

FAMILY ACTIVITY: BREAD IN A BAG

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Food safety tips: Do NOT try this alone, make sure an adult is present, tie up your hair or wear a scarf, wash your hands and countertops, be sure to measure ingredients accurately, and have fun!

Learn to make mini-loaves of bread in a bag. You will need the following items for this activity:

- 1 gallon Ziploc bag
- 3 c. Flour
- 2 tsp. Salt
- ¼ c. Sugar
- 1 pack Quick-Rise Yeast
- 3 tbs. Olive Oil
- 2 mini-loaf pans
- 1 c. warm Water

Directions:

1. Preheat oven to 375 degrees
2. Place 1 c. flour, sugar and yeast in bag and add warm water
3. Seal bag and mix together squeezing the bag
4. Add 1 c. flour, oil, salt, and mix together
5. Add remaining flour and mix until a round ball forms
6. Remove from bag and knead until smooth
7. Half up the dough and place in pans to rise for 20 minutes
8. Bake at 375 degrees for 30 minutes or until golden brown, Enjoy!



LET'S GARDEN!

7 STEPS FOR STARTING SEEDS

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To get a head start on growing your garden, follow these simple tips for starting seeds:

1. Use **container** or **potting mixes** to start seeds.
These are sterile and provide your seeds with the nutrition they need to grow
2. Drop a few seeds into each container and thin out weaker plants as they grow
3. Make sure your starter plants have good drainage and are watered regularly
4. Place your plants where there's plenty of sunlight
5. Make sure your plants are in a space where the temperature is between 60-70° Fahrenheit
6. Be patient, observe, and over time, your seeds will sprout
7. Have fun!



WORLD HEALTH ORGANIZATION TIPS ON HOW TO BE ACTIVE DURING COVID19

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- Try and reduce long periods of time spent sitting:
Reduce sitting for long periods by taking short 3-5 minute breaks every 20-30 minutes. Simply stand up and stretch or even better, take a walk around the house.
- Set up a regular routine to be active every day, by planning a physical activity or exercise break either by yourself, by joining an online class, or by setting up a time to be active online with others.



DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION TIPS TO HELP US THROUGH "STAY AT HOME" AND COVID19

I HAVE NO MONEY COMING IN WHERE DO I START?

Dawn Doperalski, Health & Well Being Educator/*Email: dawn.doperalski@wisc.edu*

When your income stops, it's natural to feel shock and panic and you may want to ignore the situation. The sooner you look at your household budget, the more options you have and the better off you will be in the long run.

Start by creating a budget. Write down paychecks due to you or savings you may have and then list your monthly bills. This is a helpful tool: https://files.consumerfinance.gov/f/documents/cfpb_well-being_monthly-budget.pdf

Prioritize your bills by what is most important to keep you safe—housing, food, utilities, and car payments. Write down minimum payments due and due dates.

Additional resources may be available to help you make ends meet. This can include outside assistance to help with food, healthcare, utilities, housing, student loans, and more.

Let your creditors know about your financial situation. Contact creditors before you miss a payment so they know you are keeping track and working on the situation. See Extension publication on **Dealing with a Drop in Income** for steps to take in prioritizing bills and a script you can use to contact creditors about a payment plan. Keep track of everyone you talk with and any paperwork you share.

Start looking ahead. Think about how you will use the April government emergency relief checks and/or unemployment benefits. Use any future income to pay those high priority bills that can't be covered by government resources and that haven't been put on hold by government authorities.

RECIPE TIME: CHICKEN SPAGHETTI

This colorful crowd-pleaser that incorporates vegetables, whole grains, protein and dairy in one dish. Serve fruit for a meal that contains all of the food groups. A great way to use some left over chicken!

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Ingredients

- vegetable oil spray
- 4 ounce spaghetti, whole wheat uncooked
- 1 teaspoon olive oil
- 1 red bell pepper, medium (thinly sliced)
- 1 green bell pepper, medium (thinly sliced)
- 1 onion, medium (chopped)
- 2 cup cooked chicken breast, skinless and diced (cooked without salt, about 8 ounces)
- 1 can tomatoes, diced undrained (14.5 ounces, low sodium)
- 1 can cream of chicken soup (reduced sodium (10.75 ounces))
- 1/2 cup cheddar cheese, reduced fat shredded
- 1/4 cup Parmesan cheese (shredded or grated)
- 1/4 teaspoon pepper

Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking dish with vegetable oil spray.
2. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
3. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally.
4. Pour into a large bowl. Stir in the remaining ingredients, including the spaghetti. Pour into a baking dish.
5. Bake, covered, for 20 minutes. Bake, uncovered for 10 minutes, or until the mixture is warmed through and light golden brown on top.

