



# Nutrition Notes

*Don't Delay -Enroll Today!*

***The end of the food program year is fast approaching and many of you still need to complete 2 hours of nutrition in-service by September 15th.***

***Enroll today to take advantage of the last class we are offering this year.***

## CALENDAR OF EVENTS

### Creative Mealtime Solutions

Presented by: Jan & Lisa

Saturday, August 20, 2011

9:00 - 11:00 am

First Church of the Nazarene, Lawrence

Let's get inspired to create solutions to mealtime issues! We'll brainstorm challenges and work towards solutions. This class will provide ideas on how to cook smarter — not harder, incorporate new foods in your menus (recipes & taste tests provided), and improve your menu planning. You will go home with a set of sample menus as well as new recipes to try. We'll introduce you to the book "Have You Filled Your Bucket Today" and talk about how to create a positive eating environment in your home. RSVP by August 17th.

### Fall Health & Safety Smorgasbord

Saturday, August 27, 2011

Registration begins at 8:00 am

In-service 8:30am - 12:45 pm

Lawrence Community Health Building

200 Maine Street, Lawrence

Course Offering	Fees
*8:00 Registration	*Members/Students \$25.00
Fire Extinguisher Inspection	*Non-Members/Door \$30.00
*8:30 Child Development Abuse & Neglect	
*10:30 Break	<b>Fire Extinguisher Inspection</b> 8:00 - 8:30 am
*10:45 Child Development Abuse & Neglect	



### June 2011

935 Iowa, Suite 7  
Lawrence, KS 66044  
785-842-9679  
dccda.org  
8:30 am - 4:30 pm

### June 3rd

Claims due

### June 30th

DCCDA Open Office  
6:00 p.m. - 7:00 p.m.

Checks are available  
for pick-up from  
8:30 AM - 4:30 PM

Call the office if you want yours held for the evening Open Office. All others are **mailed at 3:00 PM!**

### Celebrate

- ^ June 1st  
Dinosaur Day
- ^ June 6th  
National Family Day
- ^ June 13th  
Weed Your Garden Day
- ^ June 15th  
Fly a Kite Day
- ^ June 25th  
Eric Carle's Birthday
- ^ Dairy Month
- ^ National Fruit & Vegetable Month



### Themed Library Kits

- ^ Fun with Fruits & Veggies
- ^ Families
- ^ Milk & Ice Cream
- ^ Dinosaurs 1 & 2
- ^ The Very Hungry Caterpillar
- ^ Eric Carle

## Lisa's Corner



**VARIETY!**      **VARIETY!**      **VARIETY!**

I understand that children can be fussy eaters, and are creatures of habit. It's common to want to serve foods that you know your children will eat. However, we can not stress enough the importance of variety. There is no magical food that will give a child everything he needs. Try introducing one new food a week. You just might be amazed at what they will eat. Remember it's ok if a child doesn't like something you served. Take time to talk with the child without interrupting, judging, or criticizing. Allow him to express himself completely. Acknowledge how he feels and then let it go. Try again another day! Your attitude towards the whole experience will greatly affect their willingness to try new foods.



*On the lighter side:*

What did the apple skin say to the apple?  
I've got you covered!

## Sample Menus

<b>Breakfast</b>			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Grapes	Blackberries c	Strawberries c
Bread/Bread Alternate	Whole Grain Toast	Oatmeal w/ Raisins & Walnuts	Whole Grain Waffles
Other			
<b>Snack</b>			
Two Items	Hard Boiled Egg	Sunflower or Peanut Butter	Whole Grain English Muffin
Two Groups	Cantaloupe a/c	Celery & Carrot Sticks a	Tomato & Avocado a/c
Other	Water	Water	Water
<b>Lunch</b>			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Red Bell Pepper Slices a/c Corn on the Cob	Watermelon Green Peas a/c	Spinach a/c Baked Sweet Potato a/c
Bread/Bread Alternate	Corn Tortilla	Whole Grain Noodles/ Parmesan Cheese	Wild Rice
Meat/Meat Alternate	Grilled Marinated Chicken	Turkey Breast	Salmon
Other	Cheese & Salsa		

