

OCTOBER 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



Are you willing to accept the challenge?

Mountain Plains Crunch Off

October 16, 2019

KSDE, Child Nutrition & Wellness is joining child care centers, homes, schools, nonprofits and local food enthusiasts in celebrating Farm to Plate Month by competing in a nine-state Crunch Off competition. The state that has the most crunches into local apples or produce per capita will be crowned champion. Join us on Wednesday, October 16th by crunching on a fresh local apple.

Participants will get a link to a toolkit with books, recipes and outreach ideas. This Crunch event encourages healthy eating, supports local agriculture and helps children and community members gain a deeper understanding of the food system. **Register at** <https://www.surveymonkey.com/r/K8GHSSN>

The time has come! Beginning October 1st, CACFP requires that you serve at least one whole grain food a day. Remember to not only serve the whole grain but mark it on your menus as well. If menus do not have a whole grain marked a meal will be taken off.

We have been preparing you for this change for over a year with Whole Grain trainings and handouts. Included in this newsletter is a flyer on how to recognize whole grains.



OCTOBER

- ♦ Farm to Plate Month
- ♦ National Pizza Month
- ♦ National Vegetarian Month
 - ♦ National Kale Day, 10/2
 - ♦ National Pasta Day, 10/17

Activities...

Fall Book Corner - It is finally fall so let's look at some wonderful fall books to read at circle time to help teach our little ones all about the harvests, change of season, and events that fall brings. These books will get your little ones ready to enjoy everything the season has to offer.

Red Leaf, Yellow Leaf by Lois Ehlert - Illustrations in this book are made up of watercolors and parts of trees. It also has a glossary that gives information on photosynthesis, sap and other tree facts.

The Legend of Spookley the Square Pumpkin by Joe Troiano - Spookley is different from all of the other round pumpkins. He just wants to be included with all of the other pumpkins. This is a good book to read about friendship.

Seed, Sprout, Pumpkin Pie by Jill Esbaum - This book is full of bright and colorful pictures that show the life cycle of a pumpkin from seed to pie.

A Day at the Pumpkin Patch and **A Day at the Apple Orchard** by Megan Faulkner - These books are perfect to read right before a field trip to an apple orchard or pumpkin patch.



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



Food In Focus

Kale

- Kale is popular now, but people have been growing this super food for more than 2,000 years. It arrived in the U.S. in the 17th century.
- One cup of chopped raw kale provides more than 100% of the recommended daily amount of vitamins A and K.
- Kale is a powerhouse food packed with antioxidants and other nutrients.
- For the best flavor, kale must be harvested after the first frost. This ensures that some of the starches have turned into sugars.
- Types of kale are marked by color (green, white, purple, or bluish green) and leaf shape. Kale contains lutein, a nutrient that helps create the plant's color. Lutein helps keep eyes and vision healthy.



Pasta with Kale

Ingredients

- 2 1/2 c. uncooked rigatoni pasta
- 2 Tbsp. olive oil, divided
- 3 garlic cloves, minced
- 1 (7 oz.) bottle roasted red bell peppers, drained & sliced
- 1 (16 oz.) can cannellini beans or white beans, drained
- 12 c. coarsely chopped kale, about 1/2 pound
- 1/4 tsp. pepper
- 6 Tbsp. grated Parmesan cheese

Preparation

- Cook the pasta according to package directions, omitting salt and fat. Drain cooked pasta over a bowl, reserving 1/4c. cooking liquid, set pasta aside.
- Heat 1 Tbsp. oil in a large Dutch oven over medium heat. Add minced garlic, sliced bell peppers, and saute 1 minute. Add kale, beans; cover and cook 5 minutes or until kale is wilted, stir occasionally. Add cooked pasta, reserved liquid, 1 Tbsp. oil, lemon juice, and pepper, stir well. Sprinkle with Parmesan cheese.

Credits as a bread and vegetable component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mixed Berries
Bread/Bread Alternative	
Meat/Meat Alternate	Vanilla Greek Yogurt
Snack	
Two Items	Toasted English Whole Wheat Muffins WG
Two Groups	Milk
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Pasta with Kale & Beans Baked Apples
Bread/Bread Alternative	Rigatoni Pasta
Meat/Meat Alternate	Pork Chops

On-Line Training Opportunities

A number of you have not completed your 2 hours of in-service. If you have taken a class through another agency we will need a copy of your training certificate. Training for the food program year needs to be completed by September 30th. If training hours aren't met you will not be able to claim and will be put on a Seriously Deficient Plan. If you have taken on-line trainings in the past make sure you aren't repeating classes.

Current On-Line Classes through KSDE are available.

- CACFP Family Style Meal Service
- CACFP Infant Meal Pattern
- CACFP Child & Adult Meal Pattern
- Sodium Savvy
- It's Time to Get Down and Dirty
- Pick a Peck of Produce
- Food Safety Basics
- Gluten Free Diets - Coming Soon

To enroll for any of these trainings go to: <http://learning.ksde.org>

KSDE Training Portal How to Create a New User Account Home Page

Click on "Create new account".

New Account Information

1. Create your own username and password.
2. Fill-in the "More Details" section (email address, confirm email address, first name, last name).
3. Click on the down arrow next to "Contact Information" and complete this information as well.
4. Answer the security question at the bottom of the page.
5. When complete click on "Create my new account".

Confirmation Email

1. A confirmation is sent to the email address you provided during account setup.
2. Confirm your new account by clicking the link in the email.
3. You will be directed to the Course Categories page.
4. To view CNW classes, click on "Child Nutrition & Wellness" under Course

Once you complete the course you should be able to print a certificate. Send that in to the office to show proof of completion.

Institute of Child Nutrition On-Line Classes

- CACFP Optional Best Practices
- Family Child Care FUNDamentals
- Planning Cycle Menus in Child Care

To enroll for these trainings visit: <https://theicn.org/cacfp>

On the Home page ✓Training ✓eLearning ✓Class you want ✓Enroll