

MAY 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events



PBS Library...

Have you completed your 2 hours of nutrition training for the 2018-2019 Food Program year? We will be offering only two more classes this year so check your schedule and get enrolled quickly.

Beginning October 1, 2019, according to the CACFP guidelines you must offer a whole grain rich food at least one time a day. We have talked about this for some time trying to prepare you for this change. If a day is lacking in a whole grain rich food a meal will not be reimbursed. To get you started we will be offering Whole Grains 101 in July and September. We are encouraging everyone to attend so that you will be prepared and won't lose out on reimbursements. If you have taken a whole grains in the past this one is different.

Whole Grains 101

July 15, 2019 or September 11, 2019

Positive Bright Start Office 6:30 - 8:30PM

Identifying whole grain rich foods can be challenging. This class will help show you how to figure out if you are serving a whole grain rich food. We will also discuss the difference between creditable grains, non-creditable grains and grain based desserts. Call soon to register. KSDE approved.

Office Closed

Monday, May 27th for the holiday.



MAY CELEBRATIONS

- ♦ National Hamburger Month
- ♦ National Physical Fitness & Sports Month
- ♦ National Children's Mental Health Awareness Day, 5/9
- ♦ National Hummus Day, 5/13
- ♦ Eat More Fruits & Veggies Day, 5/23

Visit the PBS Library and check out some of the activity theme based kits: *Sensory Balance Boards, Frisbee & Ring Toss, Stepping Domes, Play Tunnel and Indoor/Outdoor Croquet.*

Activities...

Encouraging Physical Activity for Preschoolers

To make sure your kiddos get their daily dose of try:

- Tag or chase. For variety, hop, waddle or dance instead of running
- Catch or kickball (experiment with balls of different sizes and textures)
- Riding tricycles or scooters
- Swimming or water play, such as running in a sprinkler or washing a car
- Crawling through a cardboard box tunnel
- Dancing. Add scarves or ribbons to make it more exciting
- Indoor obstacle course: Build one Together using hula hoops (to jump in/out of), chairs lined up to form a tunnel, etc.



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



Food In Focus

Fun Facts About Zucchini

- Zucchini is a popular variety of summer squash that can be consumed raw or cooked.
- One Zucchini is a “zucchini.”
- Zucchini was first brought to the United States in the 1920s by the Italians.
- April 25th is National Zucchini Bread Day.
- The flower of the zucchini plant is edible. Fried squash blossoms are considered a delicacy.
- A zucchini has more potassium than a banana.
- The most flavorful zucchinis are small - to medium-sized and the darker the skin, the richer the nutrients.
- Mild bitterness in zucchini, like that in related species like cucumbers, may be result from environmental factors such as high temperature, low moisture, low soil nutrients, etc.
- Nutrients and vitamins found in zucchini can help prevent cancer and heart disease.



Chicken Zucchini Casserole

Ingredients

- 6 medium zucchini
- 1 c. onion, chopped
- 4 c. cooked chicken, cubed
- 1 c. shredded carrot
- 1 (10.75 oz.) can cream of chicken soup
- 8 oz. sour cream
- 1/8 tsp. garlic powder
- 1 (6 oz.) package seasoned stuffing croutons
- 1/2 c. butter
- 1 c. shredded cheddar cheese

Preparation

- Heat oven to 350°. Spray 9x13-inch pan with cooking spray.
- Wash zucchini and cut into cubes (about 6 cups).
- Combine zucchini and onion in large saucepan. Cover with water and bring to boil over high heat. Reduce heat to medium-low and cook for 5 minutes or until tender, drain and let cool.
- In large bowl combine carrots, soup, sour cream and garlic powder. Stir until blended and add zucchini mix and chicken. Spread mixture into prepared baking pan.
- Melt butter, add stuffing mix and toss until well coated. Sprinkle stuffing over the chicken zucchini mixture.
- Bake for 30 minutes. Top with cheddar cheese the last 8-10 minutes.

Credits as a bread, meat and vegetable component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Banana Slices
Bread/Bread Alternative	Tortilla
Meat/Meat Alternate	Nut Butter
Snack	
Two Items	Pita Bread
Two Groups	Hummus
Other Food	Juicy Juice
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Zucchini Tropical Fruit Salad
Bread/Bread Alternative	Seasoned Stuffing Croutons
Meat/Meat Alternative	Chicken Zucchini Bake