



## REDUCE YOUR SCREEN TIME

It's easy to end up spending a lot of time on a computer, tablet, or phone during the day, which can take away from other interesting things you could be doing. Here's how to be more mindful of your screen time.

- 1. Set a timer.** If you don't already have a certain amount of time you're allowed to spend on screens after school, talk to an adult about what a healthy amount might be for you. Then set a timer on the device so you know when to put it down.
- 2. Do other activities first.** Try to leave screen time for after you've completed other things you want to do. This could include responsibilities like homework and chores but also fun things like getting outside.
- 3. Check in with yourself.** Think about how time on your device makes you feel. If you ever find yourself upset about something you see online, it's time to talk to a trusted adult. This also may be an indicator that you should have a few screen-free days.



**DID YOU KNOW?**  
Americans eat an average of 26 pounds of rice every year.



**WARNING!**  
Ask an adult's permission before using the stove.

## Make veggie miso fried rice

### Ingredients

- 1 tablespoon brown miso paste
- 2 tablespoons soy sauce
- 2 tablespoons water
- 1 teaspoon toasted sesame oil
- 1 garlic clove, minced
- 3 tablespoons vegetable oil, divided
- 1 small onion, diced
- 2 small carrots, diced (about ½ cup)
- 1 small head broccoli, cut into small florets (about 1 cup)
- ½ cup frozen peas, thawed
- 2 eggs, beaten
- 4 cups cold leftover white rice
- Salt and freshly ground black pepper
- 2 scallions, finely sliced, for garnish

### Instructions

1. Combine the miso, soy sauce, water, sesame oil, and garlic in a small bowl and mix well. Set aside.
2. Heat two tablespoons of vegetable oil in a wok or large skillet over medium-high heat. Add the onion and carrots and cook, stirring, for two minutes. Add the broccoli and peas and stir-fry for three more minutes.
3. Push vegetables to one side and add the remaining tablespoon of oil to the pan. Pour in the egg and scramble, breaking it into pieces with a spoon.
4. Add the rice and stir to combine with the vegetables and egg. Pour in the prepared sauce and mix well to coat. Cook until rice is heated through, about one more minute. Season to taste with salt and pepper.
5. Divide rice among bowls and top with the sliced scallions. Serve immediately. Makes four servings.



**ECO TIP**  
OF THE WEEK

## SAVE MORE WATER

Water is a natural resource that all living things (including plants, animals, and humans) need to survive. That's why it's important not to waste it. Start by taking simple steps in the bathroom. Turn off the faucet while brushing your teeth and consider taking short showers instead of longer ones. Next, ask an adult to help you look around for other ways you might be unintentionally wasting water, such as a leaky faucet or a toilet that won't stop running. Repairing them will reduce your water usage. Finally, consider the water you use outside. If you have a garden, try watering it with a watering can this spring, which is more efficient than using sprinklers.

