

Nutrition Notes

JULY 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



JULY

1st International Joke Day
4th Independence Day
11th Cheer up the lonely day
20th Space Exploration Day
28th National Milk Chocolate Day

Activities...

MAKE SOME FIREWORKS



Becky Grammer is back! If you have not seen her yet you will soon because she is the home visitor for the CACFP. Becky was with us previously and has decided to join us again. She has many years of experience in childcare and the CACFP.

REPEATED TRAINING IN PERSON AT PBS on July 19th, 22 at 6:30-8:30pm. This will combine two online classes that were done previously. "Importance of Variety and Kids in the Kitchen." Get your hours done by Sept 30, 2022.



Please stop by the office and get your **produce bins**.

They are very handy and will help keep your fruits

and veggies fresher longer. They're FREE for you!

Thanks to Covid Emergency funds. This is a great time of the year to check out the local Farmers market and use your new bins.

On the lighter side:

Why should you not tell a joke?

Because it might crack up!



Watching the fireworks is one of the most exciting parts of the Day of Independence. Replicate those beautiful blasts of color in your home with Crash, Boom, Bang Glitter. Using glitter in any project makes it more fun, but using glitter in 4th of July activities for kids makes the whole day that much better. These shimmering party decorations will brighten up the mood of all party-goers.

Supplies, Glue, Glitter & Black Construction Paper
Super easy help them pour the glue on the paper then sprinkle with their favorite glitter and dry.



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



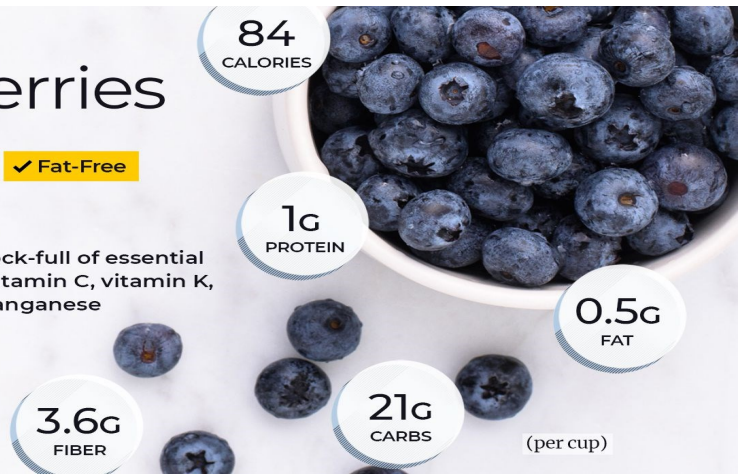
Food In Focus

Blueberries are linked to being beneficial for your body organs such as the brain, heart, skin, muscles, and metabolism. They are a super fruit. Fresh Blueberries can last in the refrigerator up to a week.

Blueberries

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free

Blueberries are chock-full of essential nutrients such as vitamin C, vitamin K, and the mineral manganese



Classic Chicken Salad

Ingredients:

1. 4 cups of shredded chicken
2. 1/2 Cup of diced celery
3. Salt & Pepper
4. Mayo —1 cup
5. 2 Tablespoons Lemon Juice

Directions:

Cook and shred the chicken add all the other ingredients listed and mix well. Serve on Whole Grain Wheat Bread. Super Easy and Delicious. You could use crackers too.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Fresh Blueberries
Bread/Bread Alternative	Chex Cereal
Meat/Meat Alternate	
Snack	
Two Items	Biscuits
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	French Fries Fresh Kiwi
Bread/Bread Alternative	WG Bread
Meat/Meat Alternative	Chicken Salad