

Nutrition Notes

JUNE 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Starting June 1st, 2022 all visits will be in person.

TRAINING OPPORTUNITIES

Upcoming training on June 23rd from 6:30-8:30pm here at the office called More Fruits and Vegetables & Reducing Waste. This class is in person at 1900 Delaware in our conference room. Limited seating available. Sign up today.

Another training in person will be the two repeated classes called the Importance of Variety, with Kids in the Kitchen recently offered on-line. It will be 2 1 hr classes, taught concurrently from 6:30-8:30pm at our office, July 19th, 2022. Take advantage and get your required training hours out of the way early! These trainings are all KDHE approved. Limited seating available, sign up today.

WHOLE GRAINS

Just a reminder of some items that are **not** considered a whole grain.



Muffins & French bread are often made with regular flour not a whole grain. Always double check the ingredient list of your items you want to claim as a whole grain.

JUNE
5th World Environment Day
16th Fathers Day
21st 1st day of Summer
26th Bicycle Day

Activities...



Supplies:

- ◆ Paper Plates
- ◆ Markers or paints
- ◆ Tongue Depressors
- ◆ Glue & Tape
- ◆ Stapler

Directions:

Have the children decorate the plate first. If you are using paint give it time to dry. Make sure the whole plate is decorated. Then fold in half and glue tongue depressor in the middle. Then staple around the edges. After that put tape on the back side (clear tape) over your staples so it doesn't poke the child.

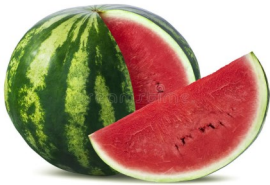
ENJOY YOUR FAN!



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



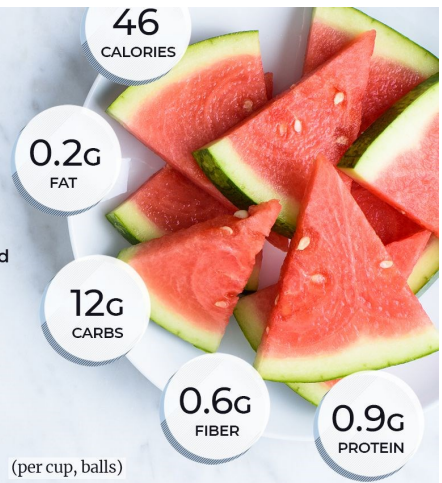
Food In Focus



Watermelon

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Fat-Free

Watermelon is rich in antioxidants and lycopene, a phytonutrient that may help relieve high blood pressure



Pan Roasted Brussel Sprouts

Ingredients:

- 1 Pound of Brussel Sprouts trimmed and quartered
- 1/2 cup of water
- 2 teaspoons of olive oil
- 1 teaspoons of low sodium soy sauce or balsamic vinegar

Instructions:

Put the Brussel Sprouts, water & oil in a pan with a lid. Turn heat up to high. Bring it to a boil and cook for 2 minutes. Remove the lid carefully, add soy sauce or vinegar. Cook until they are tender and lightly browned, approx 5 min. Serve right away.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Slices
Bread/Bread Alternative	WG Wheat Bread French Toast
Meat/Meat Alternate	
Snack	
Two Items	
Two Groups	Blackberries & Raspberries
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Brussel Sprouts Watermelon
Bread/Bread Alternative	Hawaiian Rolls
Meat/Meat Alternative	Home Made Fish Sticks