



## WRITE AND SEND A FRIENDLY LETTER

Writing a letter on paper and putting it in the mail is a good way to stay in touch with friends or family members. Here are the steps to follow.

- 1. Start with a greeting.** The beginning of your letter should address who you are writing to with a short greeting and the recipient's name. For example, you can say "Dear Aunt Nancy" or "Hi, Owen."
- 2. Write the note.** Think about what you want to write in your letter. Perhaps you want to say thank you for a gift or write about an art project you did. Write the sentences in your best handwriting. Finish with a closing, like "love" or "from," and then print your name.
- 3. Mail it.** Fold the letter and place it in an envelope. Seal the envelope, and then flip it over and write the person's address in the middle. In the top left-hand corner, write your own name and address. Add a stamp in the top right corner. Ask an adult to help you drop it in the mail.



**ANCIENT PASTA**  
The oldest known recipe for macaroni and cheese was found in an Italian cookbook from the 1300s.



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

## Make easy mac and cheese

### Ingredients

- ¾ pound rotini pasta
- ¼ teaspoon smoked paprika
- ½ teaspoon kosher salt
- Black pepper
- 2¼ cups shredded cheddar
- ½ cup shredded Gruyère cheese
- 2 tablespoons grated Parmesan cheese
- 2¼ cups whole milk
- ¼ cup unsalted butter
- ¼ cup all-purpose flour

### Instructions

1. Boil the pasta according to the package directions. Once done, drain it and set it aside.
2. While the pasta cooks, combine the smoked paprika, salt, and a few grinds of pepper in a small bowl. In another bowl, toss together all the cheeses. Place the milk in a liquid measuring cup and have it ready.
3. In a large, heavy pot, melt the butter over medium heat. Add the flour and whisk to combine. Slowly whisk in the milk a half-cup at a time, continuing to stir until the sauce is smooth. Add in the spice mixture, and stir to combine. Lower the heat slightly and continue to whisk constantly until the mixture has thickened and has the consistency of thick gravy.
4. Turn off the heat and add the cheese mixture a few handfuls at a time, whisking until the cheese in the pot is melted before adding another handful. Add the pasta and stir to coat completely. Serve immediately.



## ECO TIP OF THE WEEK REUSE WATER ON YOUR PLANTS

If your family has a garden or potted plants, you probably know they need water to grow. Since water is a natural resource, it's a good idea to try to conserve it when you can. One way to do this is to get creative with how you water your plants, such as by collecting rainwater in a barrel. Then use that water to fill a watering can to use on your plants. If you don't get enough water that way, there are other ways to capture water at home. You could keep a container in the shower to collect any water that falls while you wait for the water to warm up. Or you could even save the water your family uses when cooking pasta.



Save rain for sunny days.