

# Fun and Resources for 8-4-20



# 20 Cowboy Salad

Prep time: 20 minutes

Makes: 8 cups



## Ingredients

- 3 cups cooked **black-eyed peas** or **black beans** (or two 15-ounce cans, drained and rinsed; try a mix or any type)
- 1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)
- 1 bunch **cilantro**
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes** (or a 15-ounce can diced tomatoes, drained)
- 1 **avocado**, if desired
- 1 Tablespoon **oil**
- 2 Tablespoons **vinegar** or **lime juice**
- ½ teaspoon each **salt** and **pepper**

## Directions

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado, if desired.
4. Combine all vegetables in a large bowl.
5. Mix the oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour the oil mixture over the vegetables and toss lightly.

## Tastes great with these Food Hero recipes:

- ✦ Easy Cheesy Enchiladas
- ✦ Fish Taco Salad
- ✦ Rice Bowl Southwestern Style
- ✦ Spicy Rice Casserole

## Tips for Draining Canned Beans

When using canned beans, drain and rinse them before adding them to recipes to lower the sodium.

[Back to Contents](#)

## Variations

- ✦ Try adding other vegetables such as sweet or hot peppers or zucchini.
- ✦ Make it a meal. Add diced and cooked chicken, turkey or baked tofu; add grains such as rice or couscous; wrap in a tortilla; or serve on top of salad greens.

## Note

- ✦ Freeze extra lime juice.

## Nutrition Facts

15 servings per container  
Serving size 1/2 cup (119g)

Amount per serving  
**Calories 90**

		% Daily Value*
<b>Total Fat</b>	3.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	260mg	11%
<b>Total Carbohydrate</b>	14g	5%
Dietary Fiber	5g	18%
Total Sugars	2g	
Includes 0g Added Sugars		0%
<b>Protein</b>	4g	

Vitamin D	0mcg	0%	Calcium	27mg	2%
Iron	1mg	6%	Potassium	291mg	6%
Vitamin A	8mcg	1%	Vitamin C	8mg	8%

\* 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.



# SHAPE WEEK

## ACTIVITY #1 GIANT SHAPE SORTER

Take a large box or piece of cardboard and cut several shapes out of the sides. Gather up any shape toys and have your child try and match them to their proper shape. Dumb out the shapes and repeat.

### MORE SHAPE IDEAS:

Trace shape toys onto cardboard and then match them, like a shape puzzle!

## ACTIVITY #3 SHAPE TARGET PRACTICE

Draw some shapes on pieces of colored paper and hang them up outside with tape. Soak some sponges with water. Call out a shape and try and have your child throw the sponge at the shape you called. Repeat until you've hit each shape. Play again!

## ACTIVITY #5 SHAPE SENSORY BIN

Put some shape toys into a sensory bin. Add in a sensory bin filler and play! Talk about shapes while building, digging, and playing.

## ACTIVITY #2 SHAPE HUNT

Use painters tape to make several shapes on your floor or table. Cut matching shapes out of cardstock or construction paper. Hide the shapes around the house. Hunt for the shapes and match them to the correct shape on the floor.

### MORE HUNT IDEAS:

Hunt around the house for shape toys!

## ACTIVITY #4 SHAPE STICKY WALL

Tape a piece of contact paper to the wall, sticky side out. Grab shape toys or small paper shapes and see what will stick to the sticky wall.

### MORE STICKY IDEAS:

Draw different shapes/colors on the sticky wall and sort the toys by color/shape.

## SUPPLIES

- Cardboard box
- Scissors/knife
- Painters tape
- Shaped toys
- Sponge
- Colored paper
- Contact paper
- Sensory Bin
- Sensory Bin filler (sand, beans, dried rice, dried pasta)

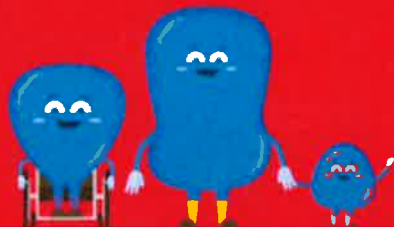
# COVID-19 PARENTING

## Parenting in crowded homes and communities

Keeping your family healthy and safe from COVID-19 can feel even harder when you live in crowded conditions. There are things you can do to make this easier for your family.

