

Fun and Resources for 8-3-20



24 Easy Cheesy Enchiladas

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 8 enchiladas



Ingredients

- 2 cans (15 ounces each) **pinto beans**, drained and rinsed
- 1 cup **salsa**
- 1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)
- ½ cup (a 4-ounce can) chopped **mild green chiles**
- 2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**
- 1½ cups shredded **cheese**
- 8 whole wheat **flour tortillas** (10-inches) or 12 **corn tortillas** (6-inches)
- 1 can (15 ounces) **enchilada sauce**

Directions

1. Preheat oven to 350 degrees F. Lightly oil or spray a 9 x 13-inch baking dish.
2. Mix beans, salsa, corn, chilies, garlic and half of the cheese together in a bowl.
3. Warm each tortilla in a dry skillet and stack them on a plate.
4. Spoon about ½ cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in a baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15 to 20 minutes, or until hot.

Variation

- ✦ Substitute cooked chicken or black beans for the pinto beans.

Note

- ✦ Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or plain low-fat yogurt or sour cream.

Nutrition Facts

12 servings per container
Serving size 1 enchilada (201g)

Amount per serving
Calories 210

% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 580mg	25%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	

Vitamin D 0mcg	0%	Calcium 140mg	10%
Iron 2mg	10%	Potassium 305mg	6%
Vitamin A 56mcg	6%	Vitamin C 5mg	6%

* 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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Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 4-year-old—a great way to have fun together and support your child's social-emotional development.

Introduce a new feeling each day, such as bored. Use pictures, gestures, and words. Encourage your child to use a variety of words to describe how he feels.

Encourage activities that involve sharing, such as building with blocks, coloring with crayons, and playing dress up. Teach your child how to ask a friend for a turn. Give your child a lot of time to play with other children.

Take your child to the library for story hour. She can learn about sitting in a group and listening to stories.

Take your child to the store, a restaurant, or the library. Explore new places. Talk with her about how people are alike and how they are different.

Provide opportunities for your child to be creative. Empty containers, glue, newspapers, rubber bands, and magazines can be used to make new inventions.

Make puppets out of Popsicle sticks by gluing on paper faces, adding yarn for hair, and so forth. Put on a show about two children who meet and become friends.

When doing housework or yard work, allow your child to do a small part on his own. Let him empty the wastebasket or clean crumbs off the table.

Use stuffed animals to act out an argument. Talk first about how the different animals are feeling. Then, talk about different ways to come to an agreement.



COVID-19

ADDRESSING DOMESTIC VIOLENCE IN THE CONTEXT OF COVID-19

As people are asked to stay at home, reports of partner and domestic violence are on the rise. Women and children are at particular risk of violence in their homes. Preventing and responding to violence is an important component of the COVID-19 response.



WHAT CAN COMMUNITIES DO?



Be aware of the increased risk of domestic violence during the COVID-19 pandemic and remember: Violence is never justified.

Reach out to keep in touch with and support women and children.

Be careful when contacting the survivor, as the abuser may be present in the home.

Get and share information on available support with survivors and communities.

Be prepared to call emergency services in case someone needs urgent help.



WHAT CAN SURVIVORS DO?

Be aware that isolation and distancing measures can affect your well-being and that of your family.

Reduce and manage stress as much as possible – e.g., through physical exercise and relaxation techniques.

Reach out to trusted family and friends for practical help and support.

Make a plan to protect yourself and your children any way you can.

Find out about available services and support and **seek support** from a hotline, shelter or other health or protection services.



**VIOLENCE AGAINST YOU IS NEVER YOUR FAULT.
YOU DESERVE TO FEEL SAFE IN YOUR HOME.**

PAHO



BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus



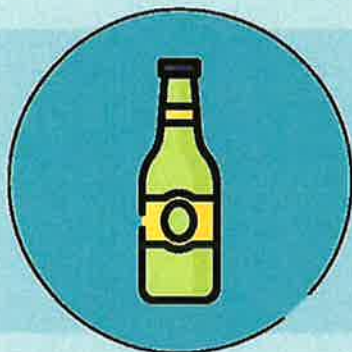
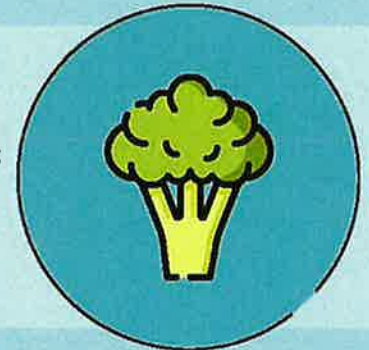
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

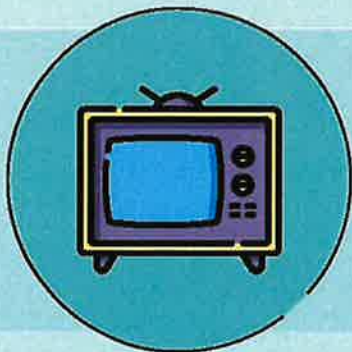
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



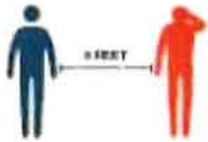
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

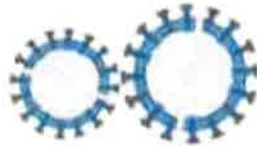


COVID-19

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020.



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



The virus may also spread **THROUGH AIRBORNE TRANSMISSION**, when tiny droplets remain in the air even after the ill person leaves the area.



SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE to the illness.



Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.

SYMPTOMS OF COVID-19 INCLUDE:



COUGH



FEVER



SHORTNESS OF BREATH

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

THE BEST WAY TO PROTECT YOURSELF



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.



If you have traveled outside the U.S. in the past 28 days, have a fever, cough or shortness of breath, or had recent contact with someone with fever, cough or shortness of breath, please call a nurse, doctor or other health care professional as soon as possible. Call before you arrive at the doctor's office or emergency room and tell them about your symptoms.

For more information, please visit hopkinsmedicine.org/coronavirus.



INTERVENTIONS TO REDUCE

SALT INTAKE



< 5g /day

Reformulate

food products to contain less salt and set target levels for the amount of salt in foods

Nutrition Facts	
Sodium	0%



Implement

front-of-pack labeling to provide easy-to-read and understand information for consumers

Apply

behavior change communication strategies to reduce salt consumption



Create

supportive environments in public institutions to enable lower salt options to be provided



Monitor

population salt intake and salt food content



PAHO

#LessSaltMoreHealth