

# Nutrition Notes

MARCH 2021

POSITIVE BRIGHT START

*News & Calendar Events*



*Celebrations...*

## MARCH

- National Nutrition Month
- Bubble Week, 2nd week
- National Cereal Day, 3/7
- National Spinach Day, 3/26
- National Ravioli Day, 3/30

## On-Line Training

### The Incredible Egg

Presented by: Lisa Zwiener

Tuesday, April 20, 2021 6:30 PM



In this on-line training we will discuss about safety precautions when preparing eggs and the many different ways eggs can be prepared. We will talk about how they can be claimed with CACFP. Also, books and craft ideas to go with the egg theme.

To enroll call or email the office. We will send instructions closer to class time on how to get logged in. KSDE approved.

## Celebrate National CACFP Week

### Why?

- To educate parents and the community about how the CACFP helps child care providers serve well balanced nutritious meals.
- To promote nutrition for growing children.
- To ensure long-term health benefits by creating healthy eating habits.

### How?

Make a commitment to improve menus during March by:

- Increasing the use of whole grain products
- Using more fresh fruits and vegetables
- Evaluating the menus for plate appeal
- Adding new vegetables to the menu
- Make healthy eating fun
- Plan at least on nutrition activity this week.



## Activities...

### Bubble Painting

**Materials Needed:** plastic covering for the table, washable kid's paint, 6 cup muffin tins or bowls for paint, dish soap, water, (or purchased bubble solution), straws, white cardstock cut to 5"x7" pieces

- Place paint in the bottom of the container, enough to cover the bottom.
- Add 2 Tbsp. of soap and 1 Tbsp. of water. If using bubble solution add 3 Tbsp. Mix the paint solution.
- Show the children the process of blowing bubbles in each color and placing the paper to make bubble prints.
- Step back and let the kiddos create their own work of art.
- If you have littles you may need to blow the bubbles for them and let them place the paper on the bubbles.
- After the cardstock has dried place it in a 5x7 frame or have the kiddos make their own frames from craft sticks.



### Books related to this theme:

Pop! A Book About Bubbles, Kimberly Brubaker Bradley

Bubbles Bubbles Everywhere, Lisa Angues

Bubble Bubble, Mercer Mayer

The Bubble Factory, Tomie dePaola



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



# Food In Focus

## March is National Spinach Month

- There are three basic types of spinach: **Savoy** has dark green, crinkly and curly leaves. It is the type sold in fresh bundles in most supermarkets in the U.S. **Flat or smooth-leaf** has broad, smooth leaves that are easier to clean than savoy. **Semi-savoy** is a hybrid variety with slightly crinkled leaves.
- Spinach is available all year round but it is in season during the spring (March-June).
- Unlike most vegetables, cooking spinach intensifies the health benefits. A half cup of cooked spinach will give you three fold the nutrition as one cup of fresh spinach.
  - Spinach is an excellent source of vitamins and minerals.



## Garlic Butter Ravioli

### Ingredients

- 18 oz. fresh cheese ravioli
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. unsalted butter
- 2 cloves of garlic, minced
- 1/4 c. onion, chopped
- 1/2 t. red pepper flakes
- 2 Tbsp. lemon juice
- Fresh ground black pepper
- 5 oz. baby spinach
- 1/4 c. chopped parsley
- 1/2 c. fresh grated Parmesan cheese

### Preparation

- Cook ravioli according to package directions until al dente. Remove ravioli using a slotted spoon and place in a single layer on a sheet pan layered with parchment paper.
- Place a 12" saute pan over medium heat. Add oil, butter, onion and garlic. Saute until butter begins to bubble, about 1 minute. Add lemon, red pepper flakes and pepper.
- Add half the ravioli and stir gently until well coated with the sauce. Add the rest of the ravioli and stir until everything is coated with the butter sauce.
- Cook ravioli until golden brown, about 5 minutes. Toss in spinach and parsley and stir until it is mixed well. Take off the heat, garnish with the Parmesan.

**NOTE:** To make this pasta dish creditable you may need to add more spinach or offer a garden salad to meet the minimum vegetable requirement.



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pineapple Tidbits
Bread/Bread Alternative	Corn Chex
Meat/Meat Alternate	
Snack	
Two Items	Triscuit Crackers WG
Two Groups	Ham & Cheese Cubes
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Spinach Strawberries
Bread/Bread Alternative	Garlic Butter Ravioli with Spinach
Meat/Meat Alternative	Roasted Chicken