

Nutrition Notes

May 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations. .

MAY

1 st May Day
8th Mothers Day
13th Tulip Day
21 st Red Cross Day
30 Memorial Day

Activities . . .

START YOUR OWN GARDEN

You can start with containers or pots. You can go big and till up some soil to plant your own garden.

What child doesn't like to play in the dirt. This is a fun outdoor activity for all ages. Children can dig, plant, pull weeds, water. It's always exciting to watch your garden grow, whether its vegetables or flowers. Try using some empty milk cartons like shown in the picture. You don't have to have a lot of space to be successful with gardening. What about an old pool? Just poke holes for drainage.



*This is Not a Whole Grain product. The first ingredient is Rice not **WHOLE** Grain Rice.*



This is not a Whole Grain Product. The first ingredient Is Enriched Flour.

Upcoming Training in **PERSON**. Yep no ZOOM! I'm so excited to see your beautiful faces. I'm ready to meet in person! This class is Called More Fruits & Veggies & Reducing Waste. We'll meet June 23rd from 6:30-8:30pm at our office, 1900 Delaware in our conference room. Limited spaces are available for this class, so sign up today!

Tier one for everyone has been a nice benefit, but we have heard from USDA and the benefit will expire **June 30, 2022**. If you are currently Tier 1 from this exception you will automatically go back to Tier 2. I will send some more information out later as I have it.



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



Food In Focus



Hold the kiwi between your thumb and four fingers. Apply light pressure with your thumb. If the kiwi slightly gives, then its perfectly ripe. Always inspect the outer skin check for dark spots, bruising or wrinkled skin. You don't want an over ripe one.

Chicken Salad

Ingredients:

- ◆ 5 Cups of shredded Chicken
- ◆ 1/4 cup plain yogurt
- ◆ 1/4 cup Mayonnaise
- ◆ 1 teaspoon white vinegar or fresh lemon juice
- ◆ 1 Tablespoon of Dijon Mustard
- ◆ 1 diced apple
- ◆ 1 Celery Stalk

Directions:

Put the mayonnaise, yogurt, vinegar or lemon juice, and mustard in a bowl and mix well. Then add your chicken, diced apple, and celery and mix all together. You can serve it right away or cover and refrigerate overnight. Spread on your whole grain bread and enjoy. Makes approx. 6 cups.

Kiwifruit

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free
- ✓ Gluten-Free

Contains more potassium than a banana. Excellent source of immune-boosting vitamin C

10.1g
CARBS

(per medium fruit)

2.1g
FIBER

42
CALORIES

0.8g
PROTEIN

0.4g
FAT

verywell

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Slices
Bread/Bread Alternative	Waffle
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Low fat Milk
Two Groups	
Other Food	Bagel (Cinn & Sugar)
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Kiwi Sweet Potato Fries
Bread/Bread Alternative	Whole Wheat Bread
Meat/Meat Alternative	Chicken Salad