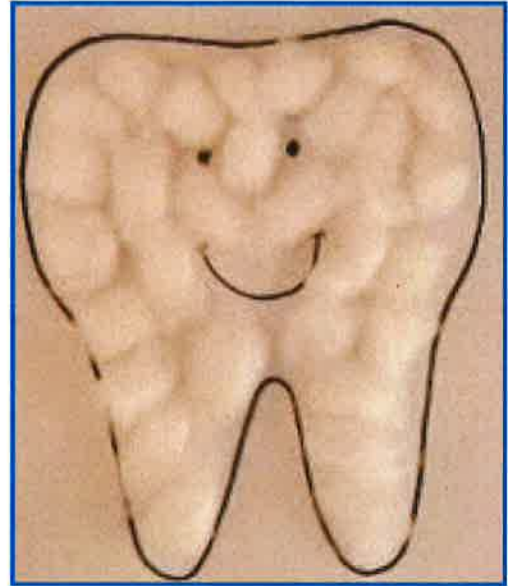
Soft, Smiling Tooth

Materials:

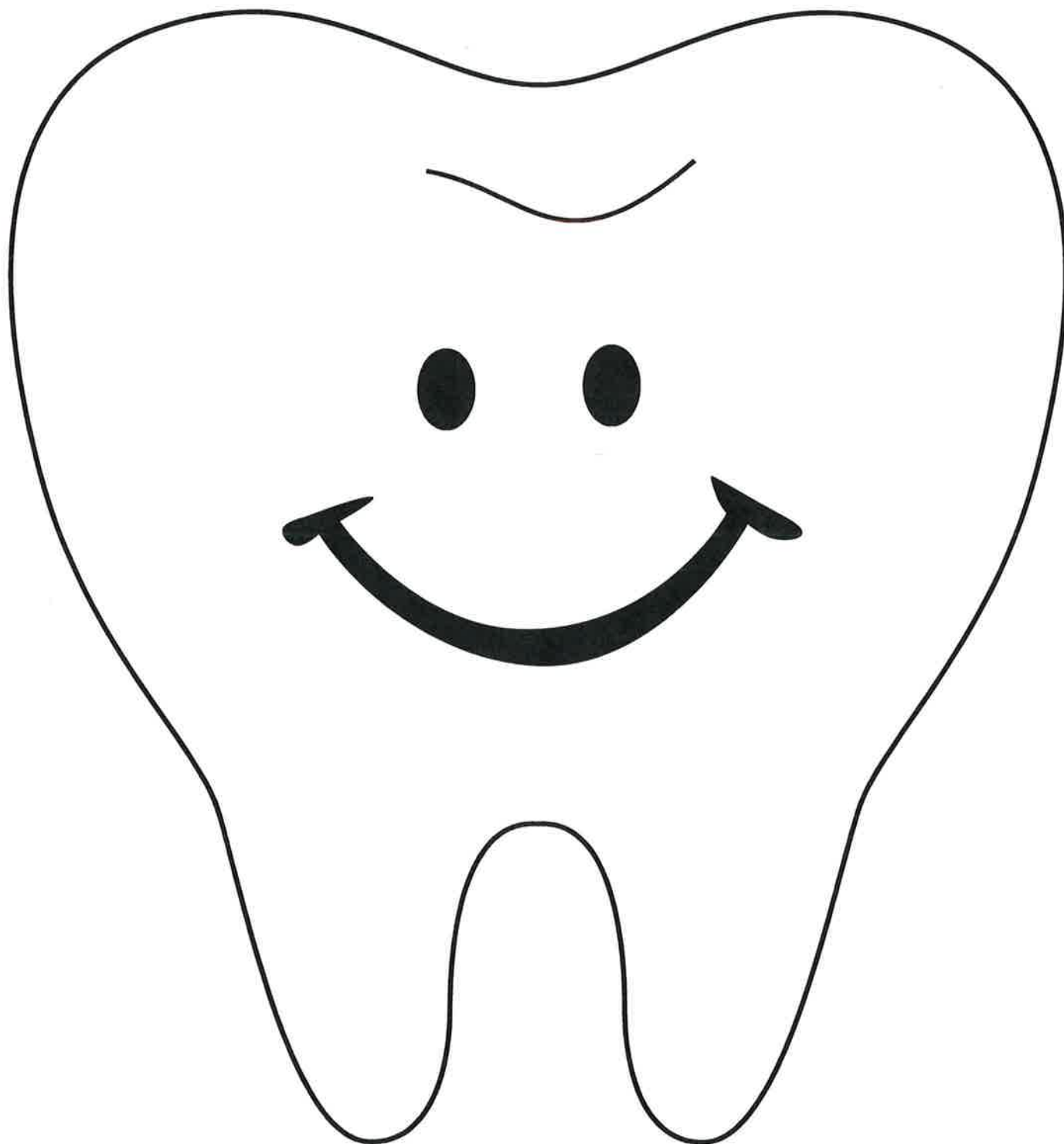
- Tooth template (on next page)
- Cotton balls
- Glue

