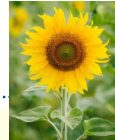


Nutrition Notes

September 2022

POSITIVE BRIGHT START

News & Calendar Events



NEW FOOD PROGRAM YEAR

The CACFP year will start over again Oct 1st. This means you will need to have all new enrollments filled out for all your kids enrolled. Don't forget to include your own children even if you are not getting reimbursed for them. If your children have aged out of your license capacity you would not need enrollments for them. Make sure the enrollment date is **10/01/2022** not the day started with you unless its after this date.

MAKE SURE PARENTS ARE FILLING THE ENROLLMENT FORMS OUT COMPLETELY

If it looks like you filled the enrollment form out or it has missing information then we are required to return it to you or to the parent to complete it. It takes extra time with mail. It delays the whole enrollment process so please make sure it's complete before turning it in. If we have to wait for enrollments it could cause you to lose reimbursement if it's not completed in time for the claim to be finished.

KEEP YOUR LABELS



It's very important to keep labels in your drawer of every item you are claiming as a whole grain. Becky will be asking for you to show her during home visits. You also need a label for the cereals that you serve & yogurts. Keep in mind when serving fish sticks, chicken nuggets etc, you need a CN label. If you do not have a CN label then you need to serve another protein with it to make sure there is enough of the meat requirement. A lot of those items are more breading than actual meat. If you need help with the CN label please contact Lisa at the office.

Celebrations...

September 2022

6th Labor Day
12th National Grandparents Day
13th Kids take over the Kitchen day
21st International Day of Peace

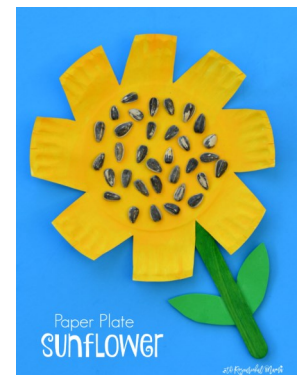
Activities...

PAPER PLATE SUNFLOWERS

Make small cuts into the perimeter of paper plates. Go back through and make another cut so that they connect and you cut out a small piece. Paint the craft stick green and the paper plate yellow and allow to dry. Once the plate has dried, glue sunflower seeds to the middle of the paper plate. Cut two leaves from the green foam paper and glue to either side of the craft stick. Glue the craft stick (sunflower stem) to the back of the paper plate to finish your paper plate sunflower craft.

SUPPLIES:

- Paper plate
- Craft stick
- Green foam paper
- Yellow paint
- Green paint
- Sunflower seeds
- Scissors
- Glue



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



Food In Focus

Facts about Honey Dew

Supports Immune System

Improves skin health

Lowers blood pressure

Low calories

Good Source of Vit C

Great for your heart

Has anti-oxidants

Honeydew

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Low-Sodium

High in water content and great as a post-workout snack, honeydew is rich in vitamin C and potassium

(per cup, balls)



Turkey Joes

Ingredients:

- ◆ 1&1/2 Pound Ground Turkey
- ◆ 1/2Cup Chopped Onions
- ◆ 2 Tablespoon Tomato Paste
- ◆ 2 Tablespoon of Worcestershire Sauce
- ◆ 1 Cup Ketchup
- ◆ 2 Tablespoons of Mustard
- ◆ 1 Tablespoon of Garlic Powder

Directions:

Cook your Turkey and onion together then drain excess fat.

Mix in all the other ingredients and stir.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange slices
Bread/Bread Alternative	French Toast Sticks
Meat/Meat Alternate	
Snack	
Two Items	Blueberries
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Honeydew Melon Sliced Red Peppers
Bread/Bread Alternative	WW Bun
Meat/Meat Alternative	Turkey Joes