

Nutrition Notes

JUNE 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

REPEATED TRAINING:

JULY 13th 6:30-8:30pm here at the office called

BACK TO THE BASICS

TIER RATE CHANGE

At the end of June not all home providers will continue to qualify for the Tier 1 rate. If you currently are Tier 1 by income, it will stay Tier 1 until the expired date on your form. Each year it will have to be renewed.

If you're currently approved Tier 1 by Census and or a qualifying school district it will stay the Tier 1 rate.

We tried hard to keep Tier 1 rate for everyone however, USDA has the final say. We understand this can be a hardship with the current cost of food. We know you will continue to serve healthy meals to children in your care. We appreciate your dedication to CACFP and the children in your care.

Try to look at this way, you may get less money but at least you get some.

If you think you may qualify by income please let Lisa know so she can send out the appropriate forms needed.

PBS is having a Fundraiser June 10, 2023 at Douglas County Fair Grounds, it's from 4:30-9p.m. The money collected will go towards vulnerable children in Douglas County. The cost is \$10 a person and raffle tickets will be for sale also. We hope you can come out and support this cause. Live Music and Food Trucks will also be present.

JUNE

5th World Environment Day

18th Fathers Day

21st 1st day of Summer

26th Bicycle Day

Activities...

Supplies Needed:

Tissue paper (cut into 1-inch squares)

White school glue

Wiggly eyes

Scissors

Green marker and Black Marker

Paper plates and Glitter (optional)

Paintbrush and double sided tape

Green construction paper

to cut out head, legs, and tail.



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

BENEFITS OF SPINACH

- Prevents Cancer. ...
- Reduces Blood Sugar. ...
- Aids in Good Bone Health. ...
- Aids in Weight Loss. ...
- Good For Your Eyes. ...
- Reduces Hypertension. ...
- Has Anti-inflammatory Properties. ...
- Keeps Your Body Relaxed...
- Boosts your Immunity...

Spinach

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Good Source of Fiber
- ✓ Low-Sodium

Nutrient-packed and high in fiber, spinach is a healthy veggie that offers many health benefits

(per 3 cups, fresh)

verywell

0g FAT

20 CALORIES

3g CARBS

2g PROTEIN

2g FIBER

Roasted Chicken/ Spinach Salad

Ingredients:

- Whole Roasted Chicken de-boned.
- 8oz package of Spinach (2)
- Shredded carrots 1 cup
- Tomatoes diced 1 cup
- Shredded cheese 1/2 cup
- Cucumber slices
- Whatever you choose to have on your own Salad. Some people but Hard boiled egg on their salad too.
- Mix it all together and used whatever dressing you have. This would count as your meat and vegetable group for lunch or dinner.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Banana
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	
Two Groups	Cottage Cheese
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Spinach Apples
Bread/Bread Alternative	WG Wheat Bread
Meat/Meat Alternative	Roasted Chicken