

Nutrition Notes

APRIL 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



APRIL

*1st April Fools Days
9th Easter Sunday
10th National Siblings Day
16th Mushroom Day*

Activities...

UMBRELLA'S

Next available training called "Back to the Basics" coming April 24th 6:30-8:30pm at 1900 Delaware. We will discuss meals patterns, infant feeding, paperwork requirements and much more. Sign up today.

Tips when communicating with your children's parents.

Smile make sure your encounters with them are warm positive and friendly.

Communicate often any information about what's going on in your home. Share what you're excited about and what milestones were achieved.

Invite their input when decisions are being made. Give them information that will help them form an opinion and listen to them.

Thank your parents for their support and mostly for the opportunity to care for their precious children.

Invite them to come for part of the day, maybe during an activity.

When a problem arises with a child, always start with what you love about their child, not just what they did wrong.

Last but not least listen more than you speak!

Spring and rain go hand in hand so why not make this adorable paper plate umbrella. It builds great fine motor skills for the little ones.

Supplies Needed:

- ◆ Plain Paper Plates
- ◆ Markers or Crayons
- ◆ Scissors
- ◆ Different Colored beads
- ◆ White Yarn & Tape

Use extra cut out from you paper plate for the umbrella handle. You will need to tie on each bead to keep it on the yarn.



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Health Benefits of Plum

Prevents cancer & age related macular degeneration

Maintains healthy skin

Helps treat obesity & diabetes

Improves sleep, concentration & appetite

Prevents age-related neurodegenerative disorders



Beneficial during pregnancy

Effective in treating digestive disorders

Boosts immunity, heart health & bone health

Caution: Avoid usage if suffering from kidney or gallbladder diseases.

Home made Mac & Cheese

16oz package of Whole Grain macaroni, cooked and drained.

1-12 oz can of Evaporated Milk

1 1/2 cups of Low fat Milk

3 cups of shredded sharp cheddar cheese

1/2 cup melted butter

Dash of salt & pepper

Mix all together in a large bowl. Pour into a lightly greased slow cooker. Stir well, cover and cook on low for approx 3 hours, stirring occasionally. Makes 11 servings 1/2 oz grains and 1 ounce meat requirement.

For children that are 3 and older serve an additional protein to make sure they are consuming the minimum requirement in meat group. If kids are not used to Whole Grain pasta try mixing it with half regular pasta until they are used to it. Gradually switch it over.



Plums

verywell

30 CALORIES

0.2g FAT

7.5g CARBS

0.5g PROTEIN

0.9g FIBER

(per fruit)

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

Plums are a healthy snack full of vitamin C, soluble fiber, and antioxidants

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Plums
Bread/Bread Alternative	Kix Cereal
Meat/Meat Alternate	
Snack	
Two Items	Milk
Two Groups	Ritz Crackers
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Salad Romaine Carrot Sticks
Bread/Bread Alternative	WG Macaroni
Meat/Meat Alternative	Homemade Mac & Cheese & Meatballs