

10 minute Vegetable Chili

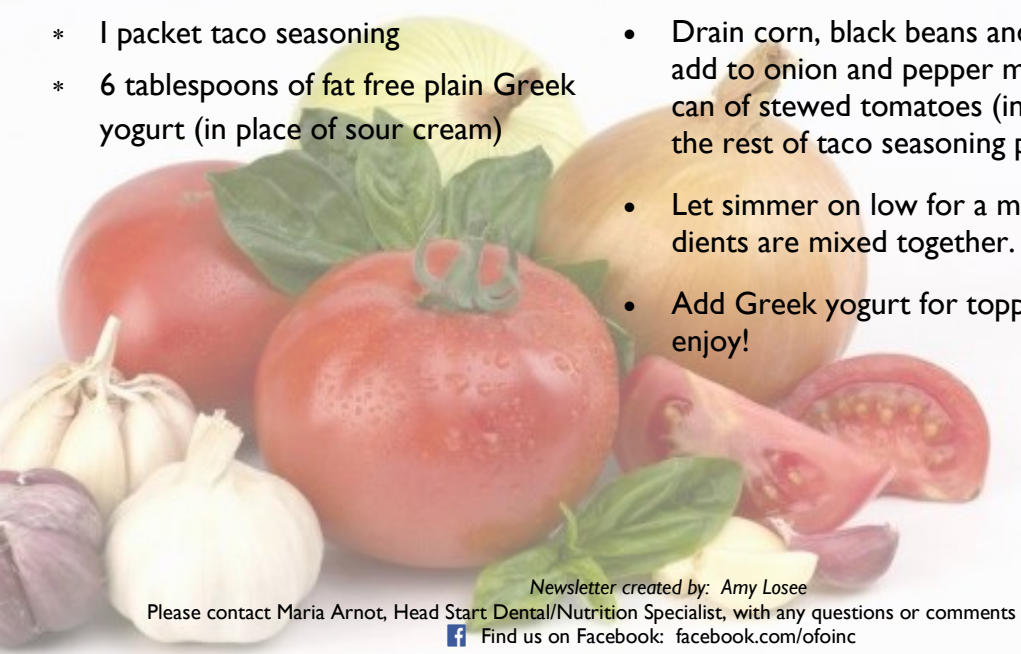
Warm up this month with a quick and simple chili recipe. This recipe is so easy to make and has the perfect combination of flavors. It's a great option to have for lunch or dinner on a busy night the whole family can help make and enjoy!

Ingredients

- * 1 can of low sodium black beans
- * 1 can of kidney beans
- * 1 can of yellow corn
- * 1 green pepper, diced
- * 1 red pepper, diced
- * 1 can stewed tomatoes
- * 1 cup chopped white onion
- * 1 packet taco seasoning
- * 6 tablespoons of fat free plain Greek yogurt (in place of sour cream)

Directions

- Cook the chopped onion, peppers, and half of taco seasoning packet until onion and peppers are softened.
- Drain corn, black beans and kidney beans and add to onion and pepper mixture. Add entire can of stewed tomatoes (including juices) and the rest of taco seasoning packet.
- Let simmer on low for a minute until all ingredients are mixed together.
- Add Greek yogurt for topping if desired and enjoy!



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Please contact Maria Arnot, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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This Agency is an equal opportunity provider

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.



Healthy Living With Head Start

A Helping Hand in Health



A Healthy Head Start

Start and Early Head Start are designed to work with you and your family as a team to make sure your children are able to put their best foot forward in anything they do in life. Take a quick look some ways Head Start and Early Head Start can be a helping hand in maintaining your family's health:

Nutrition: From family style meals in our classrooms to offering one-on-one nutrition education to families, our staff works hard to provide opportunities to learn about the importance of healthy choices.

Oral Health: We love seeing a lot of smiles in our program so we will do just about anything to keep them healthy. Our program works with many local dentists to make oral health care as easy as possible for your family.

Health & Development: Children will use all of their senses to investigate their environment to discover the world around them. At Head Start, our job is to support your family as you manage your child's healthcare, screenings, and development to ensure they are in tip-top shape for learning.

Social & Emotional/Mental Wellness: A tremendous amount of social and emotional development takes place during your child's infant, toddler and pre-school years. As Children experience mood changes and an expanding social world, Head Start and Early Head Start staff will help them manage and understand their emotions as well as those of other people.

Oral Health Q&A

Q: When should my child see a dentist for the first time?

A: The best way to introduce your child to the dentist is as a quick exam as soon as they get their first tooth (or by age one).

Q: Should I see my dentist if I am pregnant?

A: Yes, Regular oral health care is an important part of a healthy pregnancy. Let your oral healthcare provider know if you are expecting to ensure they pay close attention to potential gum inflammation and treatment schedules.

Q: What can I do at home to keep my family's teeth healthy?

A: A routine of brushing and flossing twice a day will go a long way to keep everyone's smile healthy. Seeing your dentist every 6-12 months for a check up and cleaning will help keep everyone on track to maintain healthy habits and healthy teeth.

Q: Is Fluoride safe for my family?

A: Fluoride is not only safe for you and your family, it is an essential part in maintaining healthy teeth for your child. Using fluoridated toothpaste, drinking fluoridated water, and taking prescribed fluoride supplements (if directed by your healthcare provider) will help your child build healthy teeth and protect against cavities.

Q: How often should my family see the dentist?

A: Though our program only requires documentation of one visit to the dentist, it is recommended that you and your family visit the dentist at least once every 6 months for regular checkups, cleanings, and fluoride treatments.

Q: What do I do if there is an oral health emergency in my family?

A: In an emergency, you should always call your oral health provider immediately and follow their direction closely. If the emergency happens after regular business hours (as they usually do), call your dentist's emergency care number if possible, place any broken or dislodged teeth in milk, rinse mouth and apply a cold compress, and go to an emergency care or urgent care facility.

DIY Family Management Notebook

Staying on top of the daily schedule can be challenging. Add in a well child visit, a visit to the dentist, and a couple of sports events in a week and it is nearly impossible to keep track. Putting all the family's information and schedules in one spot can help keep you organized and up to date on your family's hectic life.

Materials

- * Large binder or planner
- * Assorted folders and dividers
- * Stickers, sticky notes, and embellishments
- * Colorful pens, pencils, and markers
- * Glue and tape
- * Calendar and weekly schedule pages (printed, handmade, or from a planner)
- * To-do pages or extra paper

Directions

- * Create individual sections in the binder or planner with folders or dividers labeled with each family member to store important documents, notes, and appointment information separately.
- * Put the calendar pages at the front of the binder to allow for easy access to the family's schedule and upcoming appointments. Consider adding a weekly schedule pages between the calendar months to allow for a more detailed schedule.
- * Add stickers and other embellishments to the calendar to help highlight important appointments and days.
- * Glue or tape sticky notes to the inside of the binder to allow for quick note taking.
- * Decorate and label the binder and pages as you like to help them stand out and easy to use.
- * Keep the binder in a heavy traffic area of the house to encourage the family to use it.

