**Nutrition Plus, Inc.**

Emily Roark Patti Brenn Susan Morrell

(620) 221-2777 (620) 218-4994 (785) 224-4104

roark2@cox.net pattibrenn@cox.net smorrell12@gmail.com

[**www.nutritionplusinc.com**](http://www.nutritionplusinc.com)

**February is:**

American Heart Month

Black History Month

Canned Food Month

National Bake for Family Fun Month

7th – National Fettuccine Alfredo Day

9th – National Pizza Day

13th – Galentine’s Day (you’re welcome ladies!)

 National Tortellini Day

14th – Valentine’s Day

20th – National Muffin Day

24th – National Tortilla Chip Day

25th – National Clam Chowder Day

26th – National Pistachio Day

27th – National Chili Day

**Important dates to remember:**

**February 25th** – Program review by Kansas Dept. of

 Education Child Nutrition and Wellness staff

**February 28th** – Checks go out/Direct Deposits

**“Infant Feeding in the CACFP”**

**March 23rd** - Topeka Workshop at library 6:30 pm

**March 26th** – Winfield Workshop at Presbyterian church

 6:30 pm

**Nutrition Plus News:**

Nutrition Plus is scheduled for a program review this month. We receive these bi-yearly by the Kansas Dept. of Education (KSDE) Child Nutrition and Wellness, Child and Adult Care Food Program (CACFP). The objective of these reviews is to assess Nutrition Plus’s administrative efforts at compliance with the federal and state regulations. In order to

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do this, CACFP staff come to Emily’s office and go thru our books, records and claim documents. The other part of the review is to conduct home visits or attend home visits conducted by Nutrition Plus staff. The purpose of this is to check on Nutrition Plus’s ability to effectively monitor provider compliance in participation in the CACFP and to see that we are enforcing all the rules. It is not meant to put anyone on edge or “catch” anyone in non-compliance. Breathe. These are very pleasant and hard-working women. We have always had great reviews and that will not change. Now, onto lighter subjects!

**Just so you know…**

Many of you are already doing an ***awesome job*** at adding the additional meat/alternative when serving commercially prepared meat items. Remember, this came about because if a frozen chicken nugget for example, doesn’t have a “child nutrition label”, there is no way to know how much is meat and how much is breading. These are hard to find anymore but I’ve heard Sam’s Club has a couple options. The alternative to serving the additional meat/alternate is to strip all the breading and weigh the meat alone. This would work for chicken nuggets, fingers or patty’s, steak fingers or patty’s, some fish, although the flakey ones will be a disaster. We certainly wouldn’t try to stop you if this is your preferred way to ascertain how much actual meat is being offered. If you do this, please document it and send along the info so we can share in your wealth of knowledge!

Many parents get off work, pick up their kiddos at daycare and head home. For many of them, their short evening consists of dinner prep and serving, homework, bathes and before they know it, it’s bedtime. Additionally, television or screen time is almost certainly a given in most homes now days. Our littles spend the majority of their waking hours with their daycare providers. Historically, February is known for its Valentine’s Day parties, lovie-dovie gooey proclamations and candy. Here are some games to help teach them about acceptance and to develop skills to kindle friendships without them knowing it! Maybe if we play them enough, some of the kindness will become habit!

**1 The Good friend List**

This is a simple, straightforward activity in which children are asked to list what qualities make a good friend. For example, someone who shares toys, someone who doesn’t yell, etc.

2. The Matching Game

Every child gets a marble and has to find the other kids who have the same color marble. They then link arms and stay together until all groups are complete.

This is a fun way to get different kids together and to reinforce the idea that different people can have things in common. It’s also a good way for preschoolers to work on naming colors.

3. That’s Me!

One person stands in front of the group and shares a fact about themselves, like their favorite color or favorite animal. Everyone who also shares that favorite thing stands up and yells, “That’s me!”

Kids love this game because it’s interactive. They get to share their favorite things, there’s fun in not knowing what each child is going to say, and there’s yelling. It’s a win all around.

4. The Compliment Game

This game can be done a number of different ways. Kids can sit in a circle and toss a beanbag to each other, or they can just name the next person to get a turn. Regardless, the point is for each child to get a chance to compliment another child in their class. This teaches kids how to pay compliments, and how nice it is to receive them. It also helps a group of kids get to know each other and become closer.



**Pretzel Hearts**

1 pkg. dry yeast,

1 tbs. sugar

1 1/2 cup warm water

4 cups flour, (whole wheat or ½ & ½ to make whole grain)

1 tsp. salt or sea salt

1 egg beaten

Red food coloring (Take it easy with this, it’s potent and messy!)

Mix water and yeast together in large bowl until yeast dissolves. Add Salt, Sugar, Flour, and food coloring. Mix and Knead the dough until smooth- but don't over-do it. The more you work the dough the less fluff the finished product will have. Flour your hands to work the dough; it is sticky!

Roll dough and make heart shaped pretzels or oversize pretzel *bread* sticks, place on GREASED baking sheet, lightly brush with BEATEN EGG, sprinkle with SALT.

Bake at 425 degrees for 12 -15 minutes.

Try with usual dips warm cheese or hot mustard.

Or experiment with cream cheese, peanut butter or pizza sauce.

(Be sure to take pictures of the kids “helping” for the parents. This would make mom’s day! Also, if they do help knead, remember hand hygiene.)

Thanks for being the best part of Nutrition Plus!

Emily, Patti and Susan