Instructions:

- Use template below to print tooth. Tooth can be cut out or used on full sheet of paper.
- Have children draw a happy face on tooth and glue cotton balls on the tooth.



ACTIVITY SHEET 3
Soft, Smiling Tooth Template



COVID-19 PARENTING

Parenting a New Baby?

We spend a lot of time indoors with a young baby, and Covid-19 makes it much more intense. It is completely normal to feel isolated, overwhelmed, anxious, and scared for you and your baby.

Sharing is caring.

- Use social media, phone calls, and anything at your disposal to reach out and connect with others.
- Take turns with others to care for your baby. Take time for YOU.
- Sleep when your baby sleeps so you have energy.

Communicating with your baby.

- Follow your baby's lead by copying or mirroring.
- Repeat and react to their babble or words.
- Use your child's name when you speak to your baby.
- Use words to describe what your baby is doing.

Learning with your baby.

- Make their environment interesting!
- Babies respond to stimulation.
- Let your baby explore the world through the 5 senses!

Babies learn through play!

- Get to your baby's level and make sure they can see and hear you.
- Play peek-a-boo, sing songs or lullabies, stack blocks or cups.
- Make music together: banging on pots, playing with rattlers, shaking jars with beans.
- Share books together - even at a very early age! Describe what is happening in the pictures. Let your baby explore books with all of the senses.



Be gentle with your children as they learn, but also with yourself as the parent!

Just because something didn't go well today, or you lost your temper, this doesn't define who you are as a parent. Remind yourself of the things you did well today, even if they may seem small.

When babies cry.

- Respond to your baby immediately.
- Check to see what is making your baby cry.
- Swaddling or gently rocking can help calm your baby.
- Singing a lullaby or playing soft music can be soothing.
- Keep calm and take a break! You can place your baby in a safe place on their back, and then walk away. Be sure to check on your baby every 5 to 10 minutes.
- If you think your baby is injured or ill, call a health service provider or visit a clinic.

For more information click below links:

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE

5 Tips

Why Immunize?

1



Moms-to-Be

Vaccines can protect moms-to-be and their babies by creating protective antibodies that are then passed on to baby before birth

2



Infants / Toddlers

Vaccines are important and recommended to protect against serious and sometimes deadly diseases.

Ask pediatrician if your child is protected from the 14 vaccine-preventable diseases

3



School-age Children & Teens

As children grow, vaccines begin to lose effectiveness. Ask pediatrician if child is current with "boosters" and age appropriate vaccines.

4



Young Adults to Seniors

As a person gets older, immunizations begin to wear off over time placing adults at risk for vaccine preventable diseases due to age, lifestyle, travel, or health conditions.

Talk to your physician(s) regarding up-to-date vaccines and any additional needed for certain health conditions

5



Did You Know?

August is National Immunization Awareness Month

Immunizations are one of the most effective ways to protect children and adults against many common infectious diseases. Talk to your doctor TODAY to see if you are immunized.



Three Tips for Better Nutrition



Plan a menu and stick with it

Get the whole family involved in planning healthy meals. Be sure to include your kids' ideas to set good habits early in life.

Making a menu can help save money in groceries, reduce food waste by planning to use up leftovers, and provide a good overview of what you are eating.



Shop smarter

Save money on groceries by sticking to your list.

Spend most of your time in the perimeter of the store (where the fresh stuff is!)

Don't go to the store hungry!

Bring the kids and make shopping a family affair.



Sit down to eat

Studies suggest lots of benefits to sitting down and having dinner – happier kids, better food choices and more chatting about your days can be great for a family. If you live alone, stopping to prepare a meal and sitting down to enjoy it can have many benefits.

