

NOVEMBER 2024

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

**DAYLIGHT SAVINGS TIME ENDS**  
**Don't forget to set your clocks back**  
**on November 3rd.**



k

### A New Home Visitor will be starting soon.

Please help Welcome Heather Zwiener. With her work experience she is very qualified and we are excited to have her as a part of our team.

To avoid costly mistakes double check your claim before you turn it in to be processed.

Claims are due each month by the 3rd. Special thanks to those who turn in your claims on time. It helps me a lot.

**PBS will be closed Nov 27-29 for the Thanksgiving Holiday!**

### NOVEMBER

- Nov 3rd end of Daylight Savings
- Nov 8th National Cappuccino Day
- Nov 11th Veterans Day
- Nov 13th World Kindness Day
- Nov 28th Thanksgiving

## Activities...

### Lions

#### Supplies

Lots of different colored leaves

Glue & Scissors

Brown & Black Construction Paper

Googley Eyes & Black Marker

Card Stock or Poster Board to give

It more strength.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM-4:30PM F 8:30-12:00 Noon



# Food In Focus

## Cranberry

Cranberries are mostly made of carbs and fiber. They're also a rich source of Vit C.

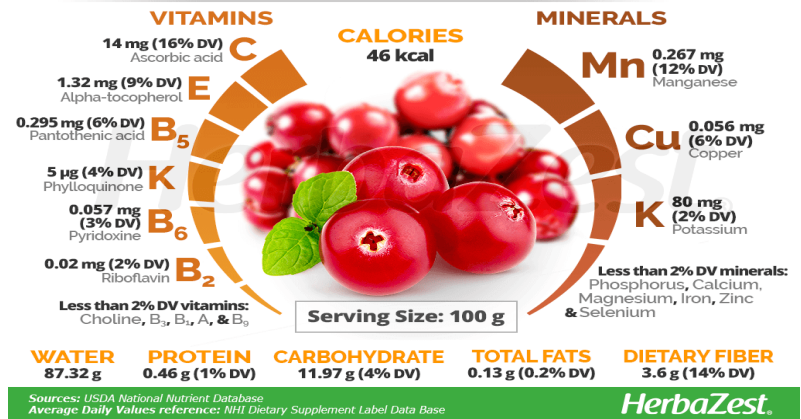
They have a sharp & sour taste and are not eaten raw very often.

Usually they are served in juice or dried, in sauces or powders.

They are rich in vitamins and plant compounds that help fight against UTI's.

They can be expensive, however they're worth it.

## Cranberry Nutrition



## Confetti Egg Taco's

### Ingredients:

- 2 tbsp vegetable oil
- 2 tbsp diced red pepper
- 2 tbsp diced green pepper
- 1/2 tsp onion powder
- 5 large eggs
- 8 soft tacos
- 1/4 tsp salt

### Directions:

In a large skillet heat oil and cook the peppers for 4-5 minutes until tender. In a medium bowl add eggs and other ingredients and mix well. Then pour the egg mixture into the skillet with the peppers and cook until eggs are fully cooked. Place 2 tablespoons of mixture into each soft taco. To meet the meat requirement, another of source of meat will need to be served like a cheese stick or cottage cheese.

## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Dried Cranberries
Bread/Bread Alternative	Oatmeal WG
Meat/Meat Alternate	
Snack	
Two Items	Ritz Crackers
Two Groups	Grapes
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Sliced red & green peppers Orange slices
Bread/Bread Alternative	Soft tacos
Meat/Meat Alternative	Confetti Egg Taco & Cheese stick