

MARCH 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Understanding the Picky Child **FREE to PBS providers**

Date & Time: Tuesday, April 21st, 6:30pm-8:30pm

Location: Positive Bright Start Office

In this class we will discuss positive eating environments and talk about communication styles. We will also talk about why children are picky and ways to deal with them in a positive way. This class was previously presented on May 3, 2019. To enroll call the office at 842-9679. KDHE approved.

Whole Grain Reminder

Kuddos to you!

The majority of you are serving a whole grain at least once a day and marking it on your menus.

Just a reminder that cream of wheat, malt-o-meal and grits do not count towards the whole grain. You can serve them because they are a creditable grain but are not a whole grain.

Office Closed

PBS office will be closed on March 17th for the Lawrence St. Patrick's Day parade.

The St. Patrick's Committee has chosen the PBS Scholarship Fund as one of their beneficiaries this year.

MARCH

- ♦ National Nutrition Month
- ♦ Celebrate CACFP Week, 3/15-3/21
- ♦ Peanut Butter Lovers Day, 3/1
- ♦ National Meatball Day, 3/9
- ♦ Learn About Butterflies Day, 3/14
- ♦ Artichoke Hearts Day, 3/16

Activities...

The Very Hungry Caterpillar by Eric Carle - This is a fantastic read to help your kids form healthy eating habits and to choose good foods that will fuel their bodies! The Very Hungry Caterpillar is a classic story that continues to be a favorite among little ones. Throughout the story, the hungry caterpillar devours a growing number of apples, pears, plums, strawberries and oranges-until the weekend, when he decides to consume a feast of other foods before falling asleep and awakening as a big beautiful butterfly.

This book is a great way to introduce children to different types of produce, especially as seasons change. For picky eaters, it can also be used as an encouragement to get them to try new foods, just like the hungry caterpillar did in the story. It also is a great way to talk to older children about balancing healthy foods like fruit, meat, and cheese with sweet treats like cupcakes and cookies.

After reading this book: Each week try one of the fruits either fresh or frozen that the caterpillar ate. Use the book as a tool to teach children to recognize healthy meals and snack option, and encourage them to come up with their own nutritious meals.



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



Food In Focus

Awesome Facts About Artichokes

- ♦ The vitamin C content in artichokes provides antioxidant action to protect cells from damage from free radicals, as well as reduce the risk of coronary heart disease.
- ♦ A medium artichokes can supply 6.9 grams of fiber, which is important in promoting regular bowel movement as it adds bulk to your stool.
- ♦ A flavonoid in artichoke called silymarin was found to be a skin cancer chemopreventative or anticarcinogenic agent.
- ♦ Cynarin in artichokes increases bile production in your liver, which in turn eliminates cholesterol from your body.
- ♦ Artichoke is a member of the sunflower family of vegetables, actually is a perennial thistle.
 - If left to grow wild artichokes blossom into large purple flowers.



Spinach Artichoke Dip

Ingredients

- ♦ 8 oz. cream cheese, well softened
- 2 ♦ 1/4 c. sour cream
- 2 ♦ 1/4 c. mayonnaise
- 2 1 Tbsp.)
- ♦ 2/3 c. finely shredded Parmesan cheese
- ♦ 1/2 c. finely shredded mozzarella cheese
- ♦ Pepper to taste
- ♦ 1 (14oz) can quartered artichoke hearts, drained, squeeze artichokes to drain excess liquid, chopped
- ♦ 6 oz. frozen spinach, thawed, squeezed to drain excess liquid

Preparation

- ♦ Preheat oven to 350°. Spray a 1 quart baking dish with non-stick cooking spray.
- 2 ♦ In a mixing bowl stir cream cheese, sour cream, mayonnaise, garlic, parmesan, mozzarella and pepper. Stir in artichokes and spinach.
- ♦ Spread mixture evenly into prepared baking dish. Bake in oven until heated through and melty, about 20 minutes.
- ♦ Serve with bagel thins or toasted baguette slices.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Blueberries
Bread/Bread Alternative	Waffles WG
Meat/Meat Alternate	Sausage Patty
Snack	
Two Items	Spinach Artichoke Dip
Two Groups	Bagel Thins WG
Other Food	Orange Pineapple Juice
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Romaine Salad Mixed Tropical Fruit
Bread/Bread Alternative	Spaghetti Noodles
Meat/Meat Alternative	Turkey Meatballs

