

Nutrition Notes

OCTOBER 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Keeping the interest of your children during Story Time.

1. Slow down. Do not read too fast.
2. Allow time for picture viewing.
3. Use lots of expression.
4. Use props when you can.
5. Involve the kids when you can. An example when you hear the word Apple clap your hands twice.

Try using short books. Try using nutrition books too. When possible pass around a food item that might be discussed in your book. It will give the children a chance to see it, touch and smell it. Maybe use a new food that they may not be familiar with. Then serve it at lunch.



OCTOBER 2023

1st National Vegetarian Day
5th World Teachers Day
7th Kids Music Day
9th Columbus Day
17th National Pasta Day
31st Halloween

Activities...

TOILET ROLL GHOSTS

Supplies:

Toilet Rolls & Google Eyes, Glue, Scissors
White Paper, Hole Punch, String
Black Marker, strips of white tissue paper

Super easy and you can make it less scary by putting a smiley face on it.





MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

verywell

Fun Facts about Pumpkins.

They are actually a squash.

They have over 500 seeds.

Pumpkins are good for your hearing.

They are packed with antioxidants.

They are 80-90% water.

You can eat the pumpkin seeds.

There are hundreds of varieties.

They're a great source of fiber.

Largest recorded, pumpkin weighed over 2600lbs.

Pumpkin

- ✓ 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)



Easy Pumpkin Muffins

Ingredients:

- 1 and 2/3 cup all-purpose flour
- 1 teaspoon of baking soda
- 1 and 1/4 teaspoon ground cinnamon
- 1/2 teaspoon of ginger
- 1/4 teaspoon of ground nutmeg
- 1/2 teaspoon of salt
- 2 large eggs
- 3/4 cup of granulated sugar
- 1/2 cup light or dark brown sugar
- 1/2 cup vegetable or canola oil
- 1 and 1/4 cups pumpkin puree (canned or fresh)
- 1/4 cup of milk

Preheat Oven 375 F and Grease muffin pan or line with muffin liners.

In large bowl whisk together flour, baking soda, cinnamon, ginger, nutmeg, and salt. In another bowl mix all the other ingredients. Then pour the pumpkin mixture into the flour mixture mix gently until combined.

Pour into your muffin pan. Don't fill it completely. Bake for approx 16-20 minutes. Cool and enjoy!

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Slices
Bread/Bread Alternative	Easy Pumpkin Muffin
Meat/Meat Alternate	
Snack	
Two Items	Hardboiled Eggs
Two Groups	WG Wheat Toast
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Blueberries/Raspberries Corn
Bread/Bread Alternative	Breadsticks
Meat/Meat Alternative	Baked Cod