

SEPTEMBER 2019

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

### SEPTEMBER

- ♦ Better Breakfast Month
- ♦ Chicken Month
- ♦ Baby Safety Month
- ♦ Cheese Pizza Day, 9/5

## Activities...

### A Note from Lane, RE: Fall Mini Conference

We weren't able to get any presenters aligned to give you Health and Safety hours this Fall, but we're working on it! I'll keep trying. In the meantime, Amberlee and Kacey want to present their class. They were both sick with the flu during the Spring Mini Conference, if you recall, and weren't able to present. Their hours have been approved and were just sitting! So, we thought, this Fall time might be the perfect time to arrange a presentation of their materials. They even added a special hour long discussion portion, specifically for you care providers.

### Fall Mini Conference

Saturday, September 21st 9:00am-12:00pm

Positive Bright Start Office Fee: \$30 per participant

### Improving Attachment Through Classroom Connections + Common Challenges

Attendees will learn the basics of attachment and its development. This course will explore how stress and trauma impact children's self-esteem, and how children communicate their attachment needs.

The participants will learn ways to build attachment connections within classroom environment and attachment-based strategies to provide empathy and redirection to common challenging behaviors.

The course will also feature in-depth Q&A discussion for your specific questions.

Register online (via webform or print and mail in pdf) at <https://positivebrightstart.org/>.

Questions to [lane@positivebrightstart.org](mailto:lane@positivebrightstart.org)

3 KDHE approved hrs.

Child Growth & Development, Level 3

**The Importance of Breakfast** - Talk with the children about why breakfast is important.

\*When you wake up in the morning, your body needs food for energy so you can learn and move around.

\*Food provides energy to walk, play and have fun.

\*Food helps the brain think, be alert and make decisions.

\*Choose foods that are nutritious and helps the body to grow.

**Involve Children in Planning** - Ask the kiddos what breakfast foods they like Smoothies are a great, kid-friendly option! You could offer different kinds of smoothies that are meal pattern compliant and allow the children to choose the ingredients they want. Under close adult supervision they can be involved with making the smoothie.

**Have a Breakfast Bar** - Offering a breakfast bar is a good option and fun idea from time to time. While it takes a little more planning, the kiddos will love the idea of having something new and special. At a minimum make sure you have all the CACFP breakfast requirements available to choose from the bar also include foods they do not have often. Have the children sit at the table and serve themselves family-style.



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



# Food In Focus

## Lima Beans

- Lima beans or butter beans or sieva beans are one of the most common legumes that are consumed all over the world. The beans are actually the seeds of this plant, but their large size and dense nutrient profile make them an excellent sustenance crop.
- Limas are a good source of many nutrients that include potassium, phosphorus, magnesium, B vitamins and iron. They contain fiber, protein and antioxidant compounds, all of which make them a great addition to your diet.
- Lima beans can be grown both on bushes or on a vine and can be used in many ways, as a main protein source, soups, salads or side dish.
- The wide popularity of beans has made lima beans a globally accessible foodstuff and when canned, lima beans tend to retain their complete nutrient profile, unlike other vegetables and fruits that undergo a canning process.



## Baby Lima Bean Salad with Parmesan

### Ingredients

- 2 c. frozen lima beans, thawed to room temperature
- ☑ • 1 c. assorted cherry tomatoes, cut in half
- ☑ • 1/3 c. red onion, sliced very thin
- ☑ • 2 c. arugula
- 1/2 lemon, zested and juiced
- 1 1/2 Tbsp. olive oil
- Salt and fresh ground pepper to taste
- 1/4 c. parmesan cheese, shaved into small pieces

### ☑ Preparation

- In a large salad bowl add lima beans, onions, tomatoes, arugula and lemon zest.
  - In a small bowl add olive oil, lemon juice and salt & pepper, whisk with a fork to combine.
  - Add lemon dressing to the salad and toss to coat ingredients. Top with Parmesan cheese.
  - **\*Variation:** If using fresh lima beans simmer 2 cups of beans in 4 cups of salted water for approximately 1 hour. Drain and cool under running water. Spread on paper towels and pat dry.
- Credits as a vegetable or protein.



## Make This Your Menu?

| Breakfast                      |   |
|--------------------------------|---|
| Fluid Milk                     | Milk                                      |
| Juice, Fruit or Vegetable      | Apple Slices                              |
| Bread/Bread Alternative        | Toasted English Muffin WG                 |
| Meat/Meat Alternate            | Peanut Butter                             |
| Snack                          |   |
| Two Items                      | Juicy Juice                               |
| Two Groups                     | Bread Sticks                              |
| Other Food                     | Marinara for dipping                      |
| Lunch                          |   |
| Fluid Milk                     | Milk                                      |
| Two Servings Fruits/Vegetables | Baby Lima Bean Salad<br>Fresh Pear Slices |
| Bread/Bread Alternative        | Corn Muffin                               |
| Meat/Meat Alternative          | Salmon Patties                            |

# On-Line Training Opportunities

Time is  
running out...



Training needs to be completed by **September 30th**. If training hours aren't met you will not be able to claim and will be put on a Seriously Deficient Plan. If you have taken on-line trainings in the past make sure you aren't repeating classes. If you have taken a class through another agency we will need a copy of your training certificate.

## Current On-Line Classes through KSDE are available.

- CACFP Family Style Meal Service
  - CACFP Infant Meal Pattern
- CACFP Child & Adult Meal Pattern
  - Sodium Savvy
- It's Time to Get Down and Dirty
  - Pick a Peck of Produce
  - Food Safety Basics
- Gluten Free Diets - Coming Soon

To enroll for any of these trainings go to: <http://learning.ksde.org>

## KSDE Training Portal How to Create a New User Account Home Page

Click on "Create new account".

### New Account Information

1. Create your own username and password.
2. Fill-in the "More Details" section (email address, confirm email address, first name, last name).
3. Click on the down arrow next to "Contact Information" and complete this information as well.
4. Answer the security question at the bottom of the page.
5. When complete click on "Create my new account".

### Confirmation Email

1. A confirmation is sent to the email address you provided during account setup.
2. Confirm your new account by clicking the link in the email.
3. You will be directed to the Course Categories page.
4. To view CNW classes, click on "Child Nutrition & Wellness" under Course

Once you complete the course you should be able to print a certificate. Send that in to the office to show proof of completion.

## Institute of Child Nutrition On-Line Classes

- CACFP Optional Best Practices
- Family Child Care FUNdamentals
- Planning Cycle Menus in Child Care

To enroll for these trainings visit: <https://theicn.org/cacfp>

On the Home page    ✓Training    ✓eLearning    ✓Class you want    ✓Enroll