

# Fun and Resources for 8-6-20



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# 22 Quick Tomato Pasta Sauce

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 2 cups



## Ingredients

- 2 teaspoons **vegetable oil**
- 2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**
- 1 can (1.5 ounces) diced or crushed **tomatoes** with juice
- ¼ teaspoon each **salt** and **pepper**
- 1 Tablespoon **lemon juice**, if desired
- ¼ teaspoon **red pepper flakes**, if desired

## Directions

1. If using garlic powder, omit the oil and skip this step. In a medium saucepan, heat the oil over medium heat. Add the garlic and cook for 1 minute.
2. Add the remaining ingredients. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Serve over pasta or use in any recipe that calls for pasta sauce.

## Variation

- ✦ Add 1 teaspoon dried oregano or basil, or Italian seasoning.



## Baked Spaghetti Squash

1. Preheat oven to 425 degrees F. Cut the squash in half lengthwise. If needed, microwave or bake it for a few minutes to soften.
2. Remove the seeds and stringy fibers with a spoon.
3. Rub the cut edges with a little oil, if desired. Place the halves cut side down on a baking dish and bake uncovered.
4. After 40 minutes, check. If the squash can be pierced with a fork and if the flesh separates into strands, it is cooked.
5. Once cool enough to handle, use a fork to gently scrape the insides and make spaghetti-like strands.

## Nutrition Facts

4 servings per container  
Serving size 1/2 cup (107g)

Amount per serving  
**Calories 60**

		% Daily Value*
<b>Total Fat</b>	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	340mg	15%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	2g	7%
Total Sugars	5g	
Includes 0g Added Sugars		0%
<b>Protein</b>	2g	

Vitamin D	0mcg	0%	Calcium	38mg	2%
Iron	1mg	6%	Potassium	309mg	6%
Vitamin A	11mcg	1%	Vitamin C	10mg	11%

\* 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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# ART WEEK

## ACTIVITY #1 SANDPAPER PRINTING

Color on fine sandpaper with crayons to make a design on the rougher side. Press hard. Next, put the sandpaper crayon side down on a piece of construction paper, lay a clean kitchen towel on top, and go over the paper gently with a hot iron.

Remove the towel and iron to admire your transferred design! BONUS: Iron your designs onto t-shirts and pillowcases too!

## ACTIVITY #3 PAINTING WITH WATER BALLOONS

Fill up some balloons with water. Dry them off with a towel. Squeeze some washable paint onto paper plates. Place some paper inside a large sensory bin or baby pool. Dip the water balloons in paint and drop them into the sensory bin to make designs. Roll them around. Dip again and paint some more.

## ACTIVITY #5 SHAKE ART

Grab a cardboard box and a ball. Stick a paper inside the box (tape it to the bottom). Dip the ball in some washable paint, put it in the box, close it up, and SHAKE! Remove the paper and see your beautiful designs. Put in another paper or dip the ball into another color paint and repeat!

## ACTIVITY #2 MESS FREE PAINTING

Squeeze some washable paint into a gallon Ziploc bag. Remove all air and then seal the bag shut. Tape it to a window or a table. Let kids explore by putting their hands on the bag and drawing on it with their fingers.

MORE IDEAS: Grab some toy trucks/cars and use them to help you paint on top of the ziploc baggie.

## ACTIVITY #4 PAINTING ON ICE

Fill up a small baking pan or pie pan with an inch or two of water and a 1/2 cup of baking soda. Mix. Freeze overnight. Baking soda will turn the ice white. Give kids a paintbrush and washable paint to paint onto the ice and make designs. Rinse off and paint again until ice melts.

## SUPPLIES

- Fine Sandpaper
- Crayons
- Iron
- Roll of paper
- Sensory bin (or baby pool)
- Balloons
- Washable paint
- Paintbrush
- Baking pan/pie pan
- Cardboard box
- Gallon Ziploc bag
- Ball

# COVID-19 PARENTING

## Family Budgeting in Times of Financial Stress

Millions are stressed about money because of COVID-19. It can make us feel exhausted, angry, and distracted. Children or teenagers asking for things can cause arguments. But we can do things that help cope with financial stress.

