

DECEMBER 2022 Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



*Hope you all have a wonderful warm safe
and Healthy Holiday season!*

ANNA, LISA, & BECKY

*PBS will be closed for an extended time
during the holidays starting Dec 22nd
and returning Jan 3rd.*

**Please let us know when you will be
closed during the holidays so we
don't attempt a visit.**

On the lighter side:

**What is it called when a snowman has a temper
tantrum?**

A Meltdown!



DECEMBER

Dec 1st- Nat. Christmas Light Day
Dec 4th- National Cookie Day
Dec 7th - Pearl Harbor Day
Dec 8th -National Brownie Day
Dec 25th - Christmas Day

Activities...

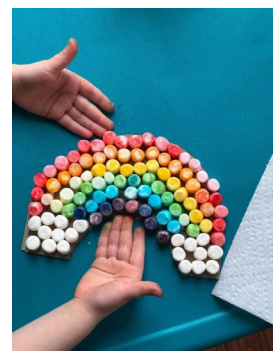
MARSHMALLOW ART

Supplies :

- 1. Construction Paper**
- 2. Glue**
- 3. Marshmallows**
- 4. Dot Markers if you have them**

**Write with the glue the child's name. Have them put
the marshmallows on the glue. After it is dry,
have the kids color the tops of the marshmallows with
the dot markers.**

**You can also stack them and make little
snowmen. You could also do a rainbow
on the paper and have the kids color each
line a color of the rainbow.**





Food In Focus

If you find it intimidating to cut a butternut squash, you are not alone! However, don't let its odd shape and hard surface stop you from cooking it.

First wash off the butternut squash. Then cut off top and bottom. Use vegetable peeler and peel the squash.

Cut the squash crosswise where the neck of the squash meets the round part to the end you now have two pieces. Scoop out all the seeds. Then stand it up and cut down the middle again. You should have 4 pieces. Then lay them on your cutting board and cut it up to your desired size.

Roasted Butternut Squash

The Ingredients

Butternut Squash. 1 Squash

Olive Oil. Don't skimp here; if you do, the squash may burn or turn out dry. Sprinkle over the cut up squash.

Maple Syrup. Maple syrup 1 tablespoon.

Cinnamon. 1 teaspoon

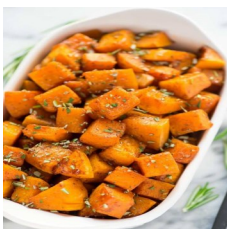
Rosemary. You may be tempted to use dried rosemary but fresh rosemary is key to achieving the best flavor. This recipe has very few ingredients, so each of them counts. Sprinkle over the top.

Directions:

Use nonstick spray to coat two baking sheets. Grab a large bowl and add your squash cubes. Add the olive oil, maple syrup, and spices to the bowl. Toss until the squash is coated in all the delicious flavors.

Bake at 400 degree for 15 min.

Then take out pan and flip with a spatula and bake another 15 min until squash is tender.



For kids ages 3-5 you need 1/4 cup for each child to count as your veggie requirement for a lunch.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	100 % Juicy Juice Apple
Bread/Bread Alternative	Wheat Chex Cereal (WG)
Meat/Meat Alternate	
Snack	
Two Items	Avocado Toast
Two Groups	Hard Boiled Egg
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Roasted Butternut Squash Pears
Bread/Bread Alternative	Stuffing
Meat/Meat Alternative	Pork chop