

# Nutrition Notes

JANUARY 2023

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...



### January

1st New Years Day  
16th Martin Luther King Day  
19th National Popcorn Day  
20th National Cheese Lovers Day

### Activities...

#### New Year's Noise Makers

##### Supplies Needed:

- Mop & Glo (or another multi-purpose floor cleaner) – this works as a glue for the glitter to adhere to the surface, but it's easier to distribute than glue, as it's liquid
- EXTRA FINE GLITTER – Various Bright Colors
- Empty Plastic water bottles with lids
- Small rocks, rice, tiny bells, or glass beads

##### Now, On To The Craft:

Over the sink, pour some Mop & Glo into the water bottle. Put the lid on, and pour the cleaner into the water bottle. Put the lid on, & swirl the cleaner around the inside of the bottle to cover it completely.

Remove the lids and shake a good amount of glitter into the water bottle, and turn the bottle around shaking the glitter all over the bottle.

You can let the glitter dry to the side for just a few

minutes will be fine.

Add your noisy objects to the inside of the glittered water bottle. Glue the lid shut. You're finished!

### VARY YOUR PROTEIN

Most preschoolers don't eat enough protein foods. However, children do not always eat or get offered a variety of protein foods.

Have you tried these different protein foods?

- ◆ Beans-Peas
- ◆ Beef
- ◆ Chicken and Turkey
- ◆ Nuts
- ◆ Pork
- ◆ Tofu
- ◆ Seafood
- ◆ Yogurt
- ◆ Eggs

#### On the lighter side:

How did Prince celebrate the new millennium?

He Partied like it was 1999!



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



# Food In Focus

## Facts about Peppers

Red, Yellow and Orange Peppers contain 3x more Vitamin C.

All Peppers start off green then change to what color they will be.

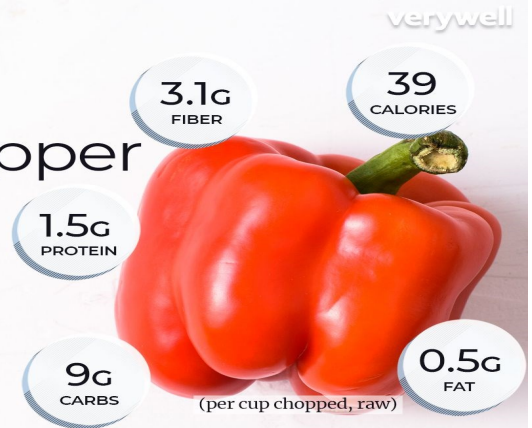
You can keep them stored in the refrigerator drawer for up to a week.

They are also a good source of Vitamin A.

## Red Bell Pepper

- ✓ Good Source of Fiber
- ✓ Gluten-Free    ✓ Low-Fat
- ✓ Low-Sodium    ✓ Low-Calorie

Rich in antioxidants and vitamin A, vitamin B6, and vitamin C



## Red Bell Stuffed Peppers

### Ingredients:

- 1 Tbsp avocado oil
- 1 medium-size onion, finely chopped
- 3 cloves garlic, minced
- 1 lb ground beef
- 2 Tbsp chili powder & Salt To taste
- 1 cup chopped tomato & 1/2 cup beef broth
- 1 cup cooked brown rice
- 5 to 6 medium-sized red bell peppers
- 1 cup mozzarella cheese

Pour the avocado oil into a large pot, stir in onion and cook about 5 min, stirring occasionally. Add the ground beef and allow it to brown, drain fat. Stir in the remaining ingredients except for the cooked rice and cook at a full boil for 8 to 10 minutes, stirring occasionally, or until the sauce surrounding the meat is nice and thick. Stir in the cooked rice. Preheat the oven to 400 degrees F. Cut off the top of peppers and remove core.

Fill the bell peppers with the ground beef mixture. There should be enough mixture for 5 or 6 medium-sized peppers.

Place the bell peppers in a deep casserole dish and cover with foil. Bake for 30 minutes. Remove the peppers from the oven and sprinkle each with desired amount of cheese. Place the peppers back in the oven and bake other 10 minutes, or until cheese is melted.



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## Make This Your

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Grapes
Bread/Bread Alternative	Oatmeal Homemade
Meat/Meat Alternate	
Snack	
Two Items	Cinn Toast
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cantaloupe Red Peppers
Bread/Bread Alternative	Roll
Meat/Meat Alternative	Stuffed Peppers Beef