JANUARY 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events  *PBS Library. . .*

Save Your Labels

Beginning October 2018, you are required to save your food labels from the cereals, yogurts, breads and whole grain foods that you serve. During your home visit we will ask to see your labels to verify you are serving creditable cereals, breads and yogurts. Many of you serve the same foods so only one label is necessary. Cut out the food label, place it in a Ziploc bag and place in a drawer and you will be ready for your visit. We have given you handouts on the new regulations for these products. If you are uncertain if you are serving the correct item please contact us for help. When whole grain labels are being cut out make sure to include the ingredients portion like the sample.

Want Healthy Kids, Just Add Water FREE

Monday, January 28th, 6:30-8:30PM @ the Office

This class will review the importance of water and what it does for our bodies. You will be given a weeks worth of curriculum to teach the kiddos about the importance of drinking water. We will do some hands-on activities to encourage drinking more water. We will also do some taste testing of some flavored with no added sugar.

KSDE approved.

Mini-Conference 2019- Save the Date!

Saturday, February 23rd, 2019

We will offer two, 2-hour sessions with three classes offered each session. Stay tuned for registration and class details.

JANUARY CELEBRATIONS

Family Fit Lifestyle Month
Fiber Focus Month
American Diabetes Month
National Spaghetti Day, 1/5
National Blueberry Pancake Day, 1/28

ACTIVities!

Get Moving . . . Activities for Colder Days

It is no secret that winters in Kansas are unpredictable! On the days when it is too cold or rainy to play outside, kids can still be active with these inside activities.

Fitness Shuffle: Each child will put a bean bag or coin on the tops of their feet. Keeping their feet together, the children will "shuffle" their feet forward without letting the object fall off their feet. Create a finish line and have the children race or have a tag team event.

Follow the Leader: Encourage the "leader" to add some active movements such as running in place or hopping on one foot.

Freeze Dance Party: Turn on some tunes and have the children move to the beat. When the music stops have the children freeze in a pose and hold it until the music begins.

Positive Bright Start

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

What makes these foods whole grain is because these grains contain the whole grain kern
layer of the whole grain kernel is called the bran which contains fiber as well as B vitamins.

MENU IDEAS RECIPES NUTRITION INFO

Food In Focus

Focus on Fiber

A diet that is rich in fiber is an important part of living a healthy lifestyle. Fiber lowers blood sugar and cholesterol and may even reduce the risk of getting certain types of cancers.

There are two types of fiber, insoluble and soluble. Insoluble fiber gets its name because it isn't soluble in water. Insoluble fiber is good for the health of the intestinal tract and keeps things moving. Soluble fiber helps remove bad cholesterol from the blood. Lowering cholesterol can reduce the risk of developing heart disease.

Fiber is found in many healthy, great tasting foods. Whole grain foods: oatmeal, wild rice, buckwheat, bulgur, oatmeal, etc. Fruits: berries, pomegranates, pears, kiwi, bananas and apples are good sources of fiber. AND Vegetables: carrots and squash are good sources of soluble fiber.

Todd's Famous Blueberry Pancakes

Ingredients

- 1 1/4 c . all purpose flour
- 1/2 tsp. salt
- 1 Tbsp baking powder
- 1 1/4 tsp. sugar
- 1 egg
- 1 c. milk

1/2 Tbsp. butter, melted
1/2 c. frozen blueberries, thawed

Preparation:

- In a large bowl, sift together dry ingredients. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour.
- Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Credits as a bread alternate.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pineapple Tidbits
Bread/Bread Alternative	Oatmeal *WG*
Meat/Meat Alternate	
Snack	
Two Items	Rita Crackers *WG*
Two Groups	Celery Sticks
Other Food	Peanut Butter
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Roasted Potatoes Applesauce
Bread/Bread Alternative	Blueberry Pancakes
Meat/Meat Alternative	Scrambled Eggs