



## Legumes

A legume (lay-goom) is a type of plant that has seed pods. The seed pods split on both sides when ripe. The most popular legumes are black-eyed peas, kidney beans, lentils, lima beans, pinto beans, soybeans, and green peas. Add cooked beans, peas, or lentils to soups, salads, casseroles, and pasta dishes.

Legumes are low in cost, contain no cholesterol, and have only small amounts of fat and sodium. They contain B vitamins, folate, iron, and are high in protein and fiber. Because legumes are high in protein, use them in place of meat. One-half cup of cooked legumes equals 1 ounce of meat. But legumes don't make a complete meal by themselves. Combine a grain, dairy food, or small amount of meat with a legume to make a complete meal. For example, combine red beans with rice.

Store dried legumes, such as navy beans or lentils, in a tightly covered container in a dry, cool place. Since legumes come from fields, sort them out for possible stones and debris. Rinse them in cold water

before soaking and cooking. Don't mix old and new beans, because old beans take longer to cook. Soak legumes for at least 8 hours, or refer to the package directions for a shorter method of preparation. To keep legumes from foaming as they cook, add about 1/4 teaspoon cooking oil to the water. Add salt and acid foods, such as

tomatoes, at the end of cooking time. Salt toughens beans and acid foods slows their softening.

Lentils are a light brown, disk-shaped legume about the size of a pea. They don't need to soak and cook in 30 to 45 minutes. Lentils are good in soups and stews.

Legumes may cause stomach discomfort and gas when eaten because they contain a gas-causing sugar that can't be digested. Changing the water several times during soaking may help decrease gas production and legumes are high in fiber, so increase the amount you eat gradually if you aren't used to a high fiber diet.



## Bean Chowder



### What You Need:

- 3/4 cup dry navy beans
- 4 cups water
- 3/4 cup potato, diced
- 1/4 cup onion, chopped
- 1 1/2 teaspoons flour
- 1 tablespoon butter, melted
- 3/4 cup tomatoes, canned
- 1 1/2 cups 1 percent milk

### How To Fix:

1. Soak beans in water as directed on package. Drain.
2. Add water to beans. Cover and simmer until almost done, about 1 hour.
3. Add potato and onion. Cook 30 minutes more.
4. Mix the flour and butter. Slowly stir into bean mixture. Add the tomatoes.
5. Cook over low heat 10 minutes, stirring constantly until thickened.
6. Stir in milk. Heat to serving temperature. Makes 8 cups. (122 calories, 2 grams fat per serving)

## Learning Patterns

Understanding patterns and how they are made is an important part of learning math. Parents can help children learn how to make patterns.

- Make patterns for children to copy. Use items such as different shapes or colors of blocks, buttons, dominos, coins, stones, or marbles.
- Let children create their own patterns. Cut paper or cloth



shapes of different colors (yellow squares, red triangles, green circles). Children then paste their pattern on construction paper. As children get older, use more shapes and colors.

- Ask children to listen while you clap a pattern. Try two long claps followed by two quick claps. Let them repeat it.
- Help children look for patterns on clothes, around the house, and in nature.

## Teen Moms and Breastfeeding

Teenage moms have many concerns and questions about breastfeeding. If you are a pregnant teen trying to decide whether to breastfeed, keep in mind that breastfeeding is an option. It isn't something that has to be done. You can stop if it doesn't work out. Breastfeeding even a little is better than not at all. Mothers of any age make milk that is unique to their baby's needs. Teens make good quality milk for their babies.

A common concern of teens is breastfeeding in front of others. Some teens choose to breastfeed at home, but bottle feed in public. Or some teens pump breast milk at home; then they can put breastmilk in a bottle to feed baby in public.

It's helpful to talk to other teens who have breastfed. Ask your health care provider to help you find a teen who has breastfed.

## Microwaving Baby Milk Warning

Do not heat bottles of infant formula or breastmilk in a microwave. Health care providers warn that the liquid inside microwaved bottles can be scalding hot, while the outside of the bottle just feels warm. The scalding hot milk can burn the inside of a baby's mouth. There is no medical reason to heat infant milk.



Health care providers want microwave manufacturers and packages to carry warnings that would suggest all microwaved foods and liquids be tested before giving them to a child.

## RSV Virus

Respiratory Syncytial Virus (or RSV) is a virus spread by coughs, sneezes, and contact with contaminated objects.

Symptoms of RSV include: fever, runny nose, cough, and sometimes wheezing.



RSV can affect adults and children. Children under the age of two and children with health problems, such as heart conditions, may have more severe symptoms. Symptoms usually last 1 to 2 weeks, but the cough may last longer.

Antibiotics are not used in treating RSV because it is caused by a virus. Secondary infections, such as an ear infection or pneumonia, may be treated with antibiotics.

RSV usually occurs in late fall to early spring. RSV can be prevented by frequent handwashing and not sharing items, such as cups and utensils, with infected persons.

Many children in childcare get RSV in the first year of life. Keeping children with colds or other mild respiratory illnesses home, probably wouldn't decrease the spread of RSV. Contact a health care provider if your child has symptoms of RSV.

**Floyd County Health Department**  
**1917 Bono Road**  
**New Albany, IN 47150**  
**(812) 948-4726**

The Floyd County Health Department provides Vaccines, Lead and Hemoglobin tests to all children who are 6 weeks to 18 years of age. Including:

- Children enrolled in HHW/Medicaid
- Children who do not have health insurance (The Health Department does ask for a \$5.00 donation per vaccine. However, no child will be refused for inability to pay.)
- Children that have private insurance. (The Health Department will bill your insurance.)

They have Vaccines for RSV, FLU and COVID available.

All vaccines and testing are by APPOINTMENT ONLY. TO make an appointment you can call (812) 948-4726 EXT. 3 or using a smart phone you can scan the QR code below.

El Departamento de Salud del Condado de Floyd proporciona vacunas, pruebas de plomo y hemoglobina a todos los niños que tienen entre 6 semanas y 18 años de edad. Incluido:

Niños inscritos en HHW/Medicaid Niños que no tienen seguro médico (El Departamento de Salud pide una donación de \$5.00 por vacuna. Sin embargo, a ningún niño se le negará por no poder pagar). Niños que tienen seguro privado. (El Departamento de Salud le facturará a su seguro).

Tienen vacunas disponibles para RSV, FLU y COVID.

Todas las vacunas son SOLO CON CITA PREVIA. Para hacer una cita, puede llamar al (812) 948-4726 EXT. 3 o usando un teléfono inteligente puede escanear el código QR a continuación.



**PRIORITIZE YOUR HEALTH**

# General Wellness Screening for Parents



Every morning before you send your child to school please check for signs of illness:



**FEVER 100.4\* OR CHILLS** \*or school board policy if threshold is lower



**COUGH\* OR SHORTNESS OF BREATH**  
\*especially new onset, uncontrolled cough



**DIARRHEA, NAUSEA OR VOMITING, ABDOMINAL PAIN**



**HEADACHE\***  
\*particularly new onset of severe headache, especially with fever



**SORE THROAT**

Does your child have any sign of illness above?

If yes, consider their history. For example, **DO NOT** send your student to school. Instead, please keep your student home until they meet the criteria to return to school.

- If you check any of the boxes, **DO NOT** send your student to school. Instead, please keep your student home until they meet the criteria to return to school.
- Follow your school policy for returning to school.