

Fun and Resources for 8-5-20



21 Chicken Enchilada Soup

Prep time: 10 minutes

Cooking time: 30 minutes

Makes: 12 cups



Ingredients

- 2 teaspoons **oil**
- 1 cup chopped **onion** (about 1 medium onion)
- 2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**
- 1 teaspoon ground **cumin**
- 1½ cups cooked **navy beans** or any type of beans (or a 15-ounce can, drained and rinsed; try any type)
- 3½ cups **diced tomatoes** (fresh or a 28-ounce can diced with juice)
- 4 cups **chicken broth** (any type)
- 1 cup **tomato sauce** (an 8-ounce can)
- 1 cup (two 4-ounce cans) chopped **mild green chiles**
- 2 teaspoons dried **oregano**
- 2 cups chopped cooked **chicken**
- ½ cup chopped **cilantro**
- 1 cup shredded **cheese**
- 10 corn **tortillas** cut into strips, if desired

Directions

1. Heat the oil in a large pot. Add the onion, garlic and cumin, and sauté until the onion is softened but not browned.
2. Add the beans, tomatoes with juice, and chicken broth. Heat to a boil. Reduce heat.
3. Stir in the tomato sauce, chilies, oregano and chicken. Simmer 15 minutes.
4. When ready to serve, stir in the cilantro and cheese until melted. Serve tortilla strips on the side as soup toppings, if desired.

Baked Tortilla Strips

1. Preheat oven to 350 degrees F.
2. Stack the tortillas and cut the stack in half. Cut each half-stack into strips.
3. Spread the strips on a baking sheet.
4. Bake, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

Nutrition Facts

12 servings per container
Serving size 1 cup (280g)

Amount per serving
Calories 200

		% Daily Value*
Total Fat	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	510mg	22%
Total Carbohydrate	22g	8%
Dietary Fiber	4g	14%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	15g	

Vitamin D	0mcg	0%	Calcium	127mg	10%
Iron	2mg	10%	Potassium	243mg	6%
Vitamin A	54mcg	6%	Vitamin C	20mg	22%

* 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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FIZZ WEEK

ACTIVITY #1 BACKYARD VOLCANOES

Grab some baking soda and vinegar and go outside. Build a volcano out of dirt or sand or tan bark. Make a hole at the top and put the baking soda in it. Pour vinegar into the hole and watch what happens to your backyard volcano.

VARIATION:

Build a volcano out of playdough and then add baking soda and vinegar.

ACTIVITY #3 FIZZY BOTTLE CAPS

Gather a few bottle caps or small containers and add a drop of food coloring to the bottom and cover it with baking soda. Drip vinegar onto the lids to make fizzy eruptions. Repeat!

ACTIVITY #5 FIZZY DRINKS

Pour each child a glass of fizzy soda. Add ice cubes or crushed ice (either before or after pouring the soda) and see what happens. Next, give each child some gummy sweet and sour sugary candies. Have them put the candies in the drinks to see which make the drink more fizzy. Drink & enjoy!

ACTIVITY #2 FIZZY FOOTPRINTS

Pour baking soda into a 8x8 or 9x13 baking pan with a lip. Use squeeze bottles or droppers to drip colored vinegar onto the baking soda. Once you have a drip of vinegar, use a toy (like dinosaur feet) to make a footprint in the color drip. Repeat after each fizzy drip. See if someone can guess which animal made which footprint.

ACTIVITY #4 FIZZ PAINTING

Mix washable paint with baking soda to make a liquidy paint. Paint the concoction onto paper or a baking sheet. Squirt vinegar onto the painting with a dropper and watch the fizz. Repeat!

SUPPLIES

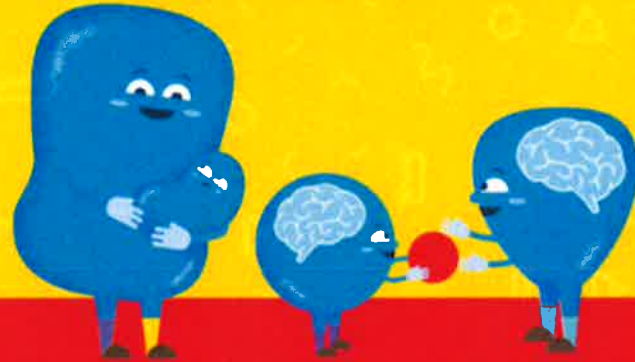
- Baking soda
- Colored vinegar
- Droppers
- Small toys (dinosaurs, trucks, etc)
- Bottle caps (or substitute)
- Paintbrush
- Washable paint
- Diet lemon drink
- Ice
- Gummy sugar and sour candies
- Paper/ Baking pan

COVID-19 PARENTING When We Get Angry

We love our children and teenagers, but stress from caregiving, money, and COVID-19 can make us angry. Here is how we can maintain control and manage our anger so we do not hurt others.

Stop the river at the source.

- > The same things usually make us get stressed and angry every time.
- > What makes you angry? When does it happen? How do you normally react?
- > Prevent it from starting. If it happens when you are tired, get some sleep or rest. If it's hunger, try to be sure you can eat. If it's feeling alone, ask someone for support.
- > Look after yourself. Try the 'take a pause' and 'managing stress' resource sheets for ideas.



Brain science shows if you control your anger or do something positive you increase your child's brain development.

That's real success!

Take a break.

- > When you start feeling angry, take a 20-second cool down. Breathe in and out slowly 5 times before you speak or move.
- > Go somewhere else for ten minutes to regain control of your emotions. If you have safe outdoor space, go outside.
- > If it's a baby that won't stop crying, it's OK to leave them safely on their back and walk away for a bit. Call someone to calm you down. Check on them every 5-10 minutes.

Take care of yourself.

- > We all need to connect. Talk to friends, family, and other support networks every day.
- > Cut back on drinking or don't drink, especially when the kids are awake.
- > Do you have weapons or things that can be used to hit others? Lock them up, hide them or take them out of the home.
- > If it's not safe for them at home it is OK for children to go out to get help or stay somewhere else for a while.

The COVID-19 crisis isn't forever – we just have to get through it now...one day at a time.

For more information click below links.

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE



Better Sleep & Safer Homes

Daylight savings time can affect your sleep.
Follow these tips to sleep better year-round.

Daylight Savings

Spring forward 1 hour the second Sunday in March.
Fall behind 1 hour the first Sunday in November.

Remove Distractions

Remove all technology from the bedroom (TV, video games, iPad, laptops, etc.)

Turn it off

Turn off all technology 30 minutes before bed

Set Limits

Limit caffeine after lunch

Have a routine

Develop a "going to bed" routine using relaxation and soothing activities

Be Consistent

Go to bed and wake up at the same time every day, even with the time change



Home Safety Checklist

Replace Batteries

in smoke detectors and carbon monoxide detectors

Update Smoke Detectors

Replace outdated smoke and carbon monoxide detectors

Expired Medication

Check and properly discard expired prescription and over-the-counter medicines

Emergency Kits

Prepare emergency kits for





American Heart Association.
Healthy for Good

KEEP IT **FRESH**

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

Pantry

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,
POTATOES, & YAMS**

WATERMELON

Countertop

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS,
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI &

SUMMER/YELLOW SQUASH



Learn more at heart.org/HealthyForGood

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