

JUNE 2019

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## PBS Library...



Have you completed your 2 hours of nutrition training for the 2018-2019 Food Program year?

We will be offering only two more classes this year so check your schedule and get enrolled quickly.

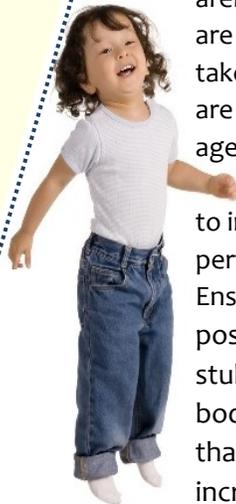
Beginning October 1, 2019, according to the CACFP guidelines you must offer a whole grain rich food at least one time a day. We have talked about this for some time trying to prepare you for this change. If a day is lacking in a whole grain rich food a meal will not be reimbursed. To get you started we will be offering Whole Grains 101 in July and September. We are encouraging everyone to attend so that you will be prepared and won't lose out on reimbursements. If you have taken a whole grains in the past this one is different.

### Whole Grains 101

July 15, 2019 or September 11, 2019

Positive Bright Start Office 6:30 - 8:30PM

Identifying whole grain rich foods can be challenging. This class will help show you how to figure out if you are serving a whole grain rich food. We will also discuss the difference between creditable grains, non-creditable grains and grain based desserts. Call soon to register. KSDE approved.



## JUNE CELEBRATIONS

- ♦ National Fresh Fruit & Vegetable Month
- ♦ National Gardening Week, first full week
  - ♦ Dairy Month
  - ♦ National Cheese Day, 6/4
  - ♦ Best Friends Day, 6/8
- ♦ International Yoga Day, 6/21

Visit the PBS Library and check out some of the activity theme based kits: Kids Yoga, Fruits, Veggies, Let's Get Growing, Friendship

## Activities...

**Managing Emotions Through Yoga...** Helping children to regulate their emotions doesn't necessarily happen overnight.

Science tells us that the parts of the human brain that are critical to handling emotions aren't fully developed until we are in our twenties, but we can take little steps when children are young to help them manage their feelings.

Focus on using movement to invite calm, and don't worry about practicing perfectly aligned poses.

Ensure that you have enough space to practice the poses so that they aren't bumping heads or stubbing toes and that they are safe with their bodies. Have them focus on gentle movement that feels comfortable. This process will help to increase their body awareness, too.

The Calm Down Yoga for Kids poster is available to print at <https://childhood101.com/yoga-for-kids/>



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



# Food In Focus

## Apricots

- California produces 95% of the apricots in the United States.
- Apricots are high in vitamin A which aids in improving eye health. They do not contain saturated fat, sodium or cholesterol.
- Apricot season is from May - July.
- When buying apricots look for those that are golf ball size or larger. They should be orange gold in color with hints of redness. The skin should be smooth and unwrinkled. Avoid if pale yellow or greenish yellow.
- To ripen place apricots in a paper bag for 2-3 days. Close the bag so that the ethylene gas that is produced continues to ripen the fruit. Do not place in a plastic bag.

## Apricot Strawberry Fruit Smoothie



### Ingredients

- 1 c. cold water
- ☑•1 c. strawberries, hulled
- ☑•2 c. apricots, pitted
- ☑•1 c. frozen pineapple
- ☑

### Preparation

- Add ingredients in order to the blender and blend until smooth.

*Credits as a fruit component.*



## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Fresh Blueberries
Bread/Bread Alternative	
Meat/Meat Alternate	Vanilla Yogurt
<b>Snack</b>	
Two Items	Apricot Strawberry Fruit Smoothie
Two Groups	Mini Bagels
Other Food	
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cucumber Slices Red & Green Grapes
Bread/Bread Alternative	Whole Wheat Bread WG
Meat/Meat Alternative	Grilled Cheddar & Swiss Cheese Sandwich

## Summer Updates

- Let us know if you will be closed at anytime this summer for vacations.
- Update your summer meal times. If you plan to be gone during your established meal times you must contact the office to let us know.
- A whole grain rich food must be served at least one time a day. Make sure that you mark it as WG. On-line providers must check the box when inputting their meals. Beginning October 1st if a whole grain is missing a meal will be taken off.
- Whole Grains 101 training will be offered July 15th and September 11th. We strongly urge all providers to attend this class. If you took a whole grain class this is different and you will get in-service credit.
- Remember that you must save your food labels on whole grains, cereal and yogurts that you serve and that they are available when you have your food program visits.
- When serving foods like fish sticks, chicken nuggets, hot dogs or any processed foods you must have the CN (*Child Nutrition*) label. If you visit the website below you will be able to check and find your CN label. Look up your food and then print out the page and keep it in a file and submit a copy to the office. If you have trouble getting the label call the office and we can help you.  
***[www.fns.usda.gov/cn/labeling/usdausdc-authorized-labels-and-manufactures](http://www.fns.usda.gov/cn/labeling/usdausdc-authorized-labels-and-manufactures)***
- You can also serve another protein along with your nuggets or hot dogs to make it a complete component. If you do this than a CN label isn't necessary.
- The breading on the above mentioned foods does not count as a bread component so please remember to serve an extra bread with these meals to make it meet the requirements.
- Providers that use paper menus must check the attendance box for each child and then circle the meals the child participated in. If attendance box isn't marked then the meal will be taken off.



Finally, we would like to congratulate the providers that were visited by the State Food Program during our audit. You all did a great job!