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Issue 7

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Sponsors of the Child and Adult Care Food Program

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April 2011

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Workshops for April

Monday, April 4, 2011

Grand Prairie, TX 7-8:30p

Food Program: Everything you wanted to know but were afraid to ask!

Margaret Chapman's home
1809 Dorothy Dr.

Directions: 972-264-4174

Registration 972-243-3237 Wend'e

This is an evening workshop hosted by both Wend'e and Barbara! Please RSVP by March 30th.

Please remember...

a note from your program coordinators.

You are always welcome to call your program coordinator or the main office with any questions you have involving any aspect of the food program.

All children under the age of 13 must be enrolled in the food program if they are in your home during childcare hours. Even if the children's meals are not eligible for reimbursement, they still must be enrolled and their attendance counted. The attendance of all the children present will count towards your ratio, including any children living in the home who are present at that time.

When program coordinators visit your childcare home, the safety of the children is of highest importance. If they can hear children in the home and do not get a response after ringing and knocking, then they will assume something is wrong and will call 911.

003-0070

Monday, April 4, 2011

Katy, TX 7p

IHOP

19989 Katy Freeway

Directions: 281-398-8667

Registration required:

laurie@swhuman.org or 281-808-1137 Laurie

Saturday, April 9, 2011

North Austin, TX 10a

Useful Resources Workshop with

Special Guest Kelly Waterman

Frances Middlebrook's home

807 Cheyenne Valley Cove Round
Rock 78664

Directions: 512-670-9327

Registration: 512-263-4002 Sandy

If you are located in Taylor, Hutto, Pflugerville, or Round Rock this is the class for you. Special guest Kelly Waterman from the Capital Area Food Bank will also be stopping by to talk about the SNAP program.

Lubbock, TX 10a-12p

Grow it, Try it, Like it!

Della Avila's home

4608 28th Street

Registration and Directions:

806-777-3907 Della

We will get our hands dirty learning how to grow our own veggies. We will do fun crafts and eat a lot of veggies!! Please RSVP by April 6th

Greenville, TX 10-11:30a

Nibbles for Health

Pat Stanton's home

4400 Stonewall

Directions: 903-450-4729

Registration: 972-398-9398 Renee

Saturday, April 16, 2011

Southeast San Antonio, TX 1-3p

McCreless Branch Library

1023 Ada

Registration and Directions:

210-233-8453 Patricia

Saturday, April 16, 2011

El Paso, TX 9a-12p

Risky Business: Your guide to food safety

213 Foster Dr. 79907

Please call to RSVP:

915-383-3663 Nancy

Saturday, April 23, 2011

McKinney, TX 10-11:30a

Tackling Childhood Obesity

Amy Bergland's home

404 Dolomite

Directions: 972-529-8465

Registration: 972-398-9398 Renee

Houston, TX 10:30a-12:30p

Menu Planning

Clear Lake City Freeman Library

16616 Diana Lane 77062

Registration and Directions:

281-491-9326 Shegala

Saturday, April 30, 2011

South Austin, TX 10a

Useful Resources Workshop with

Special Guest Kelly Waterman

Manchaca Library

5500 Manchaca Rd. Austin 78745

Directions: 512- 447-6651

Registration: 512-263-4002 Sandy

Sandy's Last Workshop!!

If you haven't been able to get to another training then this is the one for you. Last chance to attend your food program workshop. Kelly Waterman from the Capital Area Food Bank will also be stopping by to talk about the SNAP program.

Tyler, TX 9:30a

Nutritional Workshop and Training

Debbie Martin's Home

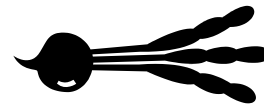
8422 Castleton Way

Registration: 903-570-0417 Debbie





Fresh Ideas



This **NEW** section of the newsletter will feature childcare home providers who have unique solutions to some of our same old problems. If you practice a fresh idea that should be shared in our newsletter, be sure to tell your program coordinator so she can write a stellar description of your idea to publish in this section. Enjoy!

Rejena Baugh in Garland, TX plans her childcare menus with the help of her childcare children. They love participating in creating a healthy menu. She also encourages the kids to create their own meal by offering a pizza bar. The kids put on little gloves and aprons while they spread their own sauce and choose toppings to create their own Mr. and Mrs. Pizza. Meatballs, pepperonis, peppers, and pineapple are some of the toppings in these masterpieces. Another kid favorite is the pancake bar. Rejena places pancakes on all of the children's plates and then they each make choices on what toppings to include. Bananas, blueberries, powdered sugar and whip cream are a few of their favorites! She also creates another kid favorite with a healthy spin – apples sliced in the shape of French fries! So creative! Thanks for all these great ideas!

Workshops for May

Saturday, May 7, 2011
Oak Cliff, TX 9-11a
Zobey: Fighting Childhood Obesity
Mourland YMCA
907 E. Ledbetter, Dallas, TX 75216
Directions: 214-375-2583
Registration 972-243-3237 Wend'e
Please RSVP by May 2nd!

