



DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION



TIPS TO HELP US THROUGH COVID-19

COOKING WITH KIDS

DAWN DOPERALSKI,
HEALTH & WELL-BEING EDUCATOR

These can be challenging times for families that are home with their children all day. Mealtimes are an opportunity to provide active learning and conversation for you and your family. A wonderful way to get kids excited about both learning and nutrition is getting them involved in the meal-making process.

Start with basic food safety:

- Wash hands with soap and water before and after touching food (and before you eat) and wash food prep surfaces. Have young children count to 20 while washing to practice with numbers.

Get your kids excited about cooking:

- Show your kids your grocery store's website and have them help pick out ingredients – maybe something they haven't tried before like a new fruit or vegetable. If they can, have them write out the shopping list.
- Help them choose a recipe from your cookbooks or search online, using ingredients you have or know you can purchase.
- While you can focus on healthy meals, let them also select a fun snack to make like popcorn balls or cookies you can bake together.

Assign tasks based on children's age:

- For younger kids, some tasks can double as learning for school, if age appropriate.
- Math: If you halve or double a recipe, have your child calculate the changes to the amounts. Talk about fractions using recipe cups and have them count ingredients like eggs.
- Science: Use the internet to look up how baking powder and baking soda work, or what's happening when marshmallows turn golden-brown in the oven.
- Literacy: Have your child read the recipe and instructions aloud and follow each step to the final food. This helps improve reading comprehension And expand vocabulary.

WILD RICE PILAF

CHELSEY LATENDER
FOODWISE EDUCATOR

Ingredients

- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 Tablespoon Olive oil
- 3 ½ Cup reduced-sodium chicken broth
- ½ cups wild rice-dry
- 1 cup long-grain white rice, dry

Directions

In a large saucepan over medium heat, sauté onion, carrots, celery and garlic in oil; cook until tender. Stir in broth and wild rice; heat too a boil. Cover and cook over low heat 25 minutes. Stir in white rice, cover and cook over low heat an additional 20 minutes or until rice is done.



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UNIVERSITY OF WISCONSIN-MADISON
MENOMINEE COUNTY

TOILET PAPER ROLL BIRD FEEDER

SOFIE TELLER

POSITIVE YOUTH DEVELOPMENT EDUCATOR

Helpful Tip: This can be a messy project. Have paper towel handy and be sure to lay down a tablecloth or newspaper prior to starting this activity. If the weather is nice, this would be a great outdoor activity!

Supplies:

- Peanut Butter
- Knife
- Toilet Paper Roll Casings
- Bird Seed
- Plate
- String

Directions:

1. Thoroughly clean toilet paper roll casings of paper.
2. Pour birdseed onto a flat plate or dish.
3. Using a knife, heavily coat the roll with peanut butter.
4. Roll the coated toilet paper roll in the bird seed until completely covered.
5. Using the string, thread it through the bird feeder and tie a knot.
6. Hang your bird feeder in a tree on a branch.

Image by:

<https://www.theneighborhoodmoms.com/toilet-paper-roll-bird-feeders/>



PLANNING YOUR GARDEN

JENNIFER K. GAUTHIER

COMMUNITY EXTENSION EDUCATOR

Covid-19 has increased interest in starting home gardens. Home gardens are a great way to increase your family's access to fresh fruits and vegetables. It is a local tradition to begin planting gardens the weekend of Memorial Day. Here are a few gardening tips to help you have a successful growing season:

- **Full Sun.** Select an area where there's 6-8 hours of sunshine a day
- **Access to Water.** Consider building your garden as close as possible to a watering source. This will save you from hauling water long distances.
- **Watering soil.** Plants get the water they need from the soil. Make sure to water the soils and not plants or plant leaves. Watering plants and plant leaves can promote mold growth and disease.
- **Watering techniques.** Water in the morning. Water once to twice/week. Consistency is important.
- **Weeds.** Pick weeds daily if you can. The work you put in today will save you time tomorrow.
- **Transplanting tomatoes.** Plant tomato plants at an angle. This strengthens roots.
- **Planting corn.** Plant corn in squares. This helps corn plants to pollinate. Planting corn rows in small gardens may limit pollination.

Be sure to visit your plants often! Enjoy watching your plants grow and all the gifts a garden gives.