

JANUARY 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

All About Fish and Seafood

FREE to PBS providers

Date & Time: Wednesday February 19th, 6:30pm-8:30pm

Location: Positive Bright Start Office

Fish and seafood are an excellent source of protein and contain other essential nutrients that are necessary for a healthy diet. A well balanced diet including fish or seafood can contribute to heart health and aid in children's proper development.

Do you know what to look for in fish or how to prepare it correctly? In this class we will learn about various types of seafood that is available and how to prepare it safely. We will also have some samples for you to try. You don't want to miss this new class. To enroll call the office at 842-9679,

Office Closed

The PBS office will be closed Monday, January 20th, for Martin Luther King, Jr. Day

JANUARY

- ♦National Soup Month
- ♦Women Rock! Day 1/3
 - ♦Bean Day, 1/6
- ♦Penguin Awareness Day, 1/20
- ♦Eat Brussels Sprouts Day, 1/31

Activities...

Penguin Awareness Day, January 20th

Celebrate Penguin day by reading some of these fun books.

Penguins Hidden Talent, Alex Lattimer

Penguins, Liz Pichon

Penguin Chick, Betty Tatham

Footprint Penguins

You'll need: white paper, googly eyes, glue black, orange and white paint

1. Paint each child's foot black and stamp on the white paper. Allow to dry.
3. Using black paint, paint some wings on your penguin.
4. Using white paint, paint a body on your penguin.
5. Paint on an orange beak.
6. Glue on googly eyes.



Penguin Shuffle

Have children stand side by side with their "eggs" (beanbag or Hacky Sack style footbags) on top of their feet. Players try to shuffle across the room without dropping their "eggs."



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



Food In Focus

What Are the Benefits of Great Northern Beans?

- Great Northern beans are larger than navy beans, but slightly smaller and grainier-tasting than their kidney-shaped cousins, cannellini beans. With a nutty flavor, Great Northern beans go well in soups, stews, ragouts and salads and offer a host of nutritional benefits.
- Great Northern beans are an excellent source of low-fat, plant-based protein. A one cup serving gives you 15 grams of protein with less than a gram of fat. Like all beans these offer significant fiber. One cup of Great Northern beans contains 12 grams of fiber, or about half of your daily needs. They also contain minerals and rich amounts of B vitamins. Among other functions, the B-complex family helps your body turn food into energy.



Creamy White Chili

Ingredients

- ♦ 1 lb. boneless, skinless chicken breast, cut into 1/2 inch cubes
- 🔪 ♦ 1 medium onion, chopped
- 🔪 ♦ 1 1/2 tsp. garlic powder
- 🔪 ♦ 1 Tbsp. canola oil
- ♦ 2 (15 oz.) cans great northern beans or cannellini beans
- ♦ 1 (14 oz.) can chicken broth
- ♦ 2 (4 oz.) cans green chilis
- ♦ 1 tsp. salt
- ♦ 1 tsp. ground cumin
- ♦ 1 tsp. dried oregano
- ♦ 1/2 tsp. black pepper
- ♦ 1/4 tsp. cayenne pepper
- ♦ 1 c. sour cream
- ♦ 1/2 c. heavy whipping cream

Optional toppings: tortilla chips, grated cheese, seeded and sliced jalapeno pepper

Preparation

- ♦ In large saucepan, sauté the chicken, onion and garlic powder in oil until chicken is no longer pink. Add beans, broth, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered for 30 minutes.
- 🔪 ♦ Remove from heat and stir in sour cream and cream. If desired top with tortilla chips, cheese and sliced jalapeno pepper.

Credits as a meat/meat alternative component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Blueberries
Bread/Bread Alternative	Crispix Cereal WG
Meat/Meat Alternate	
Snack	
Two Items	Red Grapes
Two Groups	Soft Pretzel
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Romaine Salad Mandarin Oranges
Bread/Bread Alternative	Corn Muffin
Meat/Meat Alternative	Creamy White Chili