*In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave., SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

# Snacks Can Be Healthful & Appealing

## Snacks Are Important

*What is a snack?*

- \* A refreshment that can be eaten between meals
- \* Something to eat or drink or both
- \* Something young children need one or more of throughout the day

Since snacks supply almost one-fourth of a child's food intake in a given day they should be nutritious. Snack foods rich in vitamins and minerals help to keep young bodies healthy. However, denying a child birthday cake or holiday sweet treats may make the child want those foods more often. These foods provide calories, which preschoolers may need. Extra calories usually won't hurt an active child as long as other nutrient requirements are met. Teaching preschoolers about practicing moderation when these foods are occasionally offered should be viewed as the start in making wise food choices later in life.

## Snack Serving

Snack time need not be long—10 minutes is ample. Sitting down to eat a meal or snack can help avoid choking or spills. Snacks that are served in the CACFP must meet the meal pattern requirement for a specific age group. The snacks must include at least two different components of the following four:

- \* a serving of fluid milk
- \* a serving of a meat or meat alternate
- \* a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice
- \* a serving of whole grain or enriched bread and or cereal

Water is always recommended as an additional beverage with snacks; however, it is not part of the meal requirements.

## Simple Snack Ideas

**Juices:** apple, grape, orange, pineapple, tomato, vegetable

**Fruits:** apple, banana, kiwi, cantaloupe, peach, pear, watermelon, honey dew, casaba melon, pineapple, grapefruit, grapes\*, orange, strawberries

**Vegetables:** cucumber rings, green and red pepper strips. Zucchini strips, tomato wedges, jicama sticks, cauliflowerettes (raw or slightly cooked and cold), carrot curls, celery sticks

\*Cut whole grapes into quarters to prevent choking in young children, ages 2 to 3 especially.

**Bread, Crackers, Cereals:** Pumpkin, zucchini, banana, or cranberry bread; bran, corn, apple, banana, blueberry or English muffin; bagels; homemade soft pretzels; bread sticks; non-sugared cereals; animal and graham crackers; cornbread; French toast; pancakes, waffles

**Dairy:** Milk—skim, low-fat, whole\*\*, chocolate and buttermilk; yogurt—plain or sweetened; string cheese; low-fat cottage cheese and cheese cubes

\*\*Make whole milk available for children under 2 years of age.

**Meat, Fish, Eggs, Peanut Butter, Beans:** Eggs—hard-cooked, halves or wedges; tortilla with bean dip; crackers with peanut butter; mini-pizza; ham cubes and other lean meats; sandwiches—open faced or closed, cut in quarters, squares, triangles, strips

## Snack Suggestions

### Fruit Bowl

Fruit is just about the perfect snack. A variety of cubed or sliced fruit mixed with a little flavored yogurt is a year round favorite. Mix canned and fresh fruit. Summer fruit bowls can emphasize fruits rich in vitamin A, like fresh apricots, cantaloupe, melon, peaches, papaya and mango. Winter fruit bowls can emphasize citrus fruits, like oranges, grapefruit, and tangerines, which are readily available during colder months. Other fruit available in the winter months include kiwi, apples, bananas, and grapes. One-half cup mixed fruit and 1/2 slice raisin toast provide a reimbursable snack to children ages 1 - 5.



### Graham Cracker Smacker

Spread a graham cracker square with a thin layer of peanut butter or sunflower butter. On top of the peanut butter, place slices of banana, peach, pear or soft fruit. Top with another graham cracker squared spread with peanut butter or sunflower butter (butter facing inside). One Graham Cracker Smacker and 1/2 cup 100% grape juice provide a reimbursable snack to children ages 1 - 5.



*adapted from Mealtime Memos 2003*

## Local Food Sources in Lawrence and Surrounding Areas

If you're interested in tasting the difference between locally grown food and the other food that is often harvested too early and travels long distances to reach your plate, you're in luck! For the next four or five months, our local food producers will be diligently tending to their crops and reaping a bounty of fresh and delicious produce for us to enjoy. By buying in-season foods directly from the grower, you'll receive a high quality, nutritionally superior product while keeping your food dollars circulating within the local economy.

Where to find these growers, you ask? Below you'll find a short list of local food sources found in Lawrence and the surrounding areas. You can find out more about most all of these sources by doing a quick Google search on your computer. For a searchable database of local food providers, visit [www.localharvest.org](http://www.localharvest.org) and enter your town's name or zip code.

**Community Supported Agriculture (CSA):** CSA is a direct farmer to consumer arrangement in which local farmers deliver produce (and often other local food products) to a central location, usually weekly. Community members who subscribe to the CSA pay a subscription fee and pick up their bag of produce at the designated time and place. The arrangement helps to build stronger relationships between the community and local farmers. Lawrence-area CSA providers include: Rolling Prairie Farmers Alliance, Mellowfields Urban Farm, Moon on the Meadow Farm, Pendleton's Country Market, Spring Creek Farm, Gasper Family Farm, Homespun Hill Farm and Amy's Meats.



**Farmers Market:** Farmers' markets consist of individual vendors, mostly farmers, who sell vegetables and fruits, meat products, and sometimes prepared foods and beverages. Farmers markets add value to communities by selling directly to consumers and minimizing profit loss by circumventing the middleman. Consumers meet and buy directly from the farmer/producer and obtain organic fruits and vegetables from Certified Organic farmers. Consumers also enjoy fresh, seasonally-grown food that was produced within a drivable distance from their homes, and more capital remains in the consumers' community.

**The Lawrence Farmers' Market** is held every Saturday until Thanksgiving from 7-11 am and is located downtown between 8th and 9th streets and between New Hampshire and Rhode Island streets. An alternate location hosts evening markets on Tuesdays and Thursdays from 4-6pm. Visit [www.lawrencefarmersmarket.com](http://www.lawrencefarmersmarket.com) for more information. Also try the Perry Lecompton Farmers' Market with more information found at [www.perrylecomptonfarmersmarket.com](http://www.perrylecomptonfarmersmarket.com)



**U-Pick Farms:** Some local farms offer customers the option to come out and pick their own fruits, vegetables or nuts. "U-pick" operations give consumers the most direct access possible to their food and are a fun and educational experience for families, educators and children. Lawrence-area U-Pick operations include: Chestnut Charlie's (organic chestnuts), Lawson Brothers Farm (berries), Pendleton's Country Market (asparagus, flowers and more) and Wohletz Farm Fresh (strawberries).

**Community and School Gardens:** Participating in a community or school garden means you are your own source for local food! Join or help out at one of the community or school gardens located in Lawrence: East Side Community Garden (9th and Pennsylvania), North Lawrence Community Garden, The Lawrence Community Garden Project (9th and Mississippi), Boys and Girls Club, Four Winds Indigenous Center, Babcock Place, West Jr. High School, Central Jr. High School, Oread Friends Garden (12th and Oregon), Deerfield Elementary School, Free State High School, Hillcrest Elementary School, Sunset Hill Elementary School, Hilltop Child Development Center, Sunshine Acres Community Garden.

**Grocery Stores:** Most grocery stores now carry some local products. Some stores label local products clearly, but if they don't you can always find the origin printed on the label. Ask your grocer to start carrying local foods.

**Restaurants:** Many restaurants in Lawrence now offer local products in their dishes due to the increased demand from consumers to have those options available. Here are a few restaurants that do a good job of sourcing local ingredients: 715: 715 Massachusetts St., Free State Brewery: 636 Massachusetts St., Local Burger: 714 Vermont St., Pachamamas: 800 New Hampshire St., Wheatfields Bakery Cafe: 904 Vermont St., Dempsey's Burger Pub: 623 Vermont St., The Global Café: 820 Massachusetts St.

**Other Resources:** Our Local Food Kaw River Valley Kansas at [www.kawrivervalley.org](http://www.kawrivervalley.org) is a great site to find out how to become a "Vocal Local" and demand more local food from restaurants and grocery stores. The site also has a complete list of farms, restaurants and other local partners in the Kaw River Valley. A list of local orchards and resources on accessing local fruit and nuts can be found at the Lawrence Fruit Tree Project site: <http://lawrencefruittreeproject.wordpress.com>