

AUGUST 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 one more class 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

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.



AUGUST CELEBRATIONS

- ♦ Peach Month
- ♦ Watermelon Day, August 3rd
- ♦ Friendship Week, 3rd week

Visit the PBS Library and check out some of the activity theme based kits:

Activities...

Friendship for children is something that is exciting and difficult at the same time. Most kids love playing with others but some can have trouble sharing. Some kids are naturally kind and others have trouble. Some kids can stand up for themselves and others with no issues while others find that awkward. Some kids are outgoing by nature and others tend to be shy. Friendship has many parts and it doesn't always come easy to everyone. These friendship books are a fantastic way to help children see how to be a good friend and how to communicate with other kids.

- **Want to Be My Friend?** by Eric Carle
- **Should I Share My Ice Cream?** by Mo Willems
- **Bear's New Friend** by Karma Wilson

Friendship Salad

Ask each child to bring a piece of fruit to share with everyone. Help the children prep their fruit by washing, peeling and cutting if necessary. Let each child add their fruit to a large bowl, stir and serve as a snack with Triscuit® crackers.



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



Food In Focus

Peaches

- “The Peach State” is Georgia’s nickname.
- Peaches are a great source of vitamin A and C.
- There are two main varieties of peaches: clingstone and freestone.
- When buying peaches the flesh should have a slight give, but use the whole palm vs. fingertips to check.
- Peaches are at their peak from June to the end of August.
- One large peach has fewer than 70 calories and contains 3 grams of fiber.
- “The World’s Largest Peach Cobbler” is made every year in Georgia. The cobbler measures 11 feet by 5 feet.



Oatmeal Peach Muffins

Ingredients

- 1 c. all purpose flour
- ②•1 c. rolled oats
- ②•1/2 c. brown sugar, packed
- ②•2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 c. butter, melted and cooled
- 1 c. sour cream
- 1 large beaten egg
- 1 c. fresh chopped peaches

Topping

1/4 c. sugar 1Tbsp. Cinnamon

Mix together in a small bowl.

②Preparation

- Preheat oven to 400°. Line 12 cup muffin tin with paper liners; set aside.
- In a large bowl, combine flour, oats, brown sugar, baking powder and salt.
- In another whisk together butter, sour cream and egg. Pour mixture over dry ingredients and stir using rubber spatula just until moist. Add peaches and gently toss to combine.
- Scoop batter evenly into muffin cups. Top with cinnamon sugar mixture. Bake for 16-18 minutes.

Credits as a bread component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Fresh Peach Slices
Bread/Bread Alternative	Cheerios WG
Meat/Meat Alternate	
Snack	
Two Items	Oatmeal Peach Muffins WG
Two Groups	Milk
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Snow Peas Friendship Salad
Bread/Bread Alternative	Wheat Tortilla WG
Meat/Meat Alternative	Turkey & Cheese Tortilla Roll-ups

On-Line Training Opportunities

There are only 2 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 30th. If training hours aren't met you will not be able to claim and will be put on a Seriously Deficient Plan. If you have taken on-line trainings in the past make sure you aren't repeating classes.

Current On-Line Classes through KSDE are available.

- CACFP Family Style Meal Service
- CACFP Infant Meal Pattern
- CACFP Child & Adult Meal Pattern
- Sodium Savvy
- It's Time to Get Down and Dirty
- Pick a Peck of Produce
- Food Safety Basics
- Gluten Free Diets - Coming Soon

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