

DECEMBER 2024

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Please welcome our new Home Visitor

Heather Zwiener



She has worked hard this past month learning all about the program. She is excited about meeting each of you!

Reminder that your claims are due by the **3rd** each month. In December, my claim is **due early**, so I really need each of you to get your claim in by the 3rd. I have only a short amount of time to process your claim and submit it to the state.

PBS office will be closed during the Holiday from Dec 23rd-Jan 1st and opening back up on Jan 2nd.

We wish you a safe and healthy Holiday Season!

DECEMBER

Dec 1st- Nat. Christmas Light Day
Dec 4th- National Cookie Day
Dec 7th - Pearl Harbor Day
Dec 21st First day of Winter
Dec 25th - Christmas Day

Activities...

Nature's Christmas Ornaments

This craft comes with an adventure: First, take a foraging walk outside to gather twigs. Then, use glue to create holiday shapes and finish with festive embroidery thread wrapping.



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

The grown-ups were right: You should eat your Broccoli! This vegetable is a nutrition powerhouse. It's loaded with fiber, vitamins and minerals. It supports your immune system, protects against some cancers, and keeps your bones strong. It supports eye health and boosts your gut with healthy bacteria, just to name a few.



Broccoli Cheese Soup

Ingredients:

- 1 tablespoon butter
- 1 small onion diced up
- 1 cup of carrots shredded
- 3 cups of broccoli chopped
- 2 cups of chicken broth
- 1/2 teaspoon thyme and garlic powder
- 2 tablespoons flour
- 1 and 1/2 cups light cream
- 1 cup sharp cheddar cheese shredded
- 1/3 cup parmesan cheese
- Salt and pepper to taste

Instructions:

In a large saucepan, cook butter, onion, and carrots over medium heat until onion softens. Add the broccoli, chicken broth and seasonings. Simmer until broccoli is softened. Place flour in small bowl. Add in cream a little at a time until it's all smooth. Whisk the cream mixture into the saucepan until thick and bubbly. Remove from heat, stir in cheeses.



Broccoli

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Low-Calorie
- ✓ Low-Sodium

Broccoli is an excellent, heart-healthy choice; more than one-third of its carbohydrates come from fiber

31 CALORIES

2.5G PROTEIN

2.4G FIBER

6G CARBS

0.3G FAT

(per cup, raw, chopped)

verywell

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Grapes
Bread/Bread Alternative	Kix Cereal (WG)
Meat/Meat Alternate	
Snack	
Two Items	Peaches
Two Groups	Cottage Cheese
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Broccoli & Cheese Soup Apple slices
Bread/Bread Alternative	French Bread
Meat/Meat Alternative	Sliced Turkey