



**Mass
in Motion**

KIDS Winter/Spring Newsletter 2015



CITY OF NEW BEDFORD
JONATHAN F. MITCHELL, MAYOR



It's not too cold to go outside and play!

- It's safe to play outside when the temperature is 30 degrees or warmer (but isn't too windy)!
- Dress your kids in several thin layers: long underwear, turtlenecks, a sweater, warm socks, mittens, hat, etc...
- Bring your child inside to warm up if he is shivering or has icy hands—signs he or she is too cold
- Don't let your children play in or near the street—drivers may not see them
- Give your children plenty of water to drink while they're playing outside
- If your child has cold-induced asthma, don't forget to bring the inhaler (and talk to his or her doctor for any other tips)



When it's too cold, stay inside and....

Dance

Read a book

Paint

Play Simon Says

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Instead of these sugary drinks...

- Hot Chocolate
- Sports Drinks (Powerade, Gatorade)
- Flavored Milk

...try these!!

- Hot Tea
- Water flavored with berries or cucumbers
- Plain Milk
- Unsweetened Iced-Tea



Sweet Potato Black Bean Enchiladas

Makes 6 enchiladas

Ingredients

- 2 large sweet potatoes (2 cups mashed)
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1 15-ounce can black beans, rinsed
- 1 1/2 cups shredded Mexican blend cheese
- 1 12-ounce can enchilada sauce
- 6 large flour tortillas, or 12 corn tortillas



(recipe and picture from weelicious.com)

Preparation

1. Preheat the oven to 400F.
2. Poke the sweet potatoes all over with a fork and place on a foil lined baking sheet in the oven until fork tender, about 1 hour. Turn the oven down to 350F. (Or you can cook each sweet potato for about 8 minutes in the microwave.)
3. Remove from the oven, allow to cool slightly, then slice down the middle and scoop out all the pulp into a bowl.
4. To the sweet potato pulp, add the garlic powder, onion powder, cumin, salt, black beans, and 1 cup of cheese. Stir to thoroughly combine.
5. Pour half of the enchilada sauce into a 9x11 baking dish.
6. Place about 1/2 cup mixture into the middle of each tortilla and roll up.
7. Place the enchiladas, seam side down, into the baking dish. Pour the remaining enchilada sauce on top.
8. Cover with foil and bake for 15 minutes.
9. Remove foil and sprinkle with cheese and bake uncovered for an additional 15 minutes until cheese is melted and browned slightly.