

Nutrition Notes

February 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



GET YOUR ENGINE GOING BY MAKING HALF YOUR PLATE FRUITS & VEGGIES.

Did you know, for children AND adults, eating too many carbs and sugary foods make us feel sluggish. They're not the best fuel for our bodies. We don't put water in our gas tanks and expect our cars to perform at its best!

Eating too many carbohydrates makes your body retain water which can make you feel bloated. Eating sugar gives your brain a huge surge of a feel-good chemical called dopamine, so it's understandable to crave sugar. And that explains why you're likely to crave a candy bar at 3 p.m. The occasional candy or cookie can give you a quick burst of dopamine and energy (or "sugar high") by raising your blood sugar levels fast. But when your levels drop as your cells absorb the sugar, you may feel jittery and anxious (a.k.a. the dreaded "sugar crash"). No matter what it's called, sugar is sugar, and in excess, it can negatively affect your body in many ways from head to toe.

Instead of reaching for a something sugary, try an apple or a carrot. Instead of filling your plate with carb foods, fill that space with fruits and veggies!

Learn more on www.webmd.com how sugar and carbs effect the body.

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REMINDER : KIDS IN THE KITCHEN

ZOOM CLASS FEBRUARY 17TH 6:30-7:30PM

SIGN UP TODAY!

FEBRUARY

For the entire month there is no full moon.

2nd Groundhog day

6th National Chopsticks day

14th Valentines day

February is the most common miss spelled word.

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

Activities...

SUN-CATCHERS

Supplies:

1. Tissue Paper with different colors
2. Black Construction Paper
3. Self Laminating Paper
4. Scissors

Before you have the children make these Sun-catchers, make sure you cut up the paper in advance into many different sizes. You will want to have the black heart pre-cut also. It works better to put more than one heart on a full page of laminating paper. After the child are finished decorating with the tissue paper, You can cut them out.



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



Food In Focus

TOMATOES

There are hundreds of varieties of tomatoes. Tomatoes are available in many shapes (from tiny spheres to large ovals), colors (from green to red, yellow, and orange), and sizes (from small cherry tomatoes to large beefsteak tomatoes).

The level of sweetness and acidity vary depending on the growing conditions and ripeness at harvest. Some tomatoes have few seeds, whereas others have many.

Look for fresh tomatoes that are plump and firm with smooth, shiny skin. The color should be uniform. Avoid tomatoes with cuts, bruises, soft spots, or mold. Local tomatoes from the farmer's market are best during the summer season.

Tomatoes are often used in salads, soups, dips, sauces, and casseroles. You can enjoy tomatoes raw or cooked.

Healthy Tomato Soup

Ingredients:

- 6 large tomatoes
- 1 large red bell pepper
- 4 cloves garlic
- 3/4 cup skim milk (or milk of choice)
- 1 tsp freshly cracked black pepper
- ◆ 1/4 cup fresh basil leaves

1. Heat oven to 400F. Line a baking sheet with parchment paper.
2. Cut the bell pepper in half and remove the seeds and stem.
3. Place tomatoes, red pepper, and garlic on the baking sheet and roast for 10 minutes.
4. Remove garlic and flip the pepper and tomatoes. Return to oven for another 20 minutes.
5. Remove from the oven and allow vegetables to cool. Once cooled, peel the skins from the pepper and tomatoes.
6. Add all ingredients to a high-powered blender and blend until smooth. Heat soup to the desired temperature in a saucepan over low heat and serve immediately.

Recipe by Very Well Fit. 3-5 yr old would need 2oz of soup to count towards the veggie component. This would serve 10-12 kids.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Papaya
Bread/Bread Alternative	Chex Cereal
Meat/Meat Alternate	Hard Boiled Egg
Snack	
Two Items	Pineapple chunks
Two Groups	Warm Soft Pretzel
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Healthy Tomato Soup Bananas
Bread/Bread Alternative	WG Bread
Meat/Meat Alternative	Turkey Sandwich