Sherman, TX 10-11:30a
Happy Meals for Healthy Kids
Barbara Reyna's home
1107 S. Maxey
Directions: 903-868-1289
Registration: 972-398-9398 Renee

Wednesday, May 11, 2011
Plano, TX 7-8:30p
Happy Meals for Healthy Kids
Misti Dimillio's home
6532 Burrows Ct
Directions: 972-527-1415
Registration: 972-398-9398 Renee

Saturday, May 14, 2011
Tyler, TX 9:30a
Nutritional Workshop and Training
Debbie Martin's Home
8422 Castleton Way
Registration: 903-570-0417 Debbie

Saturday, May 21, 2011
Farmers Branch, TX 10a-12p
Farmers Branch Library
13613 Webb Chapel
Directions: 972-247-2511
Registration 972-243-3237 Wend'e
This is the VERY LAST WORKSHOP
of the year! No need to RSVP, please
just show up!

Saturday, May 21, 2011
Southwest San Antonio, TX 1-3p
Johnston Branch Library
6307 Sun Valley
Registration and Directions:
210-233-8453 Patricia

Saturday, May 28, 2011
Garland, TX 10-11:30a
Building for the Future
Dora Wesley's home
5726 Kerry Ln
Directions: 214-607-2502
Registration: 972-398-9398 Renee

Tuesday, May 31, 2011
North Central San Antonio, TX
7-9p
Brookhollow Branch Library
530 Heimer
Registration and Directions:
210-233-8453 Patricia

The Institute of Medicine is encouraging these new recommendations to the CACFP. Currently these are recommendations only, not requirements. The current requirements are being revised and will eventually involve quite a few of these recommendations. We will keep you posted!

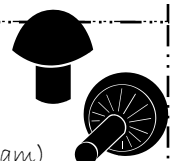
- ★ One serving of fruit and two serving of vegetables at each meal
- ★ More dark green and orange vegetables
- ★ Fewer starchy vegetables
- ★ No fried vegetables
- ★ 100% fruit juice with no added sugar
- ★ No juice to kids under 1 year old and only one serving per day for older children
- ★ 50% of grains as whole grains
- ★ Only one serving a week of baked or fried grains high in fat and sugar
- ★ Limited use of salt, saturated fats, trans fats, and added sugars
- ★ Lean meats
- ★ More soy, eggs, beans, nuts, and other meat alternatives
- ★ For infants, only breast milk or formula until 6 months of age
- ★ Whole milk for children until 2 years old
- ★ Low fat milk (1%) for children over 2 years old

MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Answers to March quiz

1. true
2. 1/3, 2/3
3. true
4. eat less, portions
5. true
6. vegetables
7. true
8. CACFP (Child and Adult Care Food Program)
9. water
10. true



Spring Veggies: Asparagus and Artichoke

After long winter months of scanty crops, root vegetables and tubers, the farmers market re-awakens in spring – pulsating with energy and brimming with cheerful colors, enticing smells and delicious flavors that make for a full sensory experience. Strolling by the vibrant stands of produce, you'll find everything to fulfill the stirring desires of re-awakened palates: fresh field strawberries, crisp green beans, plump artichokes and bright green asparagus.

Asparagus!



Harvested during a brief six to seven-week period between April and June, asparagus is arguably the one vegetable most intimately associated with the arrival of spring. Besides being tasty and full of flavor, asparagus is an abundant source of a wide variety of nutrients, making it a 'must' ingredient in every healthy and balanced diet. It is low in calories and sodium, and contains no fat. It supplies more folic acid than virtually any other vegetable and is an excellent source of potassium and vitamin B6.

Picking the best asparagus: When picking asparagus at the farmers market or at your local health food store, look for bundles with firm spears whose tips are closed, plump and green, and shy away from dry, brownish looking ones.

Storing asparagus: Once you've made your pick, it's very important to store your asparagus properly to keep it fresh and delicious, as it is a rather fragile vegetable. Wash it repeatedly in water until clean, pat it dry, and cut the harder stem ends – which are usually a lighter green – about an inch. Then, wrap a moist paper towel around the stems and place them in a plastic bag or container in the refrigerator. Or, even better, stand them upright in a couple of inches of cold water. If stored properly, they will keep for 2 or 3 days.

Cooking asparagus: Although it's perfectly safe to eat asparagus raw, it is infinitely better if cooked. That's when its sweet, luscious flavor is released in all its intensity. Try warm steamed asparagus with a pinch of salt and a drizzle of olive oil and you'll be in heaven!

Artichoke!



According to legend, the artichoke was created when the smitten Greek god Zeus turned his object of affection into a thistle after being rejected. Despite this prickly beginning, the ancients considered the artichoke full of health benefits, using it as an aphrodisiac, a diuretic, a breath freshener, and even a deodorant.

The artichokes we eat are actually the buds of a purple flower that can grow more than 3 feet tall. Because of their tough exterior, artichokes take some careful preparation. But your efforts will reap nutritional rewards -- the veggie is a good source of folate, dietary fiber, and vitamins C and K. Artichokes are also packed with antioxidants; they're number 7 on the USDA's top 20 antioxidant-rich foods list.

Not to be confused with the Jerusalem artichoke or the Chinese artichoke (neither has any relation to the common globe artichoke), the vegetable is native to the