

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events



We are more than half way into the 2017-2018 CACFP year. If you have not completed your 2 hours of in-service yet you need to plan what you are going to do. Don't wait until September to complete your hours. Remember if you take nutrition classes through KCCTO, the hospital, Merc, other food programs or college classes they may meet your requirements. If you have any questions call us @ 842-9679.

Sugar Shocker

Thursday, June 21st 6:30-8:30 pm
PBS Office, 1900 Delaware

We will discuss the ins and outs of sugars. We will learn the daily amount needed and how to cut back as well as learn about the dangers of consuming too much sugar. We will learn how to recognize hidden sugars and the difference between natural and added sugar. RSVP by calling 842-9679.
KDHE & KSDE approval pending.

Free for CACFP
participants



Identifying Whole Grains

The new CACFP guidelines require at least one serving of grains each day contains a whole grain-rich component. Do you wonder if your food is whole grain rich? Check out the information guide in this newsletter.

Office Closed

Monday, May 28th for Memorial Day

Open Office

Thursday, May 31st from 4:30-6:30 pm.
Call before 3:00 pm if you would like to pick up your check.



PBS Library

MAY CELEBRATIONS

- ♦National Salad Month
- ♦Cinco de Mayo, May 5th
- ♦Child Care Provider Day, May 11th
- ♦Pick Strawberries Day, May 20th
- ♦Hamburger Day, May 28th

ACTIVITIES!

Cinco de Mayo Celebration - Hola! Take time to learn a little about another culture by cooking your favorite Mexican-inspired recipes as well as fun little projects to get the festivities started.

Serapes (long blanket like shawl)- Give each child a paper bag. Cut out both side panels. Turn the bag inside out so advertising is on the inside. Close the bag so that it lays flat and cut out a large circle at the top. This will be the opening for the child's head. Let the children decorate their serapes with paint or markers.



Embellish the bottom with fringe or ribbon.

Maracas- Fill plastic Easter eggs with dried beans. Seal the egg and hot glue between two plastic spoons. Wrap the handles together with decorative tape.



Paper Bag Pinata- You will need: paper lunch bags, hole punch, scissors, glue stick, crepe paper streamers, colored tissue paper, string, fun goodies or candy

To start, punch two holes through the top of each bag. Then cut some strips of tissue paper about the width of your bag and slice some fringe along the bottom of each strip. You will need to thread string through the holes in the top of the piñata. Now fill with your goodies.





Food In Focus

What's the Difference Between Peas?

Ever wonder what the differences are between garden peas, snow peas, and sugar snap peas? You're not the only one.

Garden Peas– These are peas you typically see canned or in the frozen section. Garden peas are typically 3-4 inches long and have tough pods that aren't recommended for eating. However, these pods contain sweet, tender peas, which are perfect for adding to stir fries, soups, cooked on their own as a simple side dish or even eaten raw in a salad.

Sugar Snap Peas- Are a cross between English peas and snow peas. You can enjoy these peas at any stage, but they will be their sweetest and crunchiest when the peas fill out most of the pod. If you like eating pea shoots and tendrils, sugar snap varieties have some of the best.

Snow Peas- Snow peas are flat with small peas inside. They are tender and unlike the garden pea, the entire vegetable is enjoyable to eat. They are often referred to as Chinese pea pods.

what's the difference between
GARDEN PEAS, SNOW PEAS,
and SNAP PEAS?



ProduceMadeSimple.ca



Sweet Pea Hummus

Ingredients

- 4 cloves garlic, minced
- 2 c. sweet peas, frozen
- 1 can chickpeas (28 oz.), rinsed and drained
- 1/2 lime, squeezed
- 3 Tbsp. olive oil
- 1 Tbsp. Tahini
- Salt & pepper, to taste
- Red pepper flakes, to garnish

Preparation:

- In a food processor, process garlic and sweet peas until they form a paste-like consistency. Add in the chickpeas, lime juice, olive oil, and tahini. Blend until smooth, scraping down the edges as needed. Season with salt and pepper to taste.

Credits as a vegetable component.

Make This Your Menu?

| | |
|--------------------------------|-----------------------------------------|
| Breakfast | |
| Fluid Milk | Milk |
| Juice, Fruit or Vegetable | Strawberries |
| Bread/Bread Alternative | Banana Walnut Bread |
| Meat/Meat Alternate | |
| Snack | |
| Two Items | Sweet Pea Hummus |
| Two Groups | Pita Thins |
| Other | Water |
| Lunch | |
| Fluid Milk | Milk |
| Two Servings Fruits/Vegetables | Tomatoe Wedges & Avocados Watermelon |
| Bread/Bread Alternative | WG Soft Tortillas |
| Meat/Meat Alternative | Tilapia Tacos |
| Other | |