### Keep staying safe.

- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible.
- Know the COVID-19 rules about what you can and can't do in your area.



### Help your children with physical distancing.

- Explain to your children that they have an important job of keeping themselves and their community healthy by temporarily physically distancing from others.
- Show them extra positive attention when they make an effort to practice safe physical distancing from others.

### Make handwashing and hygiene fun!

- It might be hard to find soap and water, but practicing good hygiene is more important now than ever.
- Try to wash all family members' hands as often as possible.
- Let children teach each other how to wash their hands.
- Encourage children to avoid touching their face.

### Share the load.

- Looking after children and other family members is difficult in cramped spaces, but it's much easier when responsibilities are shared.
- Try to share household chores, childcare, and other tasks equally amongst family members.
- Create a schedule for time "on" and time "off" with other adults in your household.
- It is okay to ask for help when you are feeling tired or stressed so that you can take a break.

### Exercise daily.

- Encourage children to think of activities they can do to exercise while avoiding contact with who do not live already in your immediate space.
- Jumping activities, dancing or running in circles can be fun!

### Take a Pause.

- You might not have space to yourself to deal with all the stress and emotions you are feeling.
- Notice when you are feeling stressed or upset and take a pause - even three deep breaths can make a difference!

Well done! Millions of families finds that this helps



### Keep using Tips 1-6.

Keeping positive, having a routine and trying to get some one-to-one time with each child when you can will help you manage your child behaviours and your feelings

For more information click below links

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE

# 10 Ways to Curb Hidden Allergens at Home

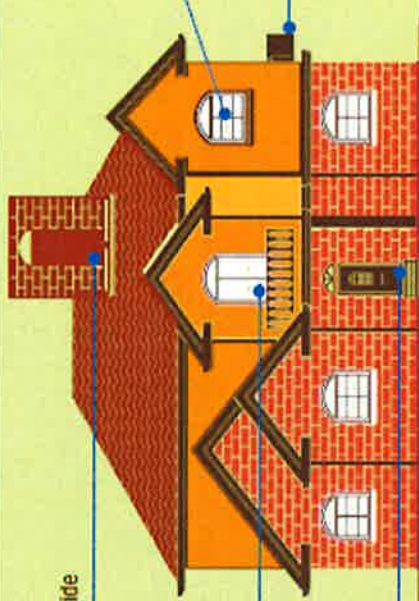
**1 Avoid smoke particles**  
skip the wood-burning fireplace and don't smoke inside

**2 Keep pets out of the bedroom**  
limit dander in your sleeping area

**3 Take off your shoes**  
avoid tracking in allergens

**4 Avoid scenting your home**  
room sprays, scented candles and oils can trigger allergies

**5 When buying furniture**  
avoid cloth material and look for easy-to-clean surfaces



**6 Wash bed linens and curtains**  
reduce allergens in the air

**7 Humidity levels matter**  
too much moisture increases mold and dust mites

**8 Use HEPA filters**  
use them in vacuum and furnace

**9 Use solid flooring like tile, wood and linoleum**  
they are easiest to keep clean

**10 Use exhaust fans in kitchen and bathroom**  
lessen cooking fumes and moisture





American Heart Association.

Healthy for Good™

# SEASONS OF EATING

## SPRING

Artichokes  
Asparagus  
Carrots  
Chives  
Fava Beans

Green Onions  
Leeks  
Lettuce  
Parsnips  
Peas

Radishes  
Rhubarb  
Swiss Chard

## SUMMER

Berries  
Corn  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapes

Green Beans  
Melons  
Peppers  
(sweet and hot)  
Stone Fruit  
(apricots, cherries,  
nectarines, peaches,  
plums)

Summer Squash  
Tomatoes  
Zucchini

## FALL

Apples  
Brussels Sprouts  
Dates

Hard Squash  
(acorn, butternut,  
spaghetti)

Pears  
Pumpkins  
Sweet Potatoes

## WINTER

Bok Choy  
Broccoli  
Cauliflower  
Celery

Citrus Fruit  
(clementines,  
grapefruit, lemons,  
limes, oranges,  
tangerines)  
Endive

Leafy Greens  
(collards, kale,  
mustard greens,  
spinach)  
Root Vegetables  
(beets, turnips)

## KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)

**EAT SMART** **MOVE MORE** **BE WELL**

