

JULY 2018

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events

PBS Library

Open Office Ending

We are no longer going to have Open Office on the last business day of the month. We have offered this service for a number of years as a way of promoting our library. Over the last couple of years there has been a noticeable decline in library usage. We will still have checks available for pick up during business hours, 8:30am-4:30pm, on the last business day of the month. If you prefer to pick your check up please call and let us know, all remaining checks will be mailed by 4:30 pm.

Training Opportunities

Sugar Shocker (repeated class)

Tuesday, August 7th 6:30pm-8:30pm

Location: PBS Office, 1900 Delaware

Free for CACFP
participants

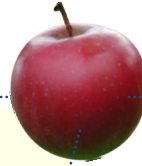
We will discuss the ins and outs of sugars. We will learn the daily amount needed and how to cut back as well as learn about the dangers of consuming too much sugar. We will learn how to recognize hidden sugars and the difference between natural and added sugar. RSVP by calling 842-9679. KDHE & KSDE approved.

Check out the last page of the newsletter for on-line training information.

New Record Keeping Requirements

You must keep labels supporting your menus for the previous and current month:

- Whole Grain Labels
- Cereal Labels
- Yogurt Labels



JULY CELEBRATIONS

- National Blueberry Month
- Fresh Spinach Day, July 16th
- National Lasagna Day, July 29th

ACTIVITIES!

July 4th Celebrations

Glow in the Dark Flag Ring Toss

You will need: small American flags, glow sticks

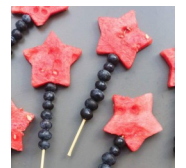
- Take the glow sticks and connect them to make rings.
- Push flags into the ground to secure.
- Take turns tossing rings towards the flags. See who can ring the most flags during their turn. To make it more challenging increase the distance for tossing each round.



Fruit Sparklers

You will need: 1 watermelon, 16 oz. blueberries, bamboo skewers, star cookie cutter

- Slice melon vertically in to 1-inch slices. Use cookie cutter to cut stars from flesh of the melon.
- Thread 7-10 blueberries onto the center of each skewer, leaving enough space at the end to hold comfortably. Slide the watermelon star at the top. Store covered in the refrigerator until ready to serve.



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



Food In Focus

Spinach

Top 5 ways to enjoy spinach

5. Stuffed Chicken. Stuff chicken with spinach, low-fat cheese and onions. After the chicken is baked use the spinach combination as a flavorful side dish.

4. Spinach Smoothie. Spinach has no flavor so you can add in the vitamins and minerals without changing the taste. Just a handful of fresh spinach will amp up the nutrition in your favorite smoothies.

3. Spinach Wrap. Use spinach as a wrap. Place grilled chicken in a spinach leaf and dip into low-fat dressing.

2. Spinach Fruit Salad. Use fresh spinach to make a salad then toss in some strawberries, mandarin oranges or apple slices.

1. Spinach Dip. Cook frozen spinach (according to the package) then mix in Parmesan cheese, pine nuts and sliced cashews. Heat at 350° for 10 minutes.



Spinach Sundried Tomato Quiche

Ingredients

- 1 10-inch pie shell
- 10 oz. raw spinach, rough chopped (6-8 cups)
- 3 Tbsp. olive oil
- 1 cup sun-dried tomatoes, rehydrated in hot water
- 1/2 cup Romano cheese, grated
- 1 medium shallot, minced
- 1 garlic clove, chopped
- 1 tsp. dried basil
- 1/2 cup milk
- 10 eggs

Preparation:

- Bake pie shell until lightly golden, remove from oven and allow to cool at room temperature.
- Mix all the ingredients except eggs and milk then place in the cooled pie shell.
- Combine the eggs and milk and mix well. Pour the egg mixture over the ingredients.
- Bake at 325° for 15 minutes, then rotate and bake for additional 12 minutes, or until fully cooked (160°, or until knife inserted into quiche comes out clean).

Combination food: credits as a bread, meat and vegetable

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Blueberries
Bread/Bread Alternative	
Meat/Meat Alternate	Yogurt
Snack	
Two Items	Fruit Sparklers (blueberries & watermelon)
Two Groups	WG Cheez-it Crackers
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Tropical Fruit Salad Spinach
Bread/Bread Alternative	Quiche Crust
Meat/Meat Alternative	Spinach Tomato Quiche
Other	

On-Line Training Opportunities

There are only 3 months left in the food program year and a number of you have not completed your 2 hours of in-service. If you have taken a class through another agency we will need a copy of your training certificate. Training needs to be completed by September 15th. If training hours aren't met you will not be able to claim and will be put on a Seriously Deficient Plan.

Current On-Line Classes through KSDE are available.

- CACFP At Risk Afterschool Meals
- CACFP Infant Meal Pattern
- CACFP Child & Adult Meal Pattern
 - Sodium Savvy
- It's Time to Get Down and Dirty
 - Pick a Peck of Produce
- Is your Attitude Showing?
 - Food Safety Basics

To enroll for any of these trainings go to: <http://learning.ksde.org>

KSDE Training Portal How to Create a New User Account Home Page

Click on "Create new account".

New Account Information

1. Create your own username and password.
2. Fill-in the "More Details" section (email address, confirm email address, first name, last name).
3. Click on the down arrow next to "Contact Information" and complete this information as well.
4. Answer the security question at the bottom of the page.
5. When complete click on "Create my new account".

Confirmation Email

1. A confirmation is sent to the email address you provided during account setup.
2. Confirm your new account by clicking the link in the email.
3. You will be directed to the Course Categories page.
4. To view CNW classes, click on "Child Nutrition & Wellness" under Course

Once you complete the course you should be able to print a certificate. Send that in to the office to show proof of completion.

Institute of Child Nutrition On-Line Classes

- CACFP Optional Best Practices
- Family Child Care FUNdamentals
- Planning Cycle Menus in Child Care

To enroll for these trainings visit: <https://theicn.org/cacfp>

On the Home page ✓Training ✓eLearning ✓Class you want ✓Enroll