

Nutrition Notes

September 2023

POSITIVE BRIGHT START

News & Calendar Events



NEW FOOD PROGRAM YEAR

The CACFP year will start over again Oct 1st. This means you will need to have all new enrollments filled out for all your kids enrolled. Don't forget to include your own children even if you are not getting reimbursed for them. If your children have aged out of your license capacity we would not need enrollments for them. Make sure the enrollment date is **10/01/2023** not the day started with you unless the child's start date is after this date.

MAKE SURE PARENTS ARE FILLING THE ENROLLMENT FORMS OUT COMPLETELY

Training hours are due at the end of September. You must have completed 2 hours of nutritional training each year in order to participate in the food program. If you do not get your training hours completed by Oct 1st, you will be placed on a Corrective Action Plan. Let's not make more work for both us and get your hours in on time!

The last class offered from us this year will be Thursday Sept 21st, 6:30-8:30pm. here at the office. It's a repeat of Kansas Corn from August. Make sure you get your required training hours completed by Oct 1st! If you have completed your hours somewhere else make sure its approved by Lisa and a copy of the certificate is given to her.

Coming soon! Finally what we have waited for.

DIRECT DEPOSITS ! More information will be mailed out soon.

Celebrations...

September 2023

- 4th National Labor Day.
- 6th National Read a book day.
- 11th National Grandparents Day
- 12th National Day of Encouragement
- 18th National Dance Day

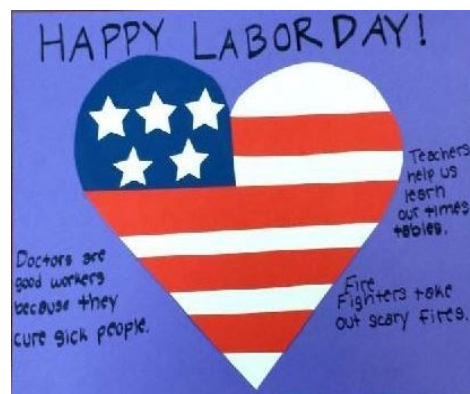
Activities...

LABOR DAY PICTURES

Items Needed:

Red, White & Blue & Purple construction paper.
Glue sticks or regular glue whatever you have.
Scissors & Star Hole Punch if you have one.

Cut out a white heart first and glue it to the purple paper. Then cut out red stripes and glue them on. Then cut out the blue shape and stars in white. Glue them on. Have the children practice writing Happy Labor Day. Explain to them what Labor day means to you. Then help them write different things they are thankful for. For example a fire-fighter because they save lives.



1900 Delaware Lawrence, KS 66046 •785-842-9679• M-T 8:30AM-4:30PM Fridays 8:30AM-12 Noon



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

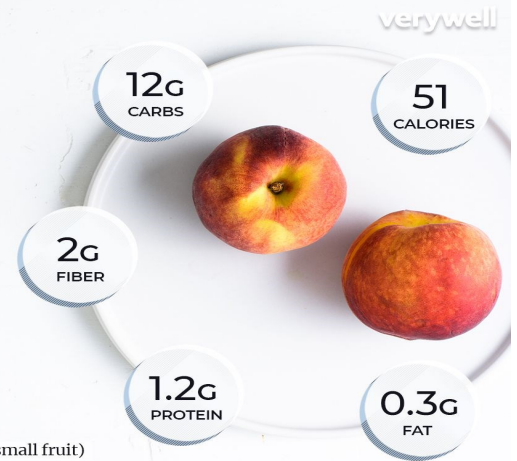
Facts about Peaches

1. Originated in China.
2. The Fuzz is a defense mechanism.
3. There are thousands of varieties.
4. They are loaded with nutrients.
5. In China a peach is for good luck & protection.
6. Peach Pies have been a favorite for Dutch and English for centuries.

Peaches

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

Rich in nutrients like vitamin A, vitamin C, B-complex vitamins, and potassium, peaches are a very healthy snack choice



Crock Pot Ranch Pork Chops

Ingredients:

- 1 10.5 oz can cream of mushroom soup
- 1/2 cup chicken broth
- Dry packet of ranch dressing 1 oz
- 2 pounds of pork chops

Mix all the ingredients together and put in your crock pot on low for 4-6 hours or on high 2-3 hours.

Insert a **meat thermometer** into the thickest portion of the pork chop to ensure the internal temperature is 145°F before serving. Super easy and delicious.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Fresh Peaches
Bread/Bread Alternative	Pancakes
Meat/Meat Alternate	
Snack	
Two Items	Cinn Bagels
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Grapes Sweet Potatoes
Bread/Bread Alternative	Stuffing
Meat/Meat Alternative	Pork Chops