

JULY 2021

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Time has come to say good bye to Becky.

Becky has decided to step down as CACFP home visitor. We thank her for all the work she has done and wish her well.

Positions Available at Positive Bright Start

Home Visitor: Conduct virtual home visits with CACFP home providers and PBS classrooms. Assure compliance with CACFP regulations. Backup for cook. Approximately 25 hours per month. Experience with CACFP required.

Email Anna- anna@positivebrightstart.org

Cook: Prepare lunches for our preschool each day. Lunch Prep, CACFP paperwork, deliver lunches to Edgewood classrooms, order groceries, approximately 2 hours per day. Experience with CACFP a plus, but not required.

Email Anna- anna@positivebrightstart.org

Get Kids Moving, Best Practices & Ideas

Repeated class. July 27th, 6:30-7:30 PM
To register for the class call 842-9679 or email lisa@positivebrightstart.org



Celebrations...

JULY

- National Blueberry Month
- National Picnic Month
- National Mac & Cheese Day, 7/14
- National Avocado Day, 7/31

Activities...

4th of July Balloon Fun

Items needed: paper plates for each child · red, white & blue paint · paint brushes · masking tape · red, white & blue balloons · large popsicle stick per child, painted or unpainted



- Have kids paint red, white & blue stripes on the curved side of their paper plates.
- After the plates dry. Place a heavy book on top of them overnight to prevent from curling up. When that is done, use some masking tape to attach the large popsicle stick to the backs of each plate.
- Blow up the balloons and you are ready to play!

One way to play is like a tennis game where the kids swat the balloon back and forth to each other. Another is to give each child one paddle and one balloon and see who can use the paddle to keep their balloon up in the air the longest.



Be mindful when playing with balloons as they can be a choking hazard.

Books about July 4th

Apple Pie 4th of July, Janet S. Wong
My Fourth of July, Jerry Spinelli
Red, White & Boom, Lee Wardlaw
The 4th of July Story, Alice Dalgliesh



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



Food In Focus

In celebration of July 4th, teach the children how the United States was formed. It is a day to commemorate the adoption of the Declaration of Independence, which was approved on July 4, 1776. Thirteen American colonies became independent states and called themselves the United States of America. Since red, white, and blue are the colors of our flag, let's identify foods with those colors.

BLUE

- Blueberries
- Blackberries
- Purple cabbage
- Concord grapes
- Eggplant

RED

- Watermelon
- Strawberries
- Red leaf lettuce
- Red bell peppers
- Tomatoes
- Raspberries
- Beets

WHITE

- White beans
- Cauliflower
- Jicama
- Rice
- Potatoes
- Onions
- Plain Yogurt

Smoothies

For snacks try making smoothies that include some of the holiday-colored foods. Have the children vote on the ingredients they want to use, being mindful of any food allergies. Plan to make enough smoothies to serve the correct serving size to each child.

Choose one ingredient at a time, and teach the children how each ingredient chose for the smoothie will help their body grow.

Here are some examples of combinations you can offer that include the correct serving size per child.

Remember to list ingredients in your smoothie.

• 4 oz. milk

• 1/2 c. fruit

• 4 oz. milk

• 1/2 c. veggie

• 4 oz. milk

• 1/4 c. fruit

• 1/4 c. veggie

• 4 oz. milk

• 1/4 c. fruit #1

• 1/4 c. fruit #2

• 4 oz. milk

• 1/4 c. veggie #1

• 1/4 c. veggie #2



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Blackberry Smoothie
Bread/Bread Alternative	Buckwheat Pancakes
Meat/Meat Alternate	
Snack	
Two Items	Hummus
Two Groups	Red Pepper & Jicama Slices
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cherry Tomatoes Cauliflower
Bread/Bread Alternative	Whole Wheat Bun
Meat/Meat Alternative	Grilled Hamburgers