

September 2024

Nutrition Notes

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 new enrollments filled out for all of your kids enrolled. Remember 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 do not need enrollments for them. Make sure the enrollment date is **10/01/2024** 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 in order to participate in the food program. If you do not get your training completed you will be placed on a Corrective Action Plan. Avoid this by getting your hours in on time.

Last class offered from us this year. Monday, Sept 16th 6:30-8:30pm here at the office. It's called Developmental Feeding Skills taught by a certified speech pathologist from Lawrence. Please call and sign up today. Limited class space so don't wait too long to sign up.

Celebrations...

September 2024

2nd National Labor Day.
6th National Read a book day.
8th National Grandparents Day
10th World Suicide Prevention Day
22nd First day of Autumn

Activities...

LABOR DAY Wreath

Items Needed:
Red, White & Blue & construction paper.
Glue sticks or regular glue whatever you have.
Scissors & Star Hole Punch if you have one. White paper plates. Optional Glitter for the stars.



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

Food In Focus

Facts about Pumpkins:

1. Takes 90-120 days to grow.
2. It's a fruit not a vegetable.
3. Worlds largest recorded 2700 pounds
4. High in Fiber.
5. Pumpkins are 90% water.
6. All parts of the pumpkin are edible.
7. Each Pumpkin contains 500 seeds.
8. They come in a variety of colors.

Pumpkin

verywell

- ✓ Cholesterol-Free
- ✓ Sodium-Free
- ✓ Fat-Free
- ✓ Good Source of Fiber

One cup of pumpkin contains 87% of the daily recommended vitamin A intake

(per cup, mashed)

- 1.8G PROTEIN
- 0.17G FAT
- 49 CALORIES
- 12G CARBS
- 2.7G FIBER

Roasted Pumpkin Seeds

Ingredients:

- 1 ½ cups raw whole pumpkin seeds
- 2-3 teaspoons butter, melted
- 1 pinch salt

Toss seeds in a bowl with the melted butter and salt. Spread them out on a baking sheet and bake them in the oven at 300 degrees for 45 minutes stirring occasionally. Then let them cool and enjoy.



Make This Your Menu?

Fluid Milk	Milk
Juice, Fruit or Vegetable	Blueberries
Bread/Bread Alternative	Waffles WG
Meat/Meat Alternate	
Snack	
Two Items	Roasted Pumpkin Seeds
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Grapes Sweet Potatoes Fries
Bread/Bread Alternative	Bun
Meat/Meat Alternative	Hamburger Grilled