

AUGUST 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



PBS Library...



The CACFP require 2 hours of nutrition training every year and we are more than half way through the year. Remember that you need to complete 2 hours of nutrition training by 9/30/20 or you will be placed on a Seriously Deficient Plan.

AUGUST CELEBRATIONS

- National Exercise With Your Child Week
- National Farmer's Market Week
8/2-8/8
- Watermelon Day, 8/3

Activities...

Understanding the Picky Eater ON-Line ZOOM Class

August 12th 6:00PM-8:00PM

In this class we will discuss positive eating environments and talk about communication styles. We will also talk about why children are picky and ways to deal with them in a positive way. This class was previously presented on May 3, 2019. To enroll call the office at 842-9679. We will send you information later on how to participate in this class. KDHE approved.



Upcoming Training will be presented as a ZOOM class
September 14th 6:00PM - 8:00PM

More information will be coming soon.

On-Line Trainings

On-line classes are available now with KSDE and The Institute of Child Nutrition. If you complete a training please submit a copy of your certificate or proof of your completion.

KN-EAT.org

- ✓ Trainings. Scroll to the bottom of the page.
- ✓ Online Trainings

theicn.org/elearning

- ✓ Categories
- ✓ CACFP

KCCTO.org

- ✓ Trainings & Opportunities

Play & Learn With Watermelon

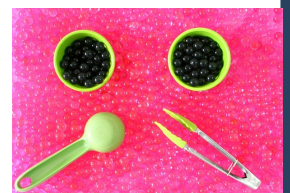
Torn Paper Art

For this activity you will need red and a green construction paper cut into strips, white cardstock and washable black paint, glue

- You can help the children draw a triangle watermelon shape onto the cardstock. Have the children tear the colored paper into pieces.
- Have them to place glue on their watermelon shape and then add the torn paper to make the watermelon. After they have finished place the black paint out and let them add their fingertip seeds.

Watermelon Sensory Bin

You will need a plastic storage bin, pink water beads and a few black water beads, a variety of cups, scoops and tongs



Place the water beads into the plastic bin add the tools and let the fun begin. The kiddos will love putting their hands in the bin and feeling that sensory rush as the cool water beads flow between their fingers.

Book Corner:

Down by the Pond, song by Raffi
The Watermelon Seed, Greg Pizzoli
Watermelon Wishes, by Lisa Moser
Icy Watermelon/Sandia Fria, by Mary Sue Galindo
a bilingual book in English and Spanish



1900 Delaware Lawrence, KS 66046 •785-842-9679• M-F 8:30AM-4:30PM



Food In Focus

Watermelon, Did You Know. . .

- There are 1200 different varieties of watermelon, however they tend to be grouped into four main categories: seeded (or picnic), seedless, icebox (also known as mini, or personal size) and yellow/orange. One of the most popular varieties is the crimson sweet, a seeded melon with deep red, sweet flesh.
- The official state vegetable for Oklahoma is the watermelon.
- Watermelon has a greater concentrated source of lycopene in comparison to tomatoes.
- Globally, China is the leading producer of watermelons. Chinese offer watermelons as gifts to a hostess.
- While we tend to focus on the melon's succulent flesh, watermelon rinds are also edible—as well as full of nutrients with surprising health benefits. In China, the rinds are often stir-fried or stewed, while in the South, cooks will pickle them. Across the Middle East and China, the seeds are dried and roasted (similar to pumpkin seeds) for a light tasty snack.



Fruit Sparklers



Ingredients

- Watermelon
- Fresh blueberries
- Bamboo skewers
- Star shaped cookie cutter



Preparation

- Wash the watermelon first. Cut into 1-inch slices. Using the star shaped cookie cutter have the children cut out star watermelon shapes.
 - Take washed blueberries and skewer leaving space at the both ends of the stick. On the other end add the watermelon star.
- This is a snack that under adult supervision your kiddos should have fun making. Enjoy!
Credits as a fruit component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Cantaloupe
Bread/Bread Alternative	Whole Wheat Bagel WG
Meat/Meat Alternate	
Snack	
Two Items	Watermelon Fruit Sparklers
Two Groups	Cheese Crackers WG
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Baked Beans Applesauce
Bread/Bread Alternative	Slider Roll WG
Meat/Meat Alternative	Hamburger Sliders

CACFP REIMBURSEMENT RATES

Effective from July 1, 2020 - June 30, 2021

	TIER 1	TIER 2
BREAKFAST	\$1.39 +6 cents	.50 +2 cents
LUNCH/ SUPPER	\$2.61 +12 cents	\$1.58 +8 cents
SNACKS	\$.78 +4 cents	.21 +1 cent

INCOME ELIGIBILITY GUIDELINES FOR TIER DETERMINATIONS

Effective July 1, 2020 – June 30, 2021

HOUSEHOLD SIZE	ANNUAL INCOME
1	\$ 23,606
2	\$31,894
3	\$40,182
4	\$48,470
5	\$56,758
6	\$65,046
7	\$73,334
8	\$81,622
9	\$89,910
10	\$98,198
Each Additional Family Member	+\$8,288

If you think your family income has changed and you now may qualify for Tier 1 reimbursement call the office or email marsha@positivebrightstart.org and a form will be sent to you.