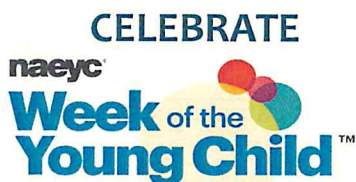


APRIL 2019

Nutrition Notes

POSITIVE BRIGHT START

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



April 8th - 12th

Music Monday - Music is more than singing and dancing, it's a way to encourage children to be active while developing their early literacy skills and having fun with friends and family.

Tasty Tuesday - Cooking together and combining math, literacy and science skills while understanding healthy ways to incorporate healthy habits into children's lifestyles.

Work Together Wednesday - When children build together they experience teamwork and develop their social and early literacy skills.

Artsy Thursday - Children develop creativity, social skills and fine muscles with open-ended art projects that let them use their imaginations and create with their hands.

Family Friday - Parents and families are children's first teachers. Family Friday focuses on engaging families to support our youngest learners.

Understanding the Picky Child **FREE**

Tuesday, May 3rd 6:30-8:30pm @PBS Office

In this class we will discuss positive eating environment and talk about communication styles. We will also discuss why children are picky and ways to deal with them in a positive way. RSVP by May 6th.

KSDE approval pending.



APRIL CELEBRATIONS

- ◆ Lawn and Garden Month
- ◆ National Burrito Day, 4/7
- ◆ Grilled Cheese Sandwich Day, 4/12
 - ◆ Healthy Kid's Day, 4/17
 - ◆ Earth Day, 4/22

Visit the PBS Library and check out some of the theme based kits: *Gardening, Food Groups & Healthy Eating, Cooking with Kids, Dancing Scarves and Music.*

Activities...

Celebrate Earth Day by painting with recycled or repurposed objects lying around. Start by gathering items like paper towel tubes, wine corks, plastic bottle caps, old used zippers, straws, beads, toy cars, wooden blocks, marbles, old game pieces, fly swatters, leaves, acorns, pinecones, sticks, etc.

Using recycled or repurposed materials for painting helps children develop their thinking and creativity skills. They can begin to see things in different ways, thinking about using items in ways other than their intended use.



This kind of thinking helps build abstract thinking and helps children begin to see things more than one way.

As you help children begin to think abstractly you are helping create a foundation for future math and literacy thinking.

Always remember it is the process not the product.



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



Food In Focus

Chard

- ♦ Chard—sometimes called Swiss chard or rainbow chard (when it sports brightly colored stalks) is a relative of the beet.
- ♦ The taste depends on which part you eat, though not so much on which color. The large, firm leaves are mild, sweet, earthy and just slightly bitter/ on the whole, it's a bit milder than spinach.
- ♦ The stalks— which can be white, yellow, red, purple, pink, striped and so on resemble flat celery with a sweet taste slightly reminiscent of beets.
- ♦ When shopping for chard, look for bright firm leaves and stalks. Wrapped in plastic and refrigerated, it will keep for 2 - 4 days.
- ♦ How do you use it? Use the leaves as you would spinach, and use the stalks as you would asparagus.
- ♦ Add chopped raw chard to salads, saute' chopped chard and add to omelets or mix finely chopped chard into your favorite turkey stuffing recipe



Rainbow Chard and Brie Quiche



Ingredients

- ♦ 1 prepared, uncooked pie crust
- ♦ 8 oz. bacon, cut into small chunks (optional)
- ♦ 1 small onion, diced
- ♦ 6 c. chopped rainbow chard (about 1/2 bunch)
- ♦ 5 oz. brie, cut into small chunks
- ♦ 8 eggs
- ♦ 1/2 c. milk
- ♦ 2 tsp. chopped fresh thyme
- ♦ salt & pepper

Preparation:

- ♦ Preheat oven to 450°. Unroll pie crust and set into a pie pan, crimping and trimming as needed to form and even edge. Set aside.
- ♦ In a large skillet over medium-high heat, combine bacon, onion and hard. Cook until the chard has wilted and release water, about 6 minutes.
- ♦ In a large bowl, whisk together eggs, milk, thyme, salt & pepper.
- ♦ Pour egg mixture into the pie shell, then bake for 25 minutes or until puffed and set at the center and lightly browned at the edges. If crust browns too quickly, use strips of foil to cover the edge.

Credits as a meat, bread and vegetable component.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberry Slices
Bread/Bread Alternative	Rice Krispies
Meat/Meat Alternate	
Snack	
Two Items	Bread Sticks
Two Groups	Milk
Other Food	Marinara
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Chard Tomato Slices
Bread/Bread Alternative	Pie Crust
Meat/Meat Alternative	Rainbow Chard, Brie Quiche