

Nutrition Notes

February 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



Did you know that Becky your home visitor travels a lot of miles to come see you? She visits care homes in Topeka, Ozawkie, Ottawa, Baldwin, and Tonganoxie just to name a few. So, it's very important to let her know when you are going to be closed or if your meal times changed. We want to avoid extra trips back and forth when possible.

During a recent audit we were informed that home daycare providers must post their weekly menus so parents can see them. All menus must have all the components for each meal you serve. If something changed for a day just cross it out and list what you served instead. If you claim on Kid-Kare, you should be able to print out your menu each week. Becky will be asking to see them during visits.

FOOD SAFETY CLASS IS COMING UP!!!!

This will be co-taught by Lisa and Vincent Downing who is a Food Drug & Lodging Surveyor. We will be talking about handling food safely and importance of good hand washing and sanitizing. This class will be Feb 23rd 6:30-8:30pm here at PBS office.

Sign up soon because we have limited space available.

FEBRUARY

2nd Groundhog day

6th National Chopsticks day

14th Valentines day

February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years.

Activities...

The Day it rained HEARTS

Supplies:

- ◆ Stapler & Heart Punch out.
- ◆ White Card Stock & White Tissue Paper
- ◆ Red Card Stock and Yarn
- ◆ Glue & Scissors

Directions:

First cut out white card stock for your cloud.

Cut white tissue paper into little squares.

Have the kids place glue all over the cloud and use the tissue paper to cover up the cloud. Next, cut strings of yarn and punch out several red hearts from red card stock.

Staple the strings to the back of the hearts, making them different lengths. Then glue the strings to the back of the cloud. Let dry and display.



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



Food In Focus

TEN RASPBERRY BENEFITS

1. Loaded with Vit C
2. Has lots of fiber
3. Good for your gums
4. Brain Booster
5. Great way to get Vit K
6. Antioxidant Powerhouse
7. Low in Calories
8. Fabulous with Phenols
9. Naturally Sweet
10. Can be served many different ways

SUNNY LEMON CHICKEN

Ingredients:

- 2 tbsp vegetable oil
- 1 lemon juiced
- 1 tbsp honey
- 1/2 tsp salt
- 1/8 tsp black pepper
- 8- 2 oz chicken breast

Directions:

Preheat the oven 425° F.
 In Medium bowl add the oil, lemon juice, honey, salt & pepper. Mix it all up.
 Add the chicken toss around until all the chicken is coated in the marinade.
 Place on a baking sheet cook until chicken is fully cooked usually about 25 min.

8 servings in this recipe

1 piece of chicken counts as 1 1/2 oz meat /meat alternate for kids 3-5 years old.

Raspberries

- 0.8g FAT
- 8g FIBER
- 64 CALORIES
- 1.5g PROTEIN (per cup, raw)
- 14.7g CARBS

✓ Low in Saturated Fat ✓ High-Fiber
 ✓ Cholesterol-Free ✓ Gluten-Free
 ✓ Sodium-Free ✓ Low-Fat

One of the most filling fruits due to its high fiber content. Excellent source of vitamin C

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Raspberries
Bread/Bread Alternative	Cheerios WG
Meat/Meat Alternate	HB Egg
Snack	
Two Items	Yogurt
Two Groups	Red Peppers
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	carrots/celery blueberries
Bread/Bread Alternative	Breadsticks
Meat/Meat Alternative	Sunny Lemon Chicken