

AUGUST 2021

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...



### **Please welcome our new CACFP Home Visitor**

June Roush has just joined our team in her new role as home visitor. Many of you already know June as a child care provider in Baldwin City.

### **AUGUST**

- Play Outside Day, 8/1
- National Watermelon Day, 8/3
- National Farmer's Market Week, 8/1-8/7
- Friendship Week, 3rd week

## On-Line Training

Only 2 months left of the 2020-2021 food program year and many of you still need your 2 hours of in-service. We will be offering two zoom trainings, one in August and one in September. Take a minute to sign up for these classes before it is too late. We will send instructions closer to class time on how to get logged in.

### **The Incredible Egg**

**Repeated class from  
2/24/2021**

Presented by: Lisa Zwiener

Monday, August 30, 2021 6:30 PM - 8:00PM

In this free on-line training we will discuss safety precautions when cooking with eggs, and the many different ways eggs can be prepared. We will talk about how they can be claimed with CACFP, plus books and craft ideas to go with the egg theme. To enroll call or email the office. *KSDE approved.*

### **Easy Beans Simple & Delicious**

Presented by: Lisa Zwiener

Tuesday, September 21, 2021 6:30 PM - 7:30PM

Learn about the several different types of beans available and how to credit them in the CACFP. We will share some easy recipes and would like for you to share some of your favorites, too!

## Activities...

### **How to Make a Water Blob**

**Items needed:** big roll of plastic sheeting, 4mm thick **NOT** drop cloth · Duct tape or water proof tape like Flex-Seal · garden hose  
**Optional:** food coloring, glitter, confetti or small gummy items like worms or fish. Just make sure they are soft with no pointy edges.

- Fold the plastic sheeting in half and tape the open sides with duct tape. (it help if you have an assistant) Leave open a small hole for the hose.
- You can add food coloring, glitter, confetti or soft items.
- Put the hose in and let it fill. When totally full, tape the small opening shut and let the fun begin.



If leaks occur just add tape.

### **Books about the outdoor play and activities**

**Run Wild**, by David Covell

**Fred and Ted Go Camping**, by Tony Eastman

**Hiking Day**, by Anne Rockwell

**Finding Wild**, by Megan Lloyd

**A Stick is an Excellent Thing: Poems Celebrating**

**Outdoor Play**, by LeUyen Pham



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



# Food In Focus

## 5 Facts About Tomatoes

- Tomatoes are the official state vegetable of New Jersey. Tomato juice is the official state beverage of Ohio.
- There are around 10 varieties of tomatoes world wide. They come in many colors - pink, purple, black, yellow and even white.
- Tomato seedlings have been grown in space.
- Heinz Tomato Ketchup has a speed limit. If the sauce pours at more than 0.028 miles per hour it is considered too runny and is rejected.
- Tomatoes are rich in lycopene, an antioxidant that is good for the heart and effective against certain cancers. Tomatoes are also high in vitamins A and C, calcium and potassium.



## Chicken, Tomato, Spinach Quesadillas

### Ingredients

- 4 flour tortillas
- 2 c. shredded Cheddar cheese
- 2 c. cooked shredded chicken
- 1 c. fresh spinach
- 1/2 c. chopped cherry tomatoes
- 1 Tbsp vegetable oil, or as needed

### Preparation

- Preheat oven to 350°. Place tortillas on a baking sheet and spread 1/2 c cheddar cheese on each.
- Bake tortillas in the preheated oven until cheese has melted, about 5 minutes. Remove from oven.
- Heat a large skillet over medium heat. Add chicken, spinach, and tomatoes, cook and stir until spinach has wilted, about 5 minutes. Divide chicken mixture evenly over each tortilla; fold in half.
- Coat the same skillet with a thin layer of oil; heat over medium heat. Cook folded tortillas until browned on both sides, about 3 minutes per side.

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Cherry Tomatoes
Bread/Bread Alternative	Whole Wheat Toast
Meat/Meat Alternate	Hardboiled Eggs
<b>Snack</b>	
Two Items	Vanilla Yogurt
Two Groups	Blackberries
Other Food	Water
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cherry Tomatoes/Spinach Watermelon
Bread/Bread Alternative	Whole Wheat Tortilla
Meat/Meat Alternative	Chicken Tomato Spinach Quesadillas