



## TAKE A BREAK FROM TECHNOLOGY

Spending too much time on devices can sometimes make you feel overwhelmed and keep you from other activities you could be enjoying. Here's what to do if you need a break.

- 1. Set boundaries.** If you reach for your device every time you're bored, that might be a sign to take a break. Challenge yourself: See how long you can go without touching it, whether it's two hours or a full day. Then plan to take long breaks every day. You're likely to rediscover other things you enjoy.
- 2. Give yourself mini breaks.** Sometimes you need to be on a device to do homework. To avoid being distracted, take mini breaks: Do 20 minutes of homework, then allow yourself 5 minutes to check messages and another 5 to get up and stretch before resuming work.
- 3. Delete addictive apps.** Certain games or social platforms are addictive. You can delete those apps, even temporarily. Another option is to stop notifications.



**FUN FACT**  
The first nachos were created in 1940 by Ignacio "Nacho" Anaya, with three ingredients: tortilla chips, cheese, and jalapeño peppers.

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

## Bake up sheet pan nachos

### Ingredients

- 1 tablespoon olive oil
- 1 cup corn kernels (cut from 1 large cob, or use frozen and thawed)
- 1 cup black beans, rinsed and drained
- 1 teaspoon taco seasoning
- 8-to-10-ounce bag tortilla chips
- 8-ounce bag shredded Mexican cheese blend
- ½ cup sour cream
- Zest and juice of ½ lime
- 1 avocado, diced
- ½ cup chopped tomato

### Instructions

1. Preheat oven to 400°F. Heat the olive oil in a skillet over medium-high. Add the corn and cook until tender and lightly charred, about 5 minutes. Stir in the black beans and taco seasoning and heat through.
2. Spread chips evenly onto a rimmed baking sheet. Sprinkle the corn and black bean mixture over the top, then cover with a thick layer of the shredded cheese. Bake until cheese is melted and bubbly, about 5 minutes.
3. Meanwhile, mix the sour cream with the lime zest and juice. Using oven mitts, carefully remove nachos from the oven. Top with the avocado, tomato, and lime sour cream. Serve nachos immediately. Makes about 8 servings.



## ECO TIP OF THE WEEK PREP YOUR HOME FOR THE COLD

As temperatures drop this time of year, it can be tempting to crank up the heat at home. However, using extra heat can waste energy and cause pollution. Before your family raises the thermostat, check your home for drafts. Feel around doors and windows for cold air seeping in—which can also mean warm inside air is getting out. To block drafts, you can place rolled-up blankets in those spots on colder days. You can also talk to an adult about using a smart thermostat, which automatically lowers the temperature when nobody is home. Finally, consider what you're wearing. Putting on a hoodie, socks, and slippers is an easy way to warm up without wasting energy.



Check windows for drafts.