

# Nutrition Plus, Inc.

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## AUGUST IS:

- NATIONAL BLUEBERRY POPSICLE DAY-2nd
- NATIONAL MACADAMIA NUT DAY-4th
- NATIONAL CHEESE PIZZA DAY-5th
- NATIONAL ACORN SQUASH DAY-7th
- NATIONAL PEANUT DAY-13th
- NATIONAL LINGUINE DAY-15th
- NATIONAL CINNAMON RAISIN BREAD DAY-16th
- NATIONAL CHEESEBURGER DAY-18th
- NATIONAL STRING CHEESE DAY-20<sup>th</sup>
- NATIONAL GREAT AMERICAN POT PIE DAY-23<sup>rd</sup>
- NATIONAL PANCAKE DAY-26<sup>th</sup>

In case you missed both workshops this year, here is the list available online from KSDE. Remember, you need 2 hours of training every year to participate in any food program. You are welcome to take more than that for your license requirements. I need all certificates emailed or mailed to me by **September 15th** so I can make sure everyone has their training. Below is the site to visit to set up an account and take online classes on your own.

<https://learning.ksde.org>

**Child Nutrition & Wellness  
General Information**

**Confidentiality in Child Nutrition Programs**

**Civil Rights Compliance in Child Nutrition Programs**

**Gluten-Free Diets**

**Food Safety Basics**

**Meal Modifications**

**Sodium Savvy**

**Pick a Peck of Produce**

**It's Time to Get Down and Dirty**

**Smarter Lunchrooms**

**Is Your Attitude Showing?**

**Social Media Matters**

**Managing Food Allergies**

# September 2019

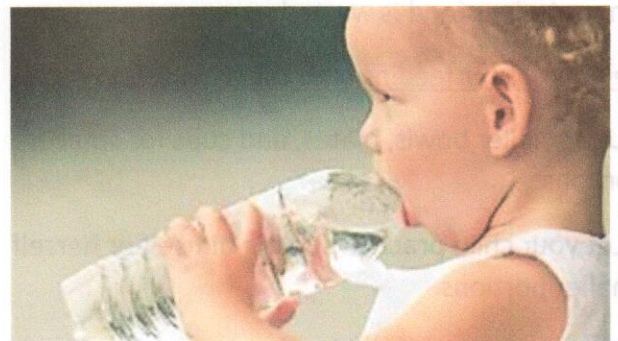
**New mailing address:**

**Nutrition Plus, Inc.  
121 Mays Rd.  
Winfield, KS. 67156**

**(Do not mail anything to Ann's address. She has a locked mailbox and I do not have a key.)**

## Everyday I'm Guzzlin'!

With the humidity as high as it is, water is lost from the body at a faster rate than normal. Dehydration is serious and can be avoided by having water available throughout the day.



When children are thirsty, they tend to reach for something other than water; however, it is the ideal choice. Although it cannot take the place of milk, which must be offered as required by Child and Adult Care Food Program guidelines, water helps hydrate children's growing bodies. Thus, as child care providers, it is crucial to make water easily accessible and to offer it to children throughout the day.



## Portions for Preschoolers

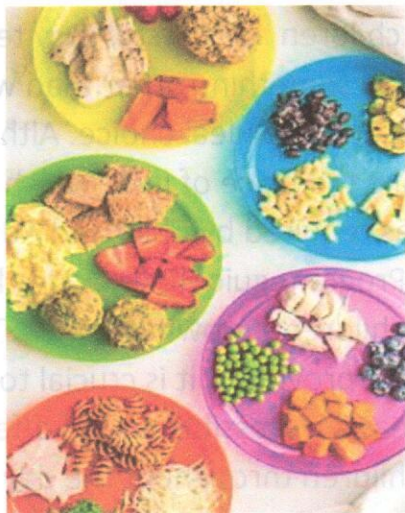
Often, during home visits, I've noticed portions being served to daycare children that may be larger than recommended. In some cases, when questioned, I'm told it is for making sure they get filled up and don't go home hungry. Although this may seem like a good idea, it can teach the children to expect to be served more food than is healthy. In the CACFP, recommended serving sizes are developed with purpose, to not only get the children proper nutrition, but also teach them proper portions. Here are some ideas to help keep from over-serving preschoolers.

### Teaching Healthy Eating Habits

Offer preschool-sized portions, not adult portions. This helps your child learn to pay attention to whether he or she feels hungry or full. Smaller amounts help your child only eat what his or her body needs. If your child is still hungry, he or she will ask for more. When your child is served smaller amounts, less food is wasted.

### Helpful tips for feeding your preschooler:

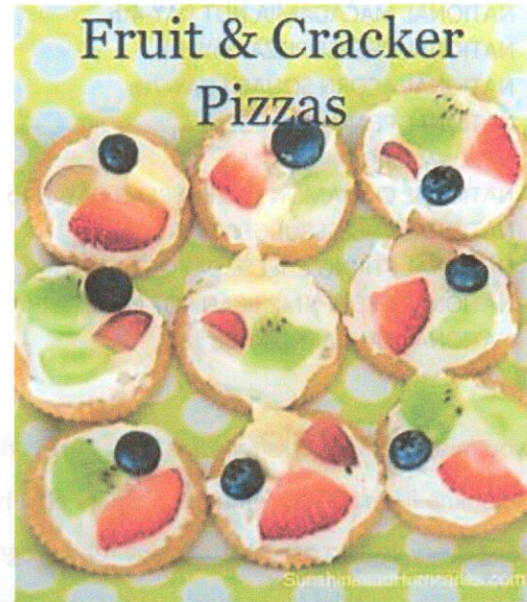
- Use smaller bowls, plates, and cups for smaller portions.
- Let your child practice serving himself or herself smaller portions.
- Do not force your child to finish everything on his or her plate.



## Recipe of the month

This is a fan's choice submission.

(You have great ideas so it's time to show them off! Every month, I will choose a provider favorite and put it in the newsletter for everyone to enjoy!)



Using snack cracker as the crust, mix cream cheese and powdered sugar to taste. Top with fruit of choice and present these beautiful treats to your hungry crew!

Submit your recipes to my email so I can put them in here in the future!

Thanks for being the best part of Nutrition Plus, Inc.

Emily, Patti & Susan