

JULY 2025

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...



### JULY

- 1st International Joke Day
- 4th Independence Day
- 8th National Raspberry Day
- 14th National Mac & Cheese Day
- 31st National Avocado Day

### Activities...

#### FIREWORKS

Use **scissors** to fringe one end of empty **toilet paper rolls**. Press the fringe out flat. Let the children press them into **paint** spread on **paper plates**, and then onto **dark construction paper**. Sprinkle **glitter** over the wet paint and presto! Fireworks!! The more colors, the better.



Thursday, July 24th 6:30-8:30pm, repeat of training  
“Let's get Moving”

Saturday, Aug 16th 9am-11am, new training  
“Menu Planning and CACFP updates”

Both classes are at the office, 1900 Delaware.

Can you believe there are only a couple more months of this year's Food Program? Our current Food Program year runs from 10/01/2024– 09/30/25. If you have not completed your required training, make sure you get it in by 09/30/2025.

### Lunch Meat & Hotdogs

These can be convenient, BUT they are high in sodium and fat. To count for the meat meal requirement, they cannot have by-products, cereal or extenders in the ingredient list. Also, these should not be served more than 2x a week. That is true for all processed foods: no more than 2x a week. Pay close attention to your labels.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM–4:30PM F 8:30– 12:00



# Food In Focus

## Foodie Facts about Edamame

1. Good source of protein & fiber.
2. Low in saturated fat & cholesterol.
3. It boosts bone health.
4. It's a young soybean.
5. Very low in carbohydrates.
6. Reduces the risk of heart disease.
7. Good source of magnesium.
8. Eases symptoms of menopause
9. Provides essential amino acids.

verywell

## Edamame

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

A legume that contains omega-3 and omega-6 fatty acids, edamame is also low in sugar

(per cup, shelled pods)

## CHICKEN SALAD

### Ingredients:

- ◆ 2- cups of chicken shredded such as rotisserie
- ◆ 2/3 cup mayo
- ◆ 2 tablespoons fresh parsley
- ◆ 1/4 cup finely diced red onion
- ◆ 1/2 cup halved red grapes
- ◆ Salt & Pepper

Mix it all together and let the kids use crackers to dip into the chicken mixture.



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apple Slices
Bread/Bread Alternative	WG Toast
Meat/Meat Alternate	
Snack	
Two Items	Edamame
Two Groups	Milk
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Blueberries Carrot sticks
Bread/Bread Alternative	Ritz Crackers
Meat/Meat Alternative	Chicken Salad