

JUNE 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



PBS Library...



Hope everyone is doing well and staying healthy. Thank you for being there for the children and their families during this time.

We always new that the care you

give to your kiddos was essential but now even more.

Trainings

The CACFP require 2 hours of nutrition training every Year and we are more than half way through the year. We have not been able to schedule any face to face trainings yet. However, as soon as they become available we will let you know. Check the CACFP Facebook page and newsletters for updates.

Online classes are available now with KSDE and The Institute of Child Nutrition. If you complete A training please submit a copy of your certificate or proof of your completion to the office.

KN-EAT.org:

- ✓ Trainings. Scroll to the bottom of the page.
- ✓ Online Trainings

theicn.org/elearning

- ✓ Categories
- ✓ CACFP



JUNE CELEBRATIONS

- National Fresh Fruit & Vegetable Month
- National Gardening Week, *first full week*
- National Gardening Exercise Day, 6/6
- National Corn on the Cob Day, 6/11

Activities...

Get Moving! Having Fun with Physical Activity

Be inventive and try something new! Rearrange furniture to create a larger space for indoor movement. Use a laundry basket and folded socks to have a sock toss competition.

Research creative ideas for fun physical activities! Search the internet or local library for new ideas. Parent and child care groups, educators, and local extension offices are also useful resources. Invite the children to write down their favorite physical activities and create a "Get Moving Jar." Draw a suggestion from the jar when you are searching for a quick fun activity.

Don't let the weather keep you indoors! Rainy days can still be great opportunities for outdoor fun. Visit

Playworks for fun ideas during rain days. In areas where temperatures are hot and humid, consider scheduling outdoor play early in the morning when the heat is less intense. Take frequent water breaks and provide shaded areas to make outdoor play comfortable.

Get Moving Activity: Animal Walk Inside or outdoors, encourage children to mimic the behaviors of animals. For example, slither like a snake, gallop like a horse or hop like a frog. Include added challenges by naming animals in alphabetical order. Chomp like an Alligator. Walk on all fours like a Bear. Stretch like a Cat. Roar and roam like a Dinosaur.



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



Food In Focus

Cantaloupe, Did You Know. . .

- Cantaloupes were first brought to America by Christopher Columbus on his second voyage to the New World in 1494.
- An average sized cantaloupe contains just 100 calories. They are high in Vitamin A, essential for maintaining mucus membrane and skin of your eye. Cantaloupe also help fight infections due to being filled with Vitamin C.
- When shopping, look for melon that is free of nicks or cuts in the rind and mold on the blossom end. Give it a tap; it should sound a bit like a drum and should feel heavy in your hand. A melon that is perfectly ripe or on its way should smell like flowers and honey.
- The surface of a cantaloupe can contain harmful bacteria-in particular, Salmonella. It is recommended to wash and scrub a melon thoroughly before cutting and consumption. It should be refrigerated after cutting and consumed in less that three days to prevent risk of bacteria pathogens.



Cantaloupe Berry

Ingredients

- 1/2 cantaloupe, scooped with melon baller
- ☑•1 c. strawberries, thinly sliced
- ☑•1 c. blueberries
- ☑•1 Tbsp. freshly squeezed lime juice
- 1/2 tsp. lime zest
- 2 tsp. chopped mint leaves
- ☑

Preparation

•In a large bowl, combine cantaloupe, strawberries, blueberries, lime juice and zest and mint; set aside in the refrigerator for at least 30 minutes.

Credits as a fruit component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mandarin Oranges
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Juicy Juice
Two Groups	Graham Crackers
Other Food	Peanut Butter
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cantaloupe Berry Salad Broccoli & Cauliflower/ dip
Bread/Bread Alternative	Whole Wheat Bread WG
Meat/Meat Alternative	Tuna Salad Sandwich