

Nutrition Notes

FEBRUARY 2021

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

On-Line Training

The Incredible Egg

Presented by: Lisa Zwiener

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

In this one hour on-line training we will discuss about safety precautions when preparing eggs and the many different ways eggs can be prepared. We will talk about how they can be claimed with CACFP. Also, books and craft ideas to go with the egg theme.

To enroll call or email the office. We will send instructions closer to class time on how to get logged in.

KSDE approved.

Paper work update

We recently mailed out the annual Civil Rights training. Please read through the information. When finished sign and date the form and return only that page.

Your 2020 Tax Report was also included in that mailing. If you did not receive it, please let us know.



FEBRUARY

- American Heart Month
- National Dental Health Month
- Black History Month
- Homemade Soup Day, 2/4
- Superbowl Sunday, 2/7 **GO CHIEFS!**

Activities...

Brush Away Alphabet Germs

Materials Needed: white foam egg cartons, washed or white ice cube trays · dry erase marker · craft sticks · small pieces of white felt and glue

- The egg carton or ice cube tray represents the teeth. With a dry erase marker write a letter of the alphabet on each "tooth".
- Create a toothbrush by gluing small felt pieces onto the top of the craft stick.
- Time to play! Tell the kiddos that the teeth are covered in alphabet germs and it is their job to brush away the germs.



Reading books about dentists and their helpful work can create more positive attitudes in children.

At the Dentist by Mari Schuh

Curious George Visits the Dentist by H.A. Rey

The Crocodile and the Dentist by Taro Gomi

Brush Your Teeth Please by Leslie Mcguire

Have You Ever Seen a Moose Brushing His Teeth? by Jamie McClaine



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



Food In Focus

February is National Grapefruit Month

- Grapefruit was created accidentally when a sweet orange was crossed with a pomelo, a large citrus fruit.
- Fresh grapefruit come in several colors including pink, red, white and golden. Dark pink and red are slightly more nutritious than yellow or white.
- A grapefruit tree can reach 25 –30 feet tall and can produce more than 1,500 pounds of fruit.

A grapefruit is 92% water. Eating it is just one way of keeping your body hydrated.

- This fruit is a great source of vitamin A and C. Your body needs these vitamins to stay healthy and recover after an illness, such as a cold.



Slow Cooker Taco Soup

Ingredients

- 1 Tbsp. olive oil
- 1 lb. ground turkey or beef
- 1 small sweet onion, diced
- 1 tsp. kosher salt
- 1/4 t. pepper
- 1/2 t. smoked paprika
- 1 (8.75 oz.) can corn, drained
- 1 can (15oz.) black beans, rinsed and drained
- 2 Tbsp. taco seasoning
- 1 (10 oz.) can mild enchilada sauce
- 1 (16 oz.) jar mild salsa
- 2 c. low-sodium chicken broth
- garnish with whole grain tortilla chips, Mexican shredded cheese, sour cream and avocado per serving

Preparation

• Heat olive oil in a large skillet over medium heat. Add onions and cook until translucent. Add the turkey and cook until no pink about 3 minutes. Drain off any fat and return to heat. Season with salt, pepper and paprika.

• Transfer meat to a 6-quart slow cooker. Add in the corn, black beans, taco seasoning, enchilada sauce, salsa and chicken broth. Stir to combine.

Cover and cook on low for 6 hours.

Ladle into bowls and top with dollop of sour cream, shredded, cheese, a few avocado cubes, and broken tortilla chips.

Note: You can substitute tomato sauce in place of enchilada sauce



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Baked Grapefruit
Bread/Bread Alternative	Whole Wheat Toast WG
Meat/Meat Alternate	Poached Eggs
Snack	
Two Items	Cereal Mix WG with Cranberries
Two Groups	Milk
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Black Beans, Corn Pear Slices
Bread/Bread Alternative	Tortilla Triangles WG, for dipping
Meat/Meat Alternate	Turkey Taco Soup