**The Weekly Wrap**

**This Week...**

**Turkey Chili with Vegetables**

Be sure to post the amazing dishes you and your family make on social media using #NKHNC #GetCooking

Bon Appetit!

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**Directions**

1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots, and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
5. In a colander, drain and rinse beans.
6. In a large pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
8. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
9. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.

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**Ingredient List**

- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 1 large green bell pepper
- 1 (15½-ounce) can red or white kidney beans, no salt added
- 1 Tablespoon canola oil
- 1 pound ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 cup water
- 3 Tablespoons chili powder
- 1 Tablespoon ground cumin
- ¼ teaspoon salt

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**What to Watch?**

**Cyberchase**

Each weekday, two blocks of programs on UNC-TV’s North Carolina Channel will serve students: PreK -3, from 6 AM-8AM, 4th - 8th grade, from 8 AM-1 PM, and 9th-12th grade from 1-6 PM. Go to www.unctv.org/unctv-at-home-learning/ for a weekly schedule and channel listings!
An interview with Jonathan Hames, the world’s most innovative person.

Get structured:
Create consistent, yet flexible daily routines. Allow yourself grace when things don’t go as planned.

Stay Positive: Children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

One-on-one time: School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun! Visit here for more tips!

**THINGS TO DO AT HOME**

**MOVE YOUR BODY**
Although, you may be stuck in the house, it’s still very important to stay active! Exercising at home doesn’t require much, but a good attitude is a must. Break out a towel or even a rug and give these fun yoga poses a try!

**Tips for Parenting During COVID 19**
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**Joke of the Week**
What’s the most detailed oriented ocean?

**THE PACIFIC**

**THINGS TO DO AT HOME**

**Movement**

- Do a puzzle by yourself or with your family!
- Wash your hands for 20 seconds!
- Read a book or attend a virtual book fair!

**Parent’s Corner**

**Movement**

- Visit here for more tips!

**Joke of the Week**

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**Find Free, Healthy Meals for Kids During COVID-19 School Closures in NC**

- **Text** FOODNC to 877-877 to find pick up and drive-thru locations near you.
- **Use the Map at NoKidHungryNC.org** to find pick up and drive-thru locations near you.
- **Find information on delivery meals** by visiting NoKidHungryNC.org/MealUpdates.
- **Check with your local school district** for the latest updates on its website or social media.

Call (855) 243-8892 to sign up for this offer.