### Involve children and teens in making a family budget.



- ▶ A budget is how we decide what we will spend our money on, even in stressful times.
- ▶ Making a budget together helps children understand that we all need to make hard decisions in difficult times.
- ▶ It also helps families to have enough at the end of the month, and borrow less.



### Find out if there is help you can get.

Your government may be giving money, or food parcels to families during COVID-19.

Ask about whether places in your community are giving support.

### What do we spend now?

- ▶ Get a piece of paper (or old newspaper or a cardboard box) and a pen.
- ▶ Draw pictures of all the things that you and your family spend money on each month.
- ▶ Write next to each picture how much each thing costs.
- ▶ Add up how much money you have each month to spend.

### Talk about needs and wants.

- ▶ Needs: Which things are important or must have for your family to survive? (like food, soap to wash hands, needs for ill or disabled family members).
- ▶ Wants: Which things are nice to have but not essential?
- ▶ Discuss with your children what things you could try to spend less on as a family.

### Build your own budget.

- ▶ Find a bag of stones or anything with lots of bits. This is your money for the month.
- ▶ As a family, decide what you will spend on what, and put the stones on your picture.
- ▶ If you can save even a tiny amount for the future, or for another emergency – it is great.

**Well done! Millions of families find that this helps.**

For more information click below links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE

# CLUES YOUR TODDLER MAY HAVE ASTHMA

Asthma may be hard to detect in young children because they can't explain how they are feeling, and breathing tests are not as easy to do.

## WATCH YOUR CHILD FOR THESE CLUES:

**WHEEZING**  
or a whistling  
sound in  
the chest  
while exhaling



**COUGHING**  
for weeks  
with a cold



**SHORTNESS  
OF BREATH**  
or coughing  
when running  
around or  
in cold weather



**STOPPING OR  
SLOWING  
DOWN**  
physically  
more than  
other children



Early detection and treatment can prevent scary breathing episodes, problems with exercise and emergency department visits. Talk with your doctor if:

- You have a family history of asthma
- Your child has eczema, hay fever or food allergies
- You see any signs of asthma in your toddler

## ASTHMA FACTS

- 1 in 10 children in the U.S. have asthma
- 10.5 million missed school days each year due to asthma
- 4% of 5 to 17 year olds have limited activity due to asthma
- 7% of preschool children with asthma are hospitalized

[njhealth.org](http://njhealth.org)

1.877.CALL NJH (1.877.225.5654)

 **National Jewish  
Health**

Breathing Science is Life.



American Heart Association.

Healthy for Good™



# REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

## 1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



## 2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

## 3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



## 4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

## 5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



**EAT SMART**

**MOVE MORE**

**BE WELL**

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)

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The best way to get your vitamins and nutrients you need is to eat colorful fruits and veggies. Add color to your diet each day with the five main color groups.

## RED & PINK

beets  
cherries  
cranberries  
pink grapefruit  
pomegranates  
radicchio  
red radishes

raspberries  
red apples  
red grapes  
red peppers

red potatoes  
rhubarb  
strawberries  
tomatoes  
watermelons

## BLUE & PURPLE

blackberries  
blueberries  
eggplants

grapes  
plums  
prunes  
purple figs  
purple onions  
radicchio  
red cabbage  
red onions



## YELLOW & ORANGE

acorn squash  
butternut squash  
apricots  
cantaloupes  
carrots  
corn  
grapefruit  
lemons  
mangoes  
nectarines  
oranges

papayas  
peaches  
pineapples  
pumpkins  
summer squash  
sweet potatoes  
tangerines  
yams  
yellow apples  
yellow peppers  
yellow squash

## WHITE & BROWN

bananas  
brown pears  
cauliflower  
currants  
dotes  
garlic  
Jerusalem artichokes

onions  
potatoes  
parsnips  
raisins  
shallots  
turnips

## GREEN

artichokes  
asparagus  
avocados  
bok choy  
broccoli  
Brussels sprouts  
celery  
collard greens  
cucumbers  
green beans  
green cabbage  
green grapes  
green onions  
green peppers

kale  
kiwis  
leeks  
limes  
mustard greens  
okra  
pears  
peas  
romaine lettuce  
snow peas  
spinach  
sugar snap peas  
watercress  
zucchini