

Nutrition Notes

APRIL 2021

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

On-Line Training

We are half way through the food program year and many of you need to complete 2 hours of nutrition training. Take a minute to sign up for this class and you will receive 1.5 hours of approved in-service.

The Incredible Egg

Presented by: Lisa Zwiener

Tuesday, April 20, 2021 6:30 PM



In this free on-line training we will discuss about safety precautions when preparing eggs and the many different ways eggs can be prepared. We will talk about how they can be claimed with CACFP. Also, books and craft ideas to go with the egg theme. To enroll call or email the office. We will send instructions closer to class time on how to get logged in. KSDE approved.

ATTENTION!

CACFP Calendars and Crediting Foods

Book

If you have not received your calendar for the year or the New Crediting Foods book they are still available. Either call the office or email us and we can get them out to you.



APRIL

- National Garden Month
- Strawberries, Fruit of the Month
- Week of the Young Child, April 10th-16th
- Earth Day, 4/22

Activities...

Earth Day Homemade Seed Paper

Materials Needed: newspaper, color paper or tissue paper, water, blender, mixing bowl, small bowls for each child, parchment paper, paper towels, cookie cutters, wildflower seeds

- Have children tear paper into small pieces. Place torn paper in a blender. Add twice as much warm water as paper. Do not pack too tightly.
- Puree the paper until it becomes pulp. You can add food coloring to tint the paper. Transfer the paper pulp to the mixing bowl. Squeeze the water from the pulp, and make sure there aren't any large chunks of paper in it.
- Spoon the pulp into individual bowls. Have the children add seeds to the paper. Mix the seeds into the pulp using their hands or a spoon.
- Place cookie cutters on parchment paper. Let the kiddos press the pulp firmly inside the cookie cutters. The thicker the paper the longer it will take to dry. Remove the cutters. Allow to dry for 24-48 hours.
- When seed paper is thoroughly dry punch a hole in it, feed a ribbon or string to use as a gift tag. Makes a great Mother's Day gift.
- To grow your printable seed paper, place it seed side down on soil and water it.



Book Ideas for Earth Day

Little Seeds, Charles Ghigna

Earth Day, Birthday! Maureen Wright

Compost Stew An A-Z Recipe for the Earth, Mary McKenna Siddals



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



Food In Focus

Asparagus, Did you know?

- Asparagus prime growing season in Kansas is mid April - mid June.
- Green asparagus and white asparagus comes from the same plant. Green asparagus has higher levels of nutrients, such as protein ascorbic acid, calcium , thiamine and niacin.
- Purple asparagus was developed in Italy. It has higher amounts of sugar and lower amounts of fiber.
- Asparagus can be eaten raw, steamed, boiled or fried.



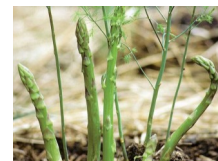
Chicken & Asparagus

Ingredients

- 1 1/2 Tbsp. vegetable oil
- 1.5 lbs. skinless chicken breast, cut into 1-inch pieces
- salt & pepper to taste
- 1.5 lbs. asparagus stalks, trimmed and cut into 1/2 inch pieces
- 3 tsp. minced garlic
- 1 1/2 tsp. minced ginger
- 1 1/4 c. chicken broth
- 2 1/4 tsp. sugar
- 1 1/2 Tbsp. soy sauce
- 3 tsp. sesame oil
- 1 1/2 Tbsp. cornstarch

Preparation

- Heat vegetable oil in a pan over medium high heat.
- Season the chicken with salt and pepper to taste.
- Add the chicken to the pan in a single layer. Cook for 3-4 minutes per side or until browned.
- Add the asparagus to the pan and cook for 3-4 minutes or until tender.
- Add the garlic and ginger and cook for 3 seconds.
- In a small bowl, whisk together the chicken broth, sugar, soy sauce, sesame oil and cornstarch.
- Pour the sauce over the chicken and asparagus and bring to a simmer. Cook for 1-2 minutes or until sauce has thickened, then serve over rice.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	Buckwheat Pancakes WG
Meat/Meat Alternate	
Snack	
Two Items	English Muffin WG
Two Groups	Apricots
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Asparagus Pineapple
Bread/Bread Alternative	Brown Rice WG
Meat/Meat Alternative	Chicken & Asparagus Stir Fry