

FEBRUARY 2020

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

### All About Fish and Seafood

FREE to PBS providers

Date & Time: Wednesday February 19th, 6:30pm-8:30pm

Location: Positive Bright Start Office

Fish and seafood are an excellent source of protein and contain other essential nutrients that are necessary for a healthy diet. A well balanced diet including fish or seafood can contribute to heart health and aid in children's proper development.

Do you know what to look for in fish or how to prepare it correctly? In this class we will learn about various types of seafood that is available and how to prepare it safely. We will also have some samples for you to try. You don't want to miss this new class. To enroll call the office at 842-9679.

### Serving Smoothies in the CACFP

**Q.** Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter to improve flavor and consistency even though such ingredients in smoothies do not contribute to meal requirements?

**A.** Yes. Yogurt is the only creditable meat/meat alternate allowed in a smoothie.

**Q.** What type of milk must be used when making smoothies?

**A.** The type of milk used in smoothies must be consistent with CNP guidance for each specific meal service and age group being served.



### FEBRUARY

- ◆ Hot Breakfast Month
- ◆ National Black History Month
- ◆ Super Bowl, 2/2 **GO CHIEFS!**
- ◆ National Pizza Day, 2/9
- ◆ Valentine's Day, 2/14
- ◆ Women's Heart Week, 2/1-2/7

### Activities...

**Friendship Theme** - For some children friendship skills come easily; while others need a little more practice and help. A great way to introduce and to learn about friendship is reading books about friendship together. After reading each book, ask children questions like: *Why were the characters friends? What made them good friends? How did they become friends? How did they settle arguments?*

**Books:** The Rainbow Fish by Marcus Pfister  
A Color of His Own by Leo Lionni  
Friends by Helme Heine  
I Will Surprise My Friend! by Mo Willems  
How Do Dinosaurs Play with Their Friends?  
by Jane Yolen and Mark Teague

#### Friend of Mine Movements

Children stand in a circle. You start this by singing the song and then pointing to a child to join you. The song is sung to Mary Had a Little Lamb

*Will you be a friend of mine,  
Friend of mine, Friend of mine?*

*Will you be a friend of mine*

*And \_\_\_\_\_ around with me?*

(Fill in the blank with a movement such as hop, dance, wiggle, etc.)



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



# Food In Focus

## 7 Reasons to Eat More Citrus Fruits

- ◆ Citrus fruits are very nutritious, offering a host of vitamins, minerals and plant compounds that help keep you healthy.
- ◆ Citrus fruits are good sources of soluble fiber, which helps lower cholesterol and aids digestion.
- ◆ Citrus fruits are low in calories, making them a smart choice for people seeking to lose or maintain their weight.
- ◆ Eating citrus fruits may help lower the risk of kidney stones in some people by raising citrate levels in urine.
- ◆ Citrus fruits have been widely studied for their protective effects on a variety of cancer types.
- ◆ Many compounds in citrus fruits can benefit heart health by improving cholesterol levels and lowering blood pressure.
- ◆ Citrus fruits and juices may help boost brain function and protect the brain from neurodegenerative disorders.



## Citrus Fruit Salad

### Ingredients

- ◆ 1/2 c. heavy whipping cream
- ②◆ 3/4 c. vanilla yogurt
- ②◆ 1 medium fresh pineapple, peeled, cored and cubed (about 5 cups)
- ②◆ 5 clementines, peeled and segmented (seeded if necessary)
- ◆ 1 medium grapefruit, peeled and sectioned
- ◆ 1/2 c. chopped pecans, toasted

### Preparation

◆ In a large bowl, beat cream until stiff peaks form. Fold in yogurt.

②◆ Just before serving, add fruit and stir gently to combine. Sprinkle with pecans.

*Credits as a fruit component.*

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Cherry Tomatoes
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
<b>Snack</b>	
Two Items	Cheddar Cheese Cubes
Two Groups	Wheat Thin Crackers WG
Other Food	Water
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Carrot & Celery Sticks Citrus Salad
Bread/Bread Alternative	Pizza Crust
Meat/Meat Alternative	Hamburger & Cheese Pizza