THE WEEKLY WRAP

This Week...

Mini Pizzas

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

Bon Appetit!

**Ingredients**

- 1 medium red or green bell pepper
- 8 ounces button mushrooms
- 1 large tomato
- 1 (4-ounce) chunk part-skim mozzarella cheese
- 6 whole grain English muffins
- 1 Tablespoon canola oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 (8-ounce) can tomato sauce, no salt added

**Directions**

1. Preheat oven to 450°F.
2. Rinse bell pepper, mushrooms, and tomato.
3. Remove core and cut pepper into thin slices. Slice mushrooms ¼-inch thick. Remove core and dice tomato into ¼-inch pieces.
4. In a small bowl, grate cheese.
5. Split English muffins in half. Place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce while muffins cook.
6. In a large skillet over medium heat, heat oil. Add peppers and mushrooms. Cook for 5 minutes. If needed, use a colander to drain vegetables.
7. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.
8. Stir spices into tomato sauce. Do this directly in the can.
9. When muffins are lightly browned, spoon 1 Tablespoon sauce over each muffin half. Coat evenly.
10. Layer veggies evenly over sauce. If using pepperoni, place one slice on each muffin half. Top with shredded cheese.
11. Bake muffins until cheese is melted and bubbly, about 6–8 minutes.
12. Let pizzas cool for 2 minutes before serving.

**The Weekly Wrap**

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**What's on TV?**

The Great American Read

The television series features entertaining and informative documentary segments, with compelling testimonials from celebrities, authors, notable Americans and book lovers across the country.

For a complete schedule of UNC TV at home learning programs, go [here](#)!
**MOVE YOUR BODY**

Throw it back to the basics, hide and seek can have your children running around looking high and low. Take turns hiding each other or an object. This is a great game for both indoors and outdoors so the weather does not need to be a factor. As an extra challenge, bust out a timer and see how fast you can find what you’re looking for to really get the energy going. Family competitive streaks are sure to emerge!

**T.O.Y. (Teaching on Your) Time**

T.O.Y time provides exciting and engaging lessons for students of all ages focuses on topics such as music to poetry Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

**Joke of the Week**

What does a zombie vegetarian eat?

GRRRAAAAAAANNNS!

**Pre-School Learning at Home: Teaching Math**

In preschool and even before school starts, young children are learning math through daily routines and activities. Simple activities — such as counting blocks or sorting laundry — can build a foundation for more complex mathematical concepts in the future.

- **Teaching Shapes**
  - One of the easiest ways to learn about shapes is to spot them around you. Go on a walk around your home with your child and try to find as many as you can. Start simple: look for circles, squares and triangles.

- **Teaching Numbers and Counting**
  - A simple way to practice counting is through number songs. Just as the alphabet song helps kids learn their letters, number songs can help them memorize numbers in order.

**Scholastic Summer Reading Program**

Scholastic Summer Read-a-Palooza unites communities in a nationwide campaign that celebrates reading for fun while improving access to books during the summer. Scholastic Home Base is a free digital destination which will provide complete access to books, live events, and games in a safe community for readers! For more info visit [here](#).

**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-thr 3 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.