**The Good News**

**June Volume 3 / Issue 9**

**June is . . .**

Dairy Month

Fresh Fruit & Vegetable Month

Papaya Month

**June Days of Interest**

Egg Day - June 3, Cheese Day - June 4, Chocolate Ice Cream Day - June 7

Herbs & Spices Day - June 10, Eat Your Vegetables Day - June 17

International Picnic Day- June 18

Source: https://food.unl.edu/june-food-calendar

Tentative Reimbursement Date June 21st - Happy 1st Day of Summer

**Important Reminders**

**May Claim is Due Early!**

We need your claim ASAP! If we don't have your claim and all supporting information by June 14, 2018, your claim will be considered late and paid with June's claim in July.

**Enrollments**

Enrollments are good thru July 31, 2018, and then we will be doing new enrollments. Yes, that time is coming up again already! Families who do an original in June or July will need to fill out a new one in August, even if you only have them for a couple of weeks in August.

**Raisins**

What does USDA have to say about raisins? We recommend that smaller portions of raisins be served, such as 1/8 cup (2 Tbsp). This smaller portion size must be supplemented with another fruit or vegetable to meet at least the minimum portion size required by age and meal pattern requirement. The pattern permits a combination of two fruits to meet the fruit component requirement. Ummm English please . . . . When serving Raisins please have a second fruit served with it. In other words, put bluntly, we will no longer be allowing raisins to count as a standalone component.

Yogurt covered raisins same deal, no longer creditable as a standalone component. I'm sure children love them for snack time, however the amount of raisins in this product is unknown and it has added sugar for a bonus. Please just serve a few on the side next to the two other creditable components. Thanks!

**Ritz Crackers/ Cheez-Its**

These products, as far as we have researched, do not have a whole grain option. Please read the ingredient label and verify that the 1st ingredient listed is a whole grain. Then send me a picture of it so I can verify it. Thanks

**What's New?**

**National Fresh Fruit & Vegetable Month!**

June is not only a time for warm weather, summer vacation and soaking up the sun; it is also a great time to celebrate National Fresh Fruit and Vegetable Month! With the change of seasons, comes more local farmers markets and produce stands setting up shop in communities. Purchasing produce in season offers the opportunity to not only “savor the flavor”, but also to save money as these items do not go bad as quickly compared to produce not in season. The more fruits and veggies the better! So what are the benefits of fresh produce? Let’s discuss!

There is numerous health benefits to consuming fresh fruits and vegetables as they are lower in calories and are nutrient dense compared to most processed meal and snack items. More specifically, fruits and vegetables are packed with vitamins and minerals which help build a strong immune system. Consuming a diet rich in fruits and vegetables is linked to maintaining healthy weight and preventing chronic illnesses such as: heart disease, stroke, diabetes and certain cancers.

It is never too early to start eating more fruits and vegetables! Putting aside the perception that kids don’t eat vegetables, most children will not only eat, but enjoy them - especially if they have a hand in selecting, growing, or preparing them. Children should be exposed to a wide variety of fresh fruits and vegetables. Select from any of the produce commonly found in season in June:

* Apricots
* Rhubarb
* Turnips
* Asparagus
* Watermelon
* Carrots
* Berries
* Cauliflower
* Cucumber
* Cantaloupe
* Potatoes
* Green beans
* Summer squash
* Peaches
* Tomatoes
* Cherries
* Lettuces
* Broccoli

Adapted from http://www.mannapa.org/uncategorized/national-fresh-fruit-and-vegetable-month/

**Cook's Corner**

**Crunchy Hawaiian Chicken Wrap**

Ingredients:

1 cup light mayonnaise

3/4 cup white vinegar

1 cup sugar

1 tbsp. + 1 tsp. poppy seeds

2 tbsp. onion powder

2 tbsp. garlic powder

2 tbsp. chili powder

2 quarts fresh broccoli, shredded

1 quart + 1 cup fresh carrots, shredded

2 1/2 cups fresh baby spinach, chopped

1 1/4 cups canned crushed pineapple, drained

2 quarts + 2 1/2 cups frozen, cooked diced chicken, thawed, 1/2” pieces

25 whole-wheat tortillas, 10”

Directions:

1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic power, and chili powder. Mix well. Refrigerate at 40°F.

2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken.

3. Portion filling with No. 6 scoop (2/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half.

Meal Pattern Contribution: 1 wrap (two halves) provides: 2 oz equivalent meat, 1/2 cup vegetable and 1 ¾ oz. equivalent grains

Adapted from: http://www.theicn.org/USDA\_recipes/cc\_recipes/F-12rCC.pdf

Consider growing a garden at your center or home! Check out gardening resources available through Team Nutrition: <https://www.fns.usda.gov/tn/team-nutrition-garden-resources>

**GET MOVING!**

**Chopstick Challenge**

Take advantage of nice weather before the summer heat begins. Equipment needed includes pool noodles, a balloon or beach ball (the beach ball is more durable), and a large basket or box. At least two players are needed, but more can participate as well. Give each child a noodle and tell them they have to get the balloon or beach ball into the basket or box. The key is that to be successful, the children will need to cooperate, using the noodles like a giant pair of chopsticks to pick up the balloon/ball and move it into the basket/box.

In addition to timing each pair or group to see who can complete the task the fastest, variations could emphasize creativity, style, or any number of options!

Source: https://www.verywellfamily.com/beach-ball-and-balloon-games-1256805

**UP and Coming**

**First Aid & CPR Training**

Safety Training Solutions (Shawnee, Geary & Riley Counties) visit http://safetytrainingsolutions.net for schedule.

CPR & First Aid by Tina (Northeast Kansas) call 785-221-3609 for schedule.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

**Contact Us**

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