

SEPTEMBER 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



PBS Library...



The CACFP requires 2 hours of nutrition training each year, and you have just 30 days left! If you do not complete your 2 hours of nutrition training by 9/30/20, you will be placed on a Seriously Deficient

Plan. Please send in certificates of any trainings you have completed.

SEPTEMBER CELEBRATIONS

- All American Breakfast Month
- National Chicken Month
- National Cheese Month
- National Sweet Corn Week, 3rd-7th

Grocery Store Tips ON-Line ZOOM Class

September 14th 6:00PM-8:00PM

In this training we will discuss grocery store tips such as when to buy, what to look for, and how to save. We will also talk about the difference between common labels such as “used by” date and “best by” date. To enroll call the office at 842-9679. We will send you information later on how to participate in this class. KDHE approved.

ATTENTION On-Line Trainings

On-line classes are available now with KSDE and The Institute of Child Nutrition. **If you complete a training please submit a copy of your certificate or proof of your completion.**

KN-EAT.org

- ✓ Trainings. Scroll to the bottom of the page.
- ✓ Online Trainings

theicn.org/elearning

- ✓ Categories
- ✓ CACFP

KCCTO.org

- ✓ Trainings & Opportunities



Activities...

Hopping Corn Science Activity - You will need: a clear glass container, popping corn, 2 1/2-3 cups of water, 2 Tbsp. baking soda, 6 Tbsp. of white vinegar, food coloring (optional)

- 1) Fill your jar with water and a couple of drops of food coloring.
- 2) Add the baking soda and stir well until it is all dissolved.
- 3) Add a small handful of popping corn kernels.
- 4) Add the vinegar and watch the corn start to hop up and down! Have the children help with the measuring and adding the ingredients to the jar.



Planting Corn - You will need: half gallon or gallon water or milk jugs, soil, Indian corn and field corn

- 1) Cut the jugs leaving the handle in tact for easy moving.
- 2) Place the soil in the jugs.
- 3) Plant the ears of corn in the soil with the end where shuck is pulled off.
- 4) Add a 1/2 cup of water.
- 5) Place one jug in a sunny area and the other in an area with less sun.
- 6) Once a week place the plants together to see if there is any difference in their growth.



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



Food In Focus

Corn . . .

Health Benefits of Corn

- Corn provides higher amounts of antioxidants than other cereal grains.
- Corn is a good source of many vitamins and minerals. Popcorn tends to be higher in minerals, while sweet corn tends to be higher in vitamins.
- Corn is mainly composed of carbs and fairly high in fiber. It also packs a decent amount of low-quality protein.

Produce Tips

- ☑ • Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- ☑ • Avoid silks that show sign of rot or decay.
- ☑ • Store fresh corn in a cool location or in the refrigerator for up to 3 days.
- ☑ • Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

Healthy Serving Ideas

- ☑ • Add corn to your favorite salad recipes using fresh, frozen or canned corn.
- ☑ • Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Add frozen or canned corn to your favorite soup or casserole.



Cheesy Polenta

Filling Ingredients

- 1/2 pound ground beef
- 1/2 medium onion, chopped (1/2 cup)
- 1 (15.5 oz) can kidney or black beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes with juice
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 pkg. taco seasoning

Topping Ingredients

- 1 c. yellow cornmeal
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. chili powder
- 2 1/2 c. water
- 1 c. grated cheddar cheese

☑☑ Preparation

- Brown meat and onion in a large skillet over medium-heat. Drain fat.
- Add beans, tomatoes, corn and taco seasoning. Reduce heat to low, cover, and heat thoroughly.
- As chili heats mix topping ingredients, except cheese, in a small saucepan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Add grated cheese and mix well. Spread cornmeal mixture over chili mixture.
- Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Credits as a vegetable and meat alternate component.



Make This Your

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Banana Slices
Bread/Bread Alternative	Whole Wheat English Muffin WG
Meat/Meat Alternate	Nut Butter
Snack	
Two Items	Cheese Cubes
Two Groups	Celery & Carrot Sticks
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Corn & Tomatoes Apple Slices
Bread/Bread Alternative	Whole Wheat Bread WG
Meat/Meat Alternate	Cheesy Polenta Pie