

NOVEMBER 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

CACFP Sub-Grant Funding Opportunity

Applications are now being accepted for the 2020-2021 Farm to School Child Nutrition Sub-Grant Funding Opportunity. Funding requests for kitchen or garden equipment, even animals raised to provide local products for meal programs, will be considered. The submission **deadline is December 1, 2020**. The application can be accessed at www.kn-eat.org, CACFP, What's New, Farm to School/Preschool. Contact Barb Depew at: bddepew@ksde.org or 766-296-0062.

On-Line Training

Back to the Basics

Presented by: Lisa Zwiener

Tuesday, November 17, 2020 6:30-7:30 PM

In this one hour on-line training we will review the basic meal components and the importance of variety. We will talk briefly about completing the forms correctly and how to get the maximum reimbursement by not having any meals disallowed. To enroll call or email the office. We will send instructions closer to class time on how to get logged in.

KSDE approval pending.



PBS Office Closed

November 26th-27th

NOVEMBER

- Deviled Egg Day, 11/2
- Sandwich Day, 11/3
- World Kindness Day, 11/9
- French Toast Day, 11/28
- Child Safety Protection Month

Activities...

Celebrating Random Acts of Kindness Week, November 15th-22nd

Kindness matters! It can turn a child's and adult's whole day around. When you experience kindness the day is brighter and more productive.

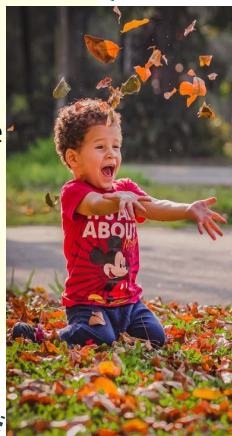
Should I Share My Ice Cream? by Mo Willems

During story time read this wonderful story about Gerald the elephant who is very excited about his ice cream and debates whether or not he should share with his friend Piggie. To build on this theme try this fun activity.

Kindness Cones

You will need: white cardstock, construction paper, white crayon, watercolor paints, glue, scissors

- Draw a cone and ice cream scoop shapes on the posterboard.
 - With the white crayon write words that describe a good friend on the scoops (share, nice, listen, fun, help, care, gentle, etc.).
 - Now it's time to paint. Have children paint with watercolors the cone and over the words on the scoops. As the words are revealed, talk about what the words mean and how a good friend does these things.
 - Build your ice cream! Have the children cut out the shapes with your help and glue the pieces together.
- Optional: Glue the cones to the construction paper.



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



Food In Focus

Parsnips, Did You Know. . .

- Parsnips are a root vegetable closely related to the carrot and parsley.
- They are sweet in flavor and are usually served as a cooked vegetable. They can be baked, boiled, pureed, roasted, grilled steamed or fried.
- There are 75 calories in 3.5 oz. of parsnips. They contain a wide variety of vitamins, minerals and nutrients including potassium, iron magnesium, manganese and zinc as well as several of the B-group vitamins, vitamin C, K and E.
- In Europe parsnips were used as a source of sugar before cane and beet sugars were available.



Corn and Parsnip Cakes

Ingredients

- 1 c. chopped parsnips
- 1 (15 oz.) can whole kernel corn, drained
- 1/3 c. flour
- ☑ 1/4 c. milk
- 1 Tbsp. sugar
- 1/2 tsp. salt
- 2 large eggs, lightly beaten
- 1 Tbsp. finely chopped chives
- 1 Tbsp. butter, divided

☑☑ Preparation

- Cook parsnips in boiling water for 12 minutes or until very tender, drain. Cool to room temperature.
- Place corn in a food processor; pulse 3-4 times or until chopped. Lightly spoon flour into a dry measuring cup; level with a knife. Add parsnips and flour, and next four ingredients. Pulse 3-4 times or until combined. Stir in chives.
- Heat 1/2 Tbsp. butter in a large skillet over medium-high heat. Drop batter by heaping tablespoon to form cakes. Cook 2 minutes on each side or until golden brown. Repeat procedure with remaining butter and batter.

Credits as a vegetable component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mixed Berries
Bread/Bread Alternative	French Toast WG
Meat/Meat Alternate	
Snack	
Two Items	Deviled Eggs
Two Groups	Cherry Tomatoes
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Corn and Parsnip Cakes Pear Slices
Bread/Bread Alternative	Dinner Roll WG
Meat/Meat Alternative	Turkey