

# Nutrition Notes

MAY 2021

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

### ATTENTION: Great News

**NEW Nationwide Waiver from USDA:** All daycare homes, regardless of location, will receive Tier 1 Reimbursement from July 1, 2021 - June 30, 2022.

TIER 1 REIMBURSEMENT RATES	
BREAKFAST	\$1.39
LUNCH & DINNER	\$2.61
SNACK	\$ .78

### Child Nutrition Emergency Operational Cost Update

These funds will help with the shortfall experienced by Child Nutrition program operators whose meal services were reduced, or suspended in Spring 2020. In CACFP programs payments for these institutions will be based on the meal claims formula that the state will configure. In general the State Agencies are responsible for ensuring the eligible program operators are identified and the benefits are properly calculated. Positive Bright Start will then receive the funds and information from the state to disperse to you.

So exciting news you can get some extra money to help. The State has until September 30th to identify who is eligible and to receive the funds. They also have until January 31, 2022 to finish distributing funds.



### Upcoming Zoom Training

**Get Kids Moving, Best Practices & Ideas**

June 24th, 6:30-7:30 PM

Call 842-9679 to enroll or email

### MAY

- National Salad & Hamburger Month
  - Child Care Provider Day, 5/8
  - World Plant a Garden Day, 5/19
  - Pick Strawberries Day, 5/20

## Activities...

### Vegetable Sensory Bin

**Materials Needed:** rice, a bin, red, green & yellow food coloring, Ziploc bag, a small garden set, small plastic vegetables (available on Amazon) or make your own by using playdough

- Start by mixing food coloring to make brown. Add the mixture and the rice to a Ziploc and mix. Shake it until it looks pretty uniform and let dry for a few hours.
- Pour the dried rice into the bin. Scatter the play vegetables in the bin. Add the garden set.
- Start playing by matching up the vegetables, sort by color, classify by different features, or have kiddos find the veggies they like to eat.



### Book About Vegetables

- Eating the Alphabet, by Lois Ehlert
- Monster Don't Eat Broccoli, by Barbara Jean Hicks
- Carrot Soup, by John Segal
- The Vegetables We Eat, by Gail Gibbons
- Lola Plants a Garden, by Anna McQuinn
- Up In the Garden and Down in the Dirt, by Kate Messner



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



# Food In Focus

## Strawberries, Did you know?

- There are 200 seeds on an average strawberry. They are the only fruit to wear their seeds on the outside.
- According to USDA Americans eat an average of 3-4 pounds of fresh strawberries a year.
- California produces 75% of the US strawberry crop. All over 23,000 acres of land is used just for strawberry production. Strawberries are grown in every state and Canadian province.
- There are 3 main different types of strawberries -June bearing, Ever bearing and Day Neutral. June bearing are the most flavorful.



## Quinoa Fruit

### Ingredients

- 2 c. cooked quinoa
- 1 mango, peeled and diced
- 1 c. strawberries, quartered
- 1 1/2 c. blueberries
- 2 Tbsp. pine nuts (optional)
- Chopped mint leaves, for garnish

### For the lemon vinaigrette

- 1/4 c. olive oil
- 1/4 c. cider vinegar
- Zest of 1 lemon
- 3 Tbsp. freshly squeezed lemon juice
- 1 Tbsp. sugar

### Preparation

- To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon zest and juice, and sugar in a small bowl; set aside.
- In a large bowl, combine cooked quinoa, mango, strawberries, blueberries and pine nuts. Stir in lemon vinaigrette.
- Serve immediately, garnished with mint leaves.

*Credits as a bread component and fruit component.*



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Cherry Tomatoes
Bread/Bread Alternative	Whole Wheat Toast WG
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	English Muffin WG
Two Groups	Apricots
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Strawberries, Mango, Blueberries Baked Beans
Bread/Bread Alternative	Quinoa Fruit Salad WG
Meat/Meat Alternate	Grilled Hamburgers