**How to...**

**BUILD YOUR OWN BLANKET FORT**
Here’s how to create a cozy hideout using items from around the house.

1. **Set up the frame.** Take four chairs and arrange them in a square with the back of each chair facing the middle. The square area between the four chairs will be your fort, so arrange the chairs to give yourself enough room to sit. If you don’t have chairs to use, you can make your fort under a table or use two chairs and the back of a sofa.

2. **Add a roof.** Drape a large sheet or blanket over the furniture. It should reach over the top of the chairs and down to the ground. If you don’t have one large sheet or blanket, you can overlap several. Use stacks of books to secure the sheets to the floor on all sides.

3. **Try it out.** Bring a blanket and pillows inside to use for relaxing. Add a battery-operated lantern or flashlight so you can see better. And don’t forget some games and books to enjoy while you’re in your fort.

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

**Cook up chicken soup**

**Ingredients**
- 1 pound boneless, skinless chicken thighs or breasts
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1½ quarts chicken stock
- Kosher salt
- 1 garlic clove, finely grated
- 3 cups cooked noodles
- Chopped fresh dill or parsley

**Instructions**
1. Put the chicken, carrots, celery, and stock in a large pot. Bring to a simmer over high heat. Reduce the heat and simmer until the chicken is cooked through, 20 to 30 minutes. Stir in a big pinch of salt and the garlic.
2. Use tongs to remove the chicken pieces from the pot and place them on a cutting board.
3. Taste the stock and add more salt if needed. When the chicken is cool enough to handle, chop it into bite-size pieces and return it to the pot.
4. Add the noodles to the pot and let them heat through for 1 to 2 minutes. Top with the fresh herbs.

**Helpful tip**
You can cook your noodles right in the stock instead of ahead of time. After removing the chicken in step 2, add 6 ounces noodles and cook until tender. Chop the chicken and add it back in, as directed in step 3. Top with herbs and serve.

**ECO TIP OF THE WEEK**
**KEEP DRAFTS OUT OF YOUR HOME**

If you walk by a window or door in your home and feel a draft of cold air coming through, energy could be getting wasted. That’s because the draft could cause your home’s heating system to work harder to keep your home warm. Research shows that effectively sealing drafts can reduce a home’s energy use by up to 20% over the course of a year.

If the draft is small, there are simple steps you can take to keep the cold air out. Roll up towels and put them under doors to create a seal against cold air and keep it from getting in. Lock windows to ensure they are tightly closed. On particularly cold days, keeping blinds and curtains closed can also help your home stay warm more efficiently.

Cold air belongs outside.