

MARCH 2018

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events



PBS Library

Crockpot and One Pot Meals

Wednesday, March 28th, 6:00-8:00pm **FREE**
at Positive Bright Start Office, 1900 Delaware

For this class we will have you bring your favorite kid-friendly crock pot, one pot or casserole to share with others. Please submit the recipe ahead of class. We will do some taste testing, look at the ingredients and discuss what components could be claimed for a creditable meal. Discussion will also include menu planning and serving sizes. **RSVP by 3/27/18**
KSDE & KDHE approved.

Meal Guideline Reminders

In reviewing your claims and home visits we see some foods that are no longer creditable being served.

➤ Whole milk is served to 1 - 2 year olds, children over 2 years must have either have 1%, 1/2% or skim. **2% is no longer allowed.**

➤ A whole grain food must be served every day and marked on your paper claim as WG. Online providers need to make sure they check the box that says it is a whole grain.

➤ Cereal needs to be 6 grams of sugar or less. WIC cereals are approved cereals.

➤ Dessert based foods are no longer creditable (i.e. cinnamon rolls, donuts, cookies, cereal bars, granola bars). Graham crackers and animal crackers are allowed.

Open Office

Friday, March 30th from 4:30-6:30 pm.

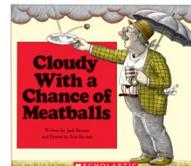
MARCH CELEBRATIONS

- Quinoa, Whole Grain of the Month
- Nutrition Month
- Pizza Day, March 21st
- Umbrella Month

Stop by the office and check out: Nutrition, Pizza & Pasta, Season & Weather kits or St. Patrick's Day kits.

ACTIVities!

Rain & Cloud Theme – Read the book “Cloudy with a Chance of Meatballs” aloud to the kiddos. Have the kiddos draw a picture of their favorite food raining down from the sky.



Rain Sticks– You'll need: paper towel rolls for each child, tape that can be painted, paint, glue, uncooked rice, toothpicks.

Pre-poke holes into the side of the paper towel rolls. Have children poke toothpicks through the holes and glue each end to the toothpick. Next- tape one end of the roll closed. Add rice and tape the other end. Then let the children paint their stick as they choose. Last cut off the toothpicks that stick out from the tube.



Orange Umbrella Snacks- Slice an orange into 1/4 inch thick round slices. Cut each round slice in half to form a half round umbrella shape. Place each orange umbrella on a small plate.



Have each child choose an “umbrella handle” from thin sliced cheese, pretzel sticks or thin celery sticks.



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



Food In Focus

Quinoa

Quinoa has quickly become a favorite of whole grain cooks because its tiny grains are ready to eat in just 15 minutes. You can tell when it's done, because you'll see that little white tail, the germ of the kernel, sticking out. Like couscous, quinoa benefits from a quick fluff with a fork just before serving.

Quinoa has a subtle nutty taste that marries well with all kinds of ingredients. Make sure you rinse it well before cooking: quinoa grows with a bitter coating called saponin that fends off pests and makes quinoa easy to grow without chemical pesticides. While most quinoa sold today has had this bitter coating removed and extra rinse is a good idea to remove any residue.

Cooks can choose from ivory, red or black quinoa; from sprouted quinoa; from Arzu (a blend of buckwheat, quinoa, beans and spices); or from quinoa flakes or flour as a starting point for cooking.



Quinoa Crusted Chicken Tenders

Ingredients

- 2 lbs. boneless, skinless chicken tenderloins
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. paprika
- 2 egg whites
- 1 1/2 cups cooked red or white quinoa
- 1/2 cup whole wheat breadcrumbs
- 2 Tbsp. olive oil

Preparation:

- ♦ Spread out the cooked quinoa on a piece of wax paper or aluminum foil. Sprinkle the breadcrumbs over the quinoa.
- Place the egg whites in a shallow bowl.
- Sprinkle the chicken with salt, pepper and paprika.
- Dip the chicken into the egg and then press into quinoa mixture. Place the chicken onto a plate.
- Warm a large skillet over high heat. Add the oil. When the oil is hot, add the chicken in batches and reduce the heat to medium.
- Cook each side 4-5 minutes, turning once, until the crust begins to brown and the chicken is no longer translucent in the center. Transfer the tenders to a plate and serve immediately.

Credits as a meat component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pears
Bread/Bread Alternative	English Muffin WG
Meat/Meat Alternate	Peanut Butter
Snack	
Two Items	Orange Slices
Two Groups	String Cheese
Other	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Baked Potatoes Carrot Raisin Salad
Bread/Bread Alternative	Rice
Meat/Meat Alternative	Quinoa Crusted Chicken Tenders
Other	