

OCTOBER 2018

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar of Events



## PBS Library

### OCTOBER CELEBRATIONS

Farm to School Month  
Apple & Cranberry Month  
Eat Better, Eat Together Month  
Oatmeal Day, 10/29

**The new CACFP year is has begun and along with that you will need to follow the new CACFP Guidelines.**

◆Remember to review your menus before submitting them to the office. Check to make sure you are serving a whole grain every day and are noting that on your menus whether you do them on paper or using Kid Kare. If the day is missing a whole grain we will have to take off one of your meals.

◆List the name of the cereal you serve. It must have less than 6 grams of sugar to be allowed. Check the information that we gave you in the **Whole Grains** packet.

◆Jello with fruit was served a number of times in August. It is no longer allowed and meals will be taken off if served.

◆On the first page of the paper menus please write your meal times, first and last name of children and their in/out times. Keep the children in order for the whole month. If a child drops within the month keep them on the claim. It makes it very difficult for us to process if the kiddos keep moving from page to page.

◆Enrollments must be turned in on all children and should be dated October 1st. Remember that parents need to complete the form.

◆Infants must have enrollment marked as to who is providing formula and food. Providers must offer a formula but it is the parent's decision whether to accept it or provide their own.



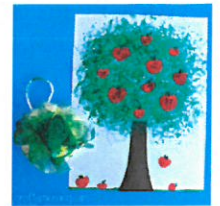
## ACTIVities!

### October is National Farm to School Month!

Celebrate Apples and National Farm to School month by putting some local apples on your plate. Gala, Empire, Jonathan, Delicious, Jonagold, Granny Smith and Delicious Golden apple varieties are all found in Kansas, according to Kansas State University. Find local apples growing at nearby U-Pick Farm (<http://www.pickyourown.org/KS.htm>) or in other orchards (<https://www.orangeppin.com/orchards/united-states/kansas>). Taste and compare several varieties to choose the favorite while having a healthy snack!

### Pouf Sponge Tree

You'll need: pouf bath sponges, green, red, brown washable paint, paint brushes, white & brown paper, scissors & glue



Start by cutting out a tree trunk with brown paper and gluing it down onto the white paper. Have the kiddos dip their bath sponge into green paint and stamp away making the leaves. Once it dries a bit they can start painting their apple with a stem and a leaf on them. They could also make their apple by dipping a finger into the paint.



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



# Food In Focus

## Celebrate Eat Better, Eat Together Month

Eating together improves the nutrient intake for any age, so make mealtime family time. Start small by trying one of these ideas at a time, and then build the time together into a family routine.

**Cook together.** Have your child help get ready to eat. Your child may be able to:

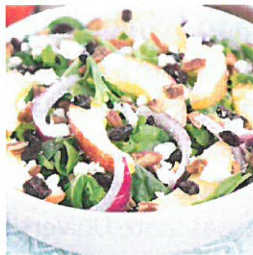
- ◆ Rinse fruits and vegetables
- ◆ Help set the table
- ◆ Pour milk (with help)
- ◆ Clear and wipe the table

**Eat together.** Make family meals enjoyable:

- ◆ Focus on the meal and each other.
- ◆ Turn off all electronics.
- ◆ Try to make meals a stress-free time.

**Talk together.** Involve children in the conversation. Ask questions like:

- ◆ What made you happy today, laugh today?
- ◆ What was your favorite crunchy food? Why?



### Apple Cranberry Salad Toss

#### Ingredients

- ◆ 1 head of lettuce, chopped (about 10 cups)
- ◆ 2 apples (medium, sliced)
- ◆ 1/2 cup chopped pecans
- ◆ 1 cup dried cranberries
- ◆ 1/2 cup green onions or red onions (sliced)
- ◆ 3/4 cup vinaigrette dressing

#### Preparation:

- ◆ Toss lettuce, apples, pecans, cranberries, and onions in a large bowl.
  - ◆ Add dressing; toss to coat. Serve immediately.
- Tip: After slicing, dip the apples in apple or orange juice to prevent browning. Drain well before combining with other ingredients.*

*Credits as a vegetable or fruit component.*

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Peaches
Bread/Bread Alternative	
Meat/Meat Alternate	Cottage Cheese
<b>Snack</b>	
Two Items	Milk
Two Groups	Toasted Mini Bagels
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Apple Cranberry Salad Toss Mixed Vegetables
Bread/Bread Alternative	Whole Wheat Bread WG
Meat/Meat Alternative	Tuna Salad Sandwiches
Other	