

JULY 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



PBS Library...

JULY CELEBRATIONS

- National Wheat Month
- National Blueberry
- National Outdoor Month
- Self Care Month
- Lasagna Day, 7/29

Activities...

Celebrating the Fourth of July

Dauber Fireworks

You will need a red, blue and a green paint dauber (like those made for Bingo except for children).

- Set out some paper, the daubers and a small cup of water.
- Show your child how to dip a dauber into the water, then smash it onto the paper.
- When the dauber smashes down, it will spray out in all directions, and look like fireworks in the sky.
- Encourage the kiddos to use different colors of daubers to create colorful fireworks.

Ring the Liberty Bell

You will need a bell with a handle for this activity.

- Tie a string around the handle of the bell and then hang it from a low branch of a tree or other outdoor object, that will allow the bell to hang down.
- Have the children take turns throwing bean bags (or small soft toys) at the bell until they get the bell to ring.
- Count how many times it takes until each child "rings the bell".

Party Treats

- Make up bowls of yogurt and add blueberries and raspberries.
- Make blueberry or strawberry pancakes for breakfast.



The CACFP requires 2 hours of nutrition training every year and we are more than half way through the year. Remember that you need to complete 2 hours of nutrition training by 9/30/20 or you will be placed on a Seriously Deficient Plan.

Understanding the Picky Eater

July 20th 6:30PM-8:30PM and repeated August 12th @ PBS Office

In this class we will discuss positive eating environments and talk about communication styles. We will also talk about why children are picky and ways to deal with them in a positive way. This class was previously presented on May 3, 2019.

To enroll call the office at 842-9679.

The class is limited to 10. If you have already completed your 2 hours of training we will put you on the waiting list and contact you if there are any openings.

We will be practicing safety guidelines by wearing masks, taking temperatures, using hand sanitizer and social distancing. Please plan to arrive a little early so we will be able to start on time. KDHE approved.

On-Line Trainings

On-line classes are available now with KSDE and The Institute of Child Nutrition. If you complete a training please submit a copy of your certificate or proof of your completion.

KN-EAT.org

- ✓ Trainings. Scroll to the bottom of the page.
- ✓ Online Trainings

theicn.org/elearning

- ✓ Categories
- ✓ CACFP

KCCTO.org

- ✓ Trainings & Opportunities



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



Food In Focus

Zucchini, Did You Know. . .

- The first records of zucchini in the United States date to the early 1920s.
- Zucchini is technically a fruit, although it is treated widely and referred to as a vegetable. Popular zucchini varieties include golden zucchini, tatume, costata romanesco and yellow crooknecks.
- The plants are typically bushy and non-vining. The flowers of the zucchini plant are also edible. Fried squash blossoms are considered a delicacy.
- Zucchini is low in saturated fat and sodium, and very low in cholesterol. It is also a good source of protein, vitamin A, C, K and B6 as well as multiple minerals. The health benefits include improved digestion, slows down aging, lowers blood sugar levels, supports healthy circulation and a healthy heart, improves eye health, boosts energy, improves thyroid and adrenal functions and protects against oxidation and inflammation.



Veggie Ravioli Bake



Ingredients

- 1 lb. ground beef or ground turkey, browned and drained
- 2 (10 oz.) pkgs. prepared cheese ravioli
- ☑•4 c. baby spinach
- ☑•1 c. zucchini, shredded
- ☑•1 (5 oz.) jar pesto
- 1 (24 oz.) jar vodka sauce or favorite spaghetti sauce
- 2 c. grated mozzarella
- ☑

Preparation

- Preheat oven to 400°.
- Brown meat and add the shredded zucchini.
- Cook the pasta in boiling water for slightly less time than stated on the package directions. Drain and add to a 9x13 pan. Add the browned meat. Top with the spinach. Pour the spaghetti sauce over the spinach and pasta. Dot the pesto all over the sauce. Sprinkle on the mozzarella.
- Bake until the sauce is bubbling and the edges are brown, about 25 minutes, then serve.

Credits as a meat and bread alternate component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	English Muffin WG
Meat/Meat Alternate	Greek Vanilla Yogurt
Snack	
Two Items	Pineapple
Two Groups	Soft Pretzel
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Blueberries & Bananas Zucchini & Spinach
Bread/Bread Alternative	Ravioli
Meat/Meat Alternative	Veggie Ravioli Bake