

DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

Tips to help us through "Stay At Home" and Covid-19



RAINBOW SENSORY RICE

SOFIE TELLER
POSITIVE YOUTH DEVELOPMENT EDUCATOR

Supplies:

- 6 c. white rice
- 6 tsp. water
- Food coloring:
 - Dark blue
 - Light blue
 - Green
 - Yellow
 - Orange
 - Red
- 6 Ziploc bags



Directions:

1. Pour 1 c. rice into a bag with 1 tsp. Water and food coloring
2. Shake until rice is colored
3. Add more food coloring as needed
4. Repeat with all colors
5. Fill a bin with rice and add toys

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Extension

UNIVERSITY OF WISCONSIN-MADISON
MENOMINEE COUNTY

GROW HERBS IN CONTAINERS

JENNIFER K. GAUTHIER
COMMUNITY EXTENSION EDUCATOR

Growing herbs is a great way to add flavor to home cooking. Herbs smell great and can be dried and saved for later use. Grown herbs at home with these supplies and easy steps.

Supplies:

- Small container/4"-6" pot
- Seeds—chives, parsley, sage, thyme
- Soil—pasteurized bagged soil (found in the garden section at local stores)

Planting. Plant seeds ¼ inch deep and cover loosely with soil. Plant seeds far apart. This helps plants get sunlight and prevents plants from overcrowding.

Drainage. Make sure your container has drainage so water can flow through. Cut, punch, or drill holes in the bottom of ice cream pails or similar food containers.

Watering. Check plants daily for water and water the soil as needed. Water until it comes out of drainage holes in the bottom. Avoid watering leaves as this promotes disease.

Fertilizer. Bagged soil has some nutrition already. Eventually you will need to fertilize soil every 2 weeks. For leafy plants, use a high nitrogen fertilizer and follow the directions on the package.

Be patient, observe your plants daily, and watch as they sprout to life!



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PANDEMIC-EBT BENEFITS

DAWN DOPERALSKI
HEALTH AND WELL BEING EDUCATOR

Pandemic EBT (or P-EBT) is a special program that provides benefits for children who normally receive free or reduced price meals at school. This is a benefit that operates like FoodShare—it provides funds on an EBT card, and these funds can only be used for food. These benefits will cover the period March-June.

P-EBT benefits will be issued in two installments—one for March-April, and one for May-June. The total combined March-April benefit is \$176.70 per child; the combined May-June benefit is \$148.20 per child. The 'per child' refers to children who were receiving free or reduced price meals prior to the COVID-19 school closure. This also includes all children in schools that had been providing free meals to all through the Community Eligibility Provision.

These new benefits will be phased in as follows, according to DHS:

- For people already on Foodshare, the benefits will show up on their QUEST card. The combined

March-April benefit (\$176.70 per child) will be available on the card on April 27, and the May-June benefit (\$148.20 per child) will be available in end of May. Here is a link to the letter Foodshare recipients will get explaining these new benefits: <https://www.dhs.wisconsin.gov/covid-19/fs-pebt-letter.pdf>

- For people not enrolled in Foodshare but enrolled in other public benefits, benefits will either get added to an existing QUEST card or will be issued on a new P-EBT card. The March-April benefits will be available on May 10, and the May-June benefits will be available end of May.
- People with children receiving free or reduced price meals, whose information is not available in the public benefits system, will be able to apply for Pandemic EBT in early May. Benefits will be issued on a new P-EBT card.

Pandemic EBT benefits need to be used within one year of issuance.

Districts may continue to operate meal programs for children, and children may continue to receive meals through those programs even if they are also getting Pandemic EBT benefits.

WILD RICE SOUP

CHELSEY LATENDER
FOODWISE EDUCATOR

Ingredients

- 1/2 cup of wild rice-dry
- 1 ½ cup water
- 2 carrots peeled and diced
- 2 stalks celery, diced
- 1 medium onion, diced
- 1 small green pepper, diced
- 1 clove garlic, minced
- 3 Tablespoons olive oil
- 3 cup reduced-sodium chicken broth
- 1 teaspoon of dried basil
- 1 ½ teaspoon of dried thyme
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon of pepper
- 1 cup of evaporated skim milk
- ¼ cup of slivered almonds, toasted (optional)



In a medium saucepan, stir wild rice into boiling water and continue to heat until boiling.

Reduce heat to low and simmer about 45 minutes until rice is softened.

In a stockpot, sauté carrots, celery, onion, green pepper and garlic in oil on medium low for about 5 minutes.

Add the broth, seasonings and cooked wild rice and continue to simmer for 15-20 minutes.

Add the evaporated milk and almonds. Heat through, but do not boil.