

DECEMBER 2023

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



DECEMBER

- Dec 1st- Nat. Christmas Light Day
- Dec 4th- National Cookie Day
- Dec 7th - Pearl Harbor Day
- Dec 21st First day of Winter
- Dec 25th - Christmas Day

Activities...

COUNTDOWN TO CHRISTMAS CHAIN

*Hope you all have a wonderful, warm, safe,
and Healthy Holiday season!*

LISA & BECKY

*PBS will be closed for an extended break
during the holidays, Dec 22nd-Jan 2nd.*

Please let us know when your closed during
the holidays so we don't attempt a visit.

Supplies :

1. Construction Paper Red and Green
2. Glue or Tape
3. Scissors
4. Markers

Have each child make their own. Have them write
the numbers on each chain up to the number 25 for
Christmas. Hang it somewhere where each day the
child can tear off a day and count how many days
are left.



2024 Calendars

Calendars are being delivered

during regular visits with Becky. If you prefer
to not wait until your visit, come by the
office and pick one up. Please let either Lisa
or Becky know if you are picking it up so we
can take your name off the list.



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



Food In Focus

The grown ups were right: You should eat your Broccoli! This vegetable is a nutrition powerhouse. It's loaded with fiber, vitamins and minerals. It supports your immune system. Protects against some cancers and keeps your bones strong. It supports eye health and boosts your gut with healthy bacteria just to name a few.



Broccoli Cheese Soup

Ingredients:

- 1 tablespoon butter
- 1 small onion diced up
- 1 cup of carrots shredded
- 3 cups of broccoli
- 2 cups of chicken broth
- 1/2 teaspoon thyme and garlic powder
- 2 tablespoons flour
- 1 and 1/2 cups light cream
- 1 cup sharp cheddar cheese shredded
- 1/3 cup parmesan cheese
- Salt and pepper to taste

Instructions:

In a large saucepan, cook butter, onion, and carrots over medium heat until onion softens. Then add the broccoli, chicken broth and seasonings. Simmer until broccoli is softened. Then place flour in small bowl. Add in cream a little at a time until its all smooth. Then whisk in the cream mixture until thick and bubbly. Remove from heat, stir in cheeses.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Grapes
Bread/Bread Alternative	Kix Cereal (WG)
Meat/Meat Alternate	
Snack	
Two Items	Peaches
Two Groups	Cottage Cheese
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Broccoli & Cheese Soup Apple slices
Bread/Bread Alternative	French Bread
Meat/Meat Alternative	Roasted Tofu