

Fun and Resources for 8-7-20



23 Quick Lasagna

Prep time: 10 minutes

Cooking time: 45 minutes

Makes: 9 cups



Ingredients

- 1 pound lean **ground beef** (15% fat)
- 1 large **onion**, chopped
- 1 clove of **garlic**, minced, or ¼ teaspoon **garlic powder**
- 2 cups **spaghetti sauce**
- 4 Tablespoons fresh **parsley**, or 4 teaspoons dried
- 1 teaspoon **dried oregano**
- 1 teaspoon **dried basil**
- 1 pint (2 cups) low-fat **cottage cheese**, **ricotta cheese**, or a mixture of the two
- ¾ cup shredded **mozzarella cheese**
- 6 uncooked **lasagna noodles**
- ⅓ cup grated **parmesan cheese**

Directions

1. In a 10-inch skillet or saucepan, cook the ground beef over medium-high heat until it is no longer pink.
2. Drain the fat. Add the onion and cook until it is soft.
3. Add the garlic, 1 cup of the spaghetti sauce, and the herbs. Stir. Spread evenly in the skillet.
4. Reduce the heat to low. Spoon the cottage cheese or ricotta over the mixture, and sprinkle with half of the mozzarella. Top with the noodles, breaking them as needed to fill in all open spaces.
5. Pour the remaining spaghetti sauce evenly over the top of the noodles. Gently press the noodles down to moisten.
6. Cover and simmer for 15 to 20 minutes until the noodles are tender. Top with the remaining cheeses. Cover and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5 to 10 minutes before serving.

Food Hero Ranch Dressing is also shown in the photo.

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Variations

- ✦ Try ground turkey or 2 cups of beans in place of the beef.
- ✦ Try whole-grain pasta for more fiber.

Tips for Draining Beef Fat

Pour beef fat into a metal can (it won't melt from the heat of the fat) or let it cool slightly and pour it over papers in the garbage can. Pouring beef fat down the sink drain can cause clogging.

Nutrition Facts

9 servings per container
Serving size 1 cup (196g)

Amount per serving
Calories 260

		% Daily Value*	
Total Fat	11g		14%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	610mg		27%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		4%
Total Sugars	7g		
Includes 2g Added Sugars			4%
Protein	24g		

Vitamin D	0mcg	0%	Calcium	159mg	10%
Iron	3mg	15%	Potassium	497mg	10%
Vitamin A	45mcg	5%	Vitamin C	6mg	7%

* 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.



Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 3-year-old—a great way to have fun together and support your child's social-emotional development.

Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.

Draw simple pictures of faces that show happy, sad, excited, or silly expressions. Cut them out and glue them on a Popsicle stick or pencil. Let your child act out the different feelings with the puppets.

At dinner time, let family members talk about their day. Help your child tell about her day. Say, "Latoya and I went to the park today. Latoya, tell your sister what you did at the park."

Give your child directions that have at least two steps when you and he are cooking, dressing, or cleaning. Say, "Put that pan in the sink, and then pick up the red spoon."

Tell your child a favorite story, such as the Three Little Pigs or Goldilocks and the Three Bears. See if your child can tell you how the animals felt in the story.

Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.

Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.

Create a pretend argument between stuffed animals or dolls. Talk with your child about what happened, feelings, and how best to work out problems when they come up.





Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

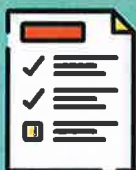
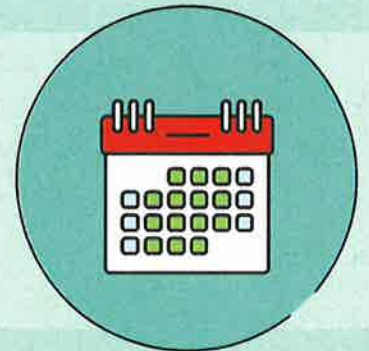
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.







Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

Symptoms	ALLERGIES	COLD	INFLUENZA	COVID-19
				
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Person
Body aches	—	✓	✓	Sometimes
Chills	—	Less Common	✓	Sometimes
Dry cough	✓	✓	✓	✓
Exposure to germs	—	✓	✓	✓
Fatigue/Weakness	Sometimes	✓	✓	✓
Fever	—	Less Common	✓	✓
Headaches	✓	Less Common	✓	Sometimes
Itchy eyes	✓	—	—	—
Nasal Congestion	✓	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	—	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	Sometimes	✓
Repeated shaking with chills	—	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	✓	Less Common
Sneeze	✓	✓	✓	Sometimes
Sore throat	Sometimes	✓	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓	✓
Symptoms get worse	—	—	✓	✓

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.

njhealth.org

1.877.CALLNJH (1.877.225.5654)

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Breathing Science is Life.

HEALTHY **snacks** FOR EVERY CRAVING

A SNACK =
200 calories or less

Look for
PROTEIN AND FIBER
in every snack

"The purpose of a snack is to help keep you full so you don't overeat later."

Jennifer Teems, MS, RD, LD,
Clinical Dietitian at Piedmont



Craving a healthy, **SALTY** snack? Try:

- An ounce of cheese with whole wheat crackers
- Hummus with raw veggies
- A whole wheat pita with hummus
- A hardboiled egg and whole wheat toast



In the mood for something **CRUNCHY**? Keep it healthy!

- Dried mixed fruit, almonds, walnuts or pistachios
- Air-popped popcorn
- Peanut butter on rice cakes
- Trail mix



Need a **CREAMY** snack? Try:

- Plain steel-cut oatmeal with dried fruit and walnuts
- Plain Greek yogurt with fresh berries
- Cottage cheese and fresh fruit
- Chocolate milk



Got a **SWEET** tooth? Try a healthy option:

- Apple or banana with tablespoon of peanut butter
- Frozen banana with melted dark chocolate drizzled on top
- Whole grain cereal with low-fat milk
- Half of a peanut butter and jelly sandwich



More healthful, helpful information: Piedmont.org/LivingBetter