

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar of Events



## PBS Library

### The Importance of Protein

Monday, February 26th 6:00-8:00pm **FREE**  
at Positive Bright Start Office, 1900 Delaware

We will discuss what protein does for us and why it is important. We will talk about different kinds of proteins and where they are found, serving sizes and CN labels for processed proteins. Providers will sample new recipes and learn how to claim them on their menus. RSVP by 2/23/18  
KSDE approved for 2 hours.

### Crockpot and One Pot Meals **FREE**

Wednesday, March 28th, 6:00-8:00pm  
at Positive Bright Start Office, 1900 Delaware  
For this class we will have you bring your favorite kid-friendly crock pot, one pot or casserole to share with others. Please submit the recipe ahead of class. We will do some taste testing, look at the ingredients and discuss what components could be claimed for a creditable meal. Discussion will also include menu planning and serving sizes. RSVP by 3/27/18  
KSDE & KDHE approved.

### Open Office

Wednesday, February 28th from 4:30-6:30 pm.  
If you want to pick your check up at Open Office you must call before 3:00pm. Checks will be mailed at 3:00pm.

### FEBRUARY CELEBRATIONS

- ♦ Barley, Whole Grain of the Month
- ♦ National Dental Health Month
- ♦ National Cherry Month
- ♦ American Health Month

Stop by the office and check out: Let's Get Moving, Stepping Domes, Kid's Yoga and Tooth Brushing & Hand Washing kits.

## ACTIVities!

### Music of the Heart: Movement on Valentine's Day

Have your kids put their hand on their hearts at a resting heart rate. Every time they feel their heart pump, they need to make a noise - encourage each kid to choose a sound similar to that of an instrument ("Beep!" "Lub-Dub", "Psh! Psh!", "Tap") such as a drum or flute. After you've made music together for a minute or two, tell your kids that you need the music to go a bit faster. Have the kiddos do jumping jacks or jog in place for 30-60 seconds. Now have them create the music again. They will notice that the music speeds up considerably. Use this opportunity to explain how exercising increases the heart rate.



### Cherry Almond Pancakes

- |  |                          |
|--|--------------------------|
| 1 1/3 c. oat flour                               | 1 c. milk                |
| 2 Tbsp. Greek yogurt                             | 1/2 Tbsp. baking powder  |
| 1 egg  | 1 Tbsp. pure maple syrup |
| 1 Tbsp. coconut oil                              |                          |
| 1/2 tsp. almond extract                          | 1/4 tsp. salt            |
| 1 c. sweet cherries (If using frozen thaw first) |                          |



Mix together dry ingredients. Whisk egg, milk, oil, syrup, vanilla, almond extract and yogurt together. Add the dry ingredients and mix, batter may be lumpy. Pour onto a hot griddle and top with a spoonful of cherries.



# Food In Focus

## Barley

- Barley is highest in fiber of all the whole grains. Most grains the fiber is concentrated largely in the outer bran layer, barley's fiber is found throughout the whole grain.
- Barley is high in antioxidants, vitamins and minerals essential to health. However, much of the barley eaten in the U.S. is pearled or pearl barley, which is missing some or all of its bran layer.
- Barley has more protein than corn, brown rice, millet, sorghum or rye and lower in soluble (starch) carbohydrates than almost all other whole grains. Barley is a highly-adaptable crop, growing in places as disparate as north of the Arctic circle, in tropical Ethiopia, and at high altitudes in the Andes mountains of South America.



## Hearty Beef Barley Soup

### Ingredients

- 2 lbs. boneless chuck roast, cut into 1 1/2 inch pieces
- 1 Tbsp. canola oil
- 3 large carrots, diced
- 1 large yellow onion, diced
- 2 ribs celery, diced
- 3 potatoes, peeled and diced
- 4 medium cloves garlic, roughly chopped
- 3 quarts of chicken stock
- sachet of 2 sprigs fresh thyme, 1 bayleaf and 5 whole peppercorns
- 1 c. pearled barley
- salt and pepper to taste
- minced fresh parsley, for garnish

### Preparation:

- ♦ Season beef with salt and pepper. In a large pot, heat oil over high heat until lightly smoking. Working in batches if necessary, add beef and cook, turning occasionally until well browned on all sides, about 5 minutes per side. Transfer to a large platter.
- Add carrot, onion, celery, potatoes and garlic to pot and cook, stirring and scraping up any browned bits from the bottom, until lightly browned, about 5 minutes. Scrape vegetables into a bowl and set aside.
- Add stock to pot, return to heat, add beef chunks along with herb sachet. Bring to a simmer, then reduce heat to maintain a low simmer and cook until beef is tender, 1-2 hours.
- Discard sachet. Add barley, reserved vegetables. Simmer until barley and veggies are tender, about 30 minutes.  
*Credits as a meat and vegetable component.*



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Bananas
Bread/Bread Alternative	Malt-o-Meal WG
Meat/Meat Alternate	
Snack	
Two Items	Cherry Pancakes WG
Two Groups	Milk
Other	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Carrots, Celery, Potatoes (in soup) Tropical Fruit Salad
Bread/Bread Alternative	Focaccia Bread WG
Meat/Meat Alternative	Hearty Beef Barley Soup
Other	