

DECEMBER 2018

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar of Events PBS Library. . .

Celebrate the holiday season by substituting healthier holiday choices. Many traditional holiday recipes tasty and healthy. *Here are a few healthier holiday eating tips:*

**Lower the fat.** Substitute unsweetened applesauce for half the butter, shortening, or oil in baked goods. For dip recipes, try using plain, low-fat or fat-free yogurt in place of mayonnaise. Choose lean meats and drain off excess fat after cooking.

**Reduce sugar.** When making bakes goods, such as quick breads, cookies, and pie fillings, reduce the sugar by one-fourth to spices such as cinnamon, cloves, allspice and nutmeg. Add vanilla extract or almond flavoring to enhance the sweetness of the food.

**Be sodium savvy.** Rinsing canned vegetables with water before cooking can eliminate most of the extra sodium added during the canning process. Choosing fresh or low sodium soups, broths, soy sauce and tomato products can cut down on salt intake. When a recipe calls for seasonings such as garlic salt, celery salt, or onion salt, substitute with herb-only seasonings.

**Increase fiber.** Try using whole-wheat flour and bread along with whole grain pasta, brown rice, oatmeal, and whole cornmeal in recipes and dishes. Substituting whole-wheat flour for half of the all-purpose flour in a recipe works great. Vegetables are also another great way to increase fiber in a dish adding a variety of vitamins and minerals as well.

### Office Closed

Positive Bright Start office will be closed during the holiday season, December 24th- January 2nd.



## DECEMBER CELEBRATIONS

National Pear Month  
Mitten Tree Day, 12/6  
Oatmeal Muffin Day, 12/19  
Games Day, 12/20  
Make Cutout Snowflakes, 12/27

Check out these kits that are available in our library: Christmas, Kwanza, Hanukah

Positive Bright Start wishes you a very happy and healthy holiday season.

Lisa, Marsha, Becky & Anna

## ACTIVITIES!

**Wintertime Fun in the Kitchen . . .** Have the kiddos join you in the kitchen and make this fun, kid friendly snack.

### Cinnamon Sugar Snowflake Tortillas

**What you need:** tortillas for each child, butter, cinnamon and sugar

**What to do:**

- \*Fold a tortilla in half and then half again.
- \*Using clean scissors cut as you would a paper snowflake
- \*Melt a little butter and brush onto tortillas
- \*Sprinkle with cinnamon sugar to liking
- \*Pop into oven at 350 for 5-7 minutes
- \*Allow to cool a bit and then ENJOY!



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



# Food In Focus

## PEARS, WHO KNEW?

- ◆ There are over 3000 varieties of pears worldwide.
- ◆ The majority of pears sold in the United States are grown on the west coast, mainly Oregon and Washington.
- ◆ The United State is one of the largest producers of pears in the world.
- ◆ A medium pear has about 100 calories.
- ◆ Although pears mature on the tree, they ripen best off the tree.
- ◆ Every U.S. Pears are picked by hand.
- ◆ Pears are one of the few fruits that have an extensive history, reaching back to about 1000 B.C.
- ◆ Pears use to be called “butter fruit” for its soft, butter-like texture.
- ◆ Pears are a part of the rose family.
- ◆ Pear tree wood is often times used to construct musical instruments, furniture and other wooden décor.



## Pear Party Salsa

### Ingredients

- ◆ 1 pear (cored and finely chopped)
- ◆ 1 apple (cored and finely chopped)
- ◆ 2 kiwi (cored and finely chopped)
- ◆ 1 orange (peeled and finely chopped)
- ◆ 2 Tbsp. honey
- ◆ 2 tsp. lemon juice
- ◆ Snowflake tortilla (recipe on page one)

### Preparation:

- ◆ Combine pear, apple, kiwi, and orange in a medium -size bowl.
- ◆ Pour honey and lemon juice over fruit and gently toss.
- ◆ For best flavor, chill for 1 hour.
- ◆ Scoop up bites of fruit salsa using bites of snowflake tortilla.

*Credits as a fruit component and grain component if serving snowflake tortilla.*

## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Clementines
Bread/Bread Alternative	Rice Chex WG
Meat/Meat Alternate	
Snack	
Two Items	Pear Party Salsa
Two Groups	Snowflake Tortillas
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Potatoes/Carrots Coleslaw
Bread/Bread Alternative	Whole Wheat Roll WG
Meat/Meat Alternative	Roast Beef