

JULY 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events



PBS Library...



Remember you need complete 2 hours of nutrition training before September 30th.

JULY CELEBRATIONS

- ♦ National Blueberry Month
- ♦ National Picnic Month
- ♦ National Macaroni & Cheese Day, 7/14
- ♦ Fresh Spinach Day, 7/16
- ♦ Friendship Day, 7/30

Visit the PBS Library and check out some of the activity theme based kits: *Picnic, Friendship, Summer*

Activities...

Blueberry Month - To celebrate this holiday read the classic book **Blueberries for Sal** by Robert McCloskey. This is a story about a little girl, Sal, and her mother as they go picking blueberries for the winter and a bear cub and his mother as they go and eat blueberries for winter from the other side of the hill. Try some of these ideas to go along with this theme.

Blueberry Picking - Give each child a small bucket or basket and tongs. Take a basket filled with blue pompoms and scatter on the floor and have the kiddos go blueberry picking.

Basket of Blueberries - Give each child a sheet of white construction paper and a blue dot marker. Have the kiddos fill their paper with dots. Then take popsicle sticks and glue and build a basket on top of them.



Beginning October 1, 2019, according to the CACFP guidelines you must offer a whole grain rich food at least one time a day. We have talked about this for some time trying to prepare you for this change. If a day is lacking in a whole grain rich food a meal will not be reimbursed. To get you started we will be offering Whole Grains 101 in July and September. We are encouraging everyone to attend so that you will be prepared and won't lose out on reimbursements. If you have taken a whole grains in the past this one is different.

Whole Grains 101

September 11, 2019

Positive Bright Start Office 6:30 - 8:30PM

Identifying whole grain rich foods can be challenging. This class will help show you how to figure out if you are serving a whole grain rich food. We will also discuss the difference between creditable grains, non-creditable grains and grain based desserts. Call soon to register. *KSDE approved.*

Office Closed

PBS office will be closed on July 4th for the holiday



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



Food In Focus

July is Blueberry Month

- Peak season for blueberries runs from mid-June through mid-August.
- Look for berries that are firm, dry, plump and smooth-skinned, with a silvery surface bloom and no leaves or stems. Size isn't an indicator of maturity but color is - berries should be deep purple-blue to blue-black.
- Reddish blueberries aren't ripe and won't ripen once they are picked but you can use them in cooking.
- Store blueberries in the refrigerator for up to 10 days after purchase. Wash berries just before eating.
- Blueberries contain vitamins C and K and magnesium making them a good choice to help meet your nutrient needs.



Sheet Pan Blueberry Pancakes

Ingredients

- 1/4 c. canola oil, divided
- ☞1 1/2 c. flour
- ☞2 Tbsp. sugar
- ☞2 tsp. baking powder
- ☞1 tsp. baking soda
- ☞1/4 tsp. salt
- ☞1 1/3 c. buttermilk
- ☞2 eggs
- ☞1 tsp. lemon zest
- ☞2 c. fresh blueberries, divided

Preparation

- Heat oven to 425°. Spray 9x13-inch pan with 2 Tbsp. oil.
 - ☞In a large bowl, whisk together flour, sugar, baking powder, baking soda and salt.
 - ☞In a separate bowl, whisk together buttermilk, eggs, lemon zest; stir in remaining oil. Whisk buttermilk mixture into flour mixture just until combined (do not overmix), a few lumps are okay. Let stand for 10 minutes.
 - ☞Pour batter into pan. Sprinkle 1 cup blueberries over top of the batter; bake for 10-12 minutes or until toothpick inserted in center comes out clean. Cut and serve with remaining blueberries and maple syrup.
- Credits as a bread component.*

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	Cornflakes
Meat/Meat Alternate	
Snack	
Two Items	Milk
Two Groups	Sheet Pan Blueberry Pancakes
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Potato Salad Cantaloupe
Bread/Bread Alternative	Whole Wheat Slider Buns WG
Meat/Meat Alternative	Grilled Hamburgers