

# Nutrition Notes

JANUARY 2021

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...



### JANUARY

- National Spaghetti Day, 1/4
- National Bean Day, 1/6
- Martin Luther King Jr. Day, 1/18
- Inauguration Day, 1/20
- Kansas Day, 1/29

## Activities...

### Snowman Sensory Squish

Materials Needed: ·quart size Ziploc bags ·large

Bottle of clear hair gel ·white foaming shaving cream

·black permanent marker ·loose parts for buttons, eyes,

carrot nose, arms, mouth and hat ·glitter (optional)

·clear packing tape

·With permanent marker draw a snowman shape onto the Ziploc bag

·Have the kiddos drop all of the loose parts that are needed to build a snowman and wintry scene. They include 2 googly eyes, 3 buttons, 5 small black pompoms for the mouth, carrot nose out of foam,

black top hat made of foam, two brown pipe cleaners for arms, and sparkly snowflakes.

·Squirt the clear gel into the sensory bag. Once assembled, the hair gel provides fluidity for the objects to be pushed around.

·Add a few squirts of white foamy shaving cream and glitter (optional). Seal up the bag and add some clear packing tape around the edges of the bag to prevent leaking.

The kiddos will love the squishing feel under their fingers as they carefully slide each part of the snowman into its proper place. Just let the kids have fun!



## On-Line Training

### Back to the Basics

Presented by: Lisa Zwiener

Monday, January 11, 2021 6:30-7:30 PM

In this one hour on-line training we will review the basic meal components and the importance of variety. We will talk briefly about completing the forms correctly and how to get the maximum reimbursement by not having any meals disallowed. To enroll call or email the office. We will send instructions closer to class time on how to get logged in. KSDE approved.



### PBS Office Closed

January 18th for the holiday.



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



# Food In Focus

## *Cannellini Beans vs. Great Northern Beans:*

### *What's the Difference?*

- Cannellini beans can also be labeled as white kidney beans or Italian kidney beans. Cannellini's are larger and have a traditional kidney bean shape. They have a nuttier, earthy flavor. The thicker outside texture also keeps the inside smoother. These beans are linked to most Italian dishes and are typically paired with chicken or fish.

- Great Northern beans have a grainier texture but a delicate flavor. Their flesh is less creamy, and takes on the flavor of whatever they are cooked with (similar tofu). This versatile and mild-flavored bean is perfect for bean dips, hearty stews and mixed green salads.



### *Kale, Sausage and White Bean Soup*

#### Ingredients

- 1 Tbsp. olive oil
- 12 oz. beef Polska Kielbasa sausage, cut into 1/4-inch thick
- 1 1/2 c. chopped carrots (about 3)
- 1 1/3 c. chopped yellow onion (1 medium)
- 1 c. chopped celery (2 stalks)
- 4 cloves garlic, minced
- 3 (14.5 cans) low-sodium chicken broth
- 1 c. water
- 1 can (14.oz.) diced tomatoes, with juice
- 1 tsp. each of dried basil, dried thyme, dried parsley
- salt & pepper to taste
- 1 1/2 bunches of kale, thick ribs removed (5 oz. of using pre-cut)
- 2 can (14.5 oz.) cannellini beans, drained & rinsed

#### Preparation

• Heat olive oil in a large pot over medium heat. Add sausage and cook until slightly browned, tossing occasionally, about 5 minutes. Remove sausage, while leaving oil in pan, and drain sausage on a plate lined with paper towels and set aside.

• Return pot with oil to medium heat, add carrots, onion, & celery and sauté for 3 minutes ( while scraping bottom of pan to get the browned bits), add garlic and sauté 1 minute longer. Stir in tomatoes. chicken broth, water, spices and season with salt and pepper to taste. Bring to a boil over medium-high heat, and allow to gently boil 10 minutes. Add kale and allow to boil 10 minutes longer until kale and veggies are tender. Stir in cooked sausage and beans. Serve warm, topped with parmesan cheese.

## *Make This Your Menu?*

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mixed Berries
Bread/Bread Alternative	Waffles WG
Meat/Meat Alternate	
Snack	
Two Items	Orange Slices
Two Groups	Hard Boiled Egg
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cannellini Beans Mandarins & Bananas
Bread/Bread Alternative	Biscuit
Meat/Meat Alternative	Kale, Sausage White Bean Soup