

JUNE 2018

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar of Events



### Sugar Shocker

Thursday, June 21st 6:30-8:30 pm  
PBS Office, 1900 Delaware

Free for CACFP  
participants

We will discuss the ins and outs of sugars. We will learn the daily amount needed and how to cut back as well as learn about the dangers of consuming too much sugar. We will learn how to recognize hidden sugars and the difference between natural and added sugar. RSVP by calling 842-9679.

KDHE & KSDE approved.

### Questions & Answers About Creditable Food

#### Are grain-based infant puffs creditable in the CACFP?

Grain based infant puffs are considered a ready-to-eat cereal and need to be assessed individually because even within the same manufacturer they may contain different ingredients –some creditable, some not creditable. Ready to eat cereals and grain-based infant puffs must meet the cereal sugar limit of 6 grams of sugar per one dry ounce and be made from enriched or whole grain meal or flour, or be fortified to be creditable.

#### Are yogurt melts and yogurt blends creditable in the CACFP?

Yogurt melts are NOT creditable in the CACFP as they do not meet the standard of identity for yogurt. Likewise, products labeled as “yogurt blends” are not the same as yogurt.

### Open Office

Friday, June 29th from 4:30-6:30 pm.  
Call before 3:00 pm if you would like to pick up your check.

## PBS Library

### JUNE CELEBRATIONS

- ♦National Fresh Fruit & Veggie Month
- ♦Dairy Month
- ♦Best Friends Day, June 4th
- ♦International Picnic Day, June 19th

The PBS library has kits available for checkout to help you celebrate: *Friends*, *Picnic*, *Grow and Eat Your Fruits and Veggies*.

## ACTivities!

**Summer Backyard Games** - Enjoy your summer days with these easy to make backyard games.

**Kerplunk**– You’ll need: 3 tomato cages, zip ties, 1/4 yard tulle, 20 PVC pipes 36” or 30” in length (10 foot pole cut to desired length), primer (optional), spray paint (optional), ball pit balls



Stack the cages on top of one another and secure with zip ties. Cut the PVC pipe to your desired length. Spray painting the pipes is optional. Attach the tulle to the top sides of the cage to hold the balls in. Stick the cage into the ground. The trick is to put the pole through the cages in a way that they will suspend the plastic balls in the cage. Object of the game is to pull out a stick without making the balls drop. If a ball drops you keep them and at the end of the game count how many balls you made drop.

**Noodle Ball Hockey**– You’ll need: pool noodles, beach balls, 2 laundry baskets.

Arrange each laundry basket on either side of your backyard. The goal is to see if you can get your beach ball into the opposing basket (goal).



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



# Food In Focus

## Cherries: A Super-Sweet Superfood

Cherries are a sweet summertime treat, but also a great fruit to enjoy for health and nutrition. There are two primary varieties of cherries, sweet and tart (also known as sour cherries). • Sweet cherries, such as Bing cherries are eaten fresh, while tart cherries develop a fuller flavor when they're used in cooking.

• Sweet cherries contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention.

• Cherries contain natural melatonin, which is a powerful antioxidant and free radical scavenger that help "cool down" excess inflammation and associated oxidative stress, it also plays a vital role in sleep and bodily regeneration.

• Cherries contain many anti-inflammatory compounds, and research suggests they may help relieve pain from inflammatory osteoarthritis.

• Consuming tart cherries may activate PRAR (peroxisome proliferator activating receptors) in your body's tissues, which help regulate genes involved in fat and glucose metabolism. This activation may help to lower risk of heart disease.



## Lemon Cherry Bread

### Ingredients

- 1 1/2 c. white whole-wheat flour
- 1/2 c. cornmeal
- 6 Tbsp. sugar
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 c. low-fat buttermilk
- 2 Tbsp. olive oil
- 1 large egg white
- 1 Tbsp. lemon zest
- 1/2 c. unsweetened diced cherries, coarsely chopped

### Preparation:

- Preheat oven to 350°. Grease 8x4-inch loaf pan.
- In a bowl, whisk flour, cornmeal, sugar, baking powder, baking soda and salt. In another bowl, whisk buttermilk, oil, egg white and lemon zest until blended. Add to flour mixture, along with cherries and stir to mix. Spread in pan.
- Bake until toothpick inserted into center comes out clean (45-50 minutes). Cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

*Credits as a bread component.*



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pineapple
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Lemon Cherry Bread
Two Groups	Milk
Other	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Romaine Salad Bing Cherries
Bread/Bread Alternative	Spaghetti Noodles
Meat/Meat Alternate	Turkey Meatballs
Other	Marinara