

August 2018

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events

Check out the last page of the newsletter for on-line training information.



The new meal rates are:

Tier 1	Tier 2
Breakfast \$1.31	Breakfast \$.48
Lunch & Dinners \$2.46	Lunch & Dinner \$1.48
PM Snack \$.73	Pm Snack \$.20

The new rates are the same as last year.

Training Opportunities

Sugar Shocker (repeated class)

Tuesday, August 7th 6:30pm-8:30pm

Location: PBS Office, 1900 Delaware

We will discuss the ins and outs of sugars. We will learn the daily amount needed and how to cut back as well as learn about the dangers of consuming too much sugar. We will learn how to recognize hidden sugars and the difference between natural and added sugar. RSVP by calling 842-9679. KDHE & KSDE approved

Free for CACFP participants

New Record Keeping Requirements

You must keep labels supporting your menus for the previous and current month:

- Whole Grain Labels
- Cereal Labels
- Yogurt Labels



PBS Library

August CELEBRATIONS

Back to School

Aug 3rd National Watermelon Day

Aug 24th National Waffle Day



ACTIVities!

DRAGON TAG

Split players into groups of four or more and have them form chains by linking arms or grabbing each other's shoulders.

Give the last player in each chain a scarf, bandana, or long sock that they hold behind them like a tail.

Shout GO and the dragons begin to chase each other around trying to grab the opponent's tail while protecting their own. Only the first player in the dragon chain can grab another's teams tail.

Each team chain must stay unbroken. Once the Dragon's tail is captured, that Dragon stops and cheers on the other Dragons.

Play until one player has all the tails. Switch positions so each child can experience all the different parts of the dragon.



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



Food In Focus

Blueberries

Did you know? The peak season for fresh blueberries in Kansas and North America runs from Mid June-August. Be on the lookout at your local farmer's market and grocery store for nutritious, tasty, Kansas-grown blueberries.

These little berries are packed full of antioxidants which can enhance the immune system and protect against cancer and heart disease.

How to get more?

1. Add to your cereal.
2. Add to your yogurt.
3. Make a Smoothie.
4. Make some Muffins.



Whole Grain Blueberry Oat Muffin

Ingredients

- 1 & 1/2 cup of unsweetened applesauce
- 1 large egg
- 3 Tbsp. olive oil
- 1/4 cup 1% Milk
- 1/3 cup sugar
- 1 2/3 cups dry rolled oats
- 1 tablespoon baking powder
- 1 cup whole wheat flour
- 1 cup unsweetened frozen blueberries
- 3/4 tsp baking soda
- 1 & 1/8 tsp Cinnamon

Preparation: Beat applesauce, eggs, oil, milk and sugar until smooth.

Combine oats, baking powder, baking soda, cinnamon and flour. Add to the applesauce mixture mix on low speed for 20-30 seconds until all dry ingredients are moistened. Then add blueberries mix by hand. Place in muffin cup bake 375° for approx 16-20 mins.

Combination food: credits as a bread.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Banana
Bread/Bread Alternative	WG Blueberry Oat Muffin
Meat/Meat Alternate	
Snack	
Two Items	Hardboiled egg
Two Groups	Celery sticks
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Peas & Carrots White Peaches (Fresh)
Bread/Bread Alternative	Garlic Bread
Meat/Meat Alternative	Meatballs with Red sauce
Other	

On-Line Training Opportunities

There are only 3 months left in the food program year and a number of you have not completed your 2 hours of in-service. If you have taken a class through another agency we will need a copy of your training certificate. Training needs to be completed by September 15th. If training hours aren't met you will not be able to claim and will be put on a Seriously Deficient Plan.

Current On-Line Classes through KSDE are available.

- CACFP At Risk Afterschool Meals
 - CACFP Infant Meal Pattern
- CACFP Child & Adult Meal Pattern
 - Sodium Savvy
- It's Time to Get Down and Dirty
 - Pick a Peck of Produce
 - Is your Attitude Showing?
 - Food Safety Basics

To enroll for any of these trainings go to: <http://learning.ksde.org>

KSDE Training Portal How to Create a New User Account Home Page

Click on "Create new account".

New Account Information

1. Create your own username and password.
2. Fill-in the "More Details" section (email address, confirm email address, first name, last name).
3. Click on the down arrow next to "Contact Information" and complete this information as well.
4. Answer the security question at the bottom of the page.
5. When complete click on "Create my new account".

Confirmation Email

1. A confirmation is sent to the email address you provided during account setup.
2. Confirm your new account by clicking the link in the email.
3. You will be directed to the Course Categories page.
4. To view CNW classes, click on "Child Nutrition & Wellness" under Course

Once you complete the course you should be able to print a certificate. Send that in to the office to show proof of completion.

Institute of Child Nutrition On-Line Classes

- CACFP Optional Best Practices
- Family Child Care FUNdamentals
- Planning Cycle Menus in Child Care

To enroll for these trainings visit: <https://theicn.org/cacfp>

On the Home page ✓Training ✓eLearning ✓Class you want ✓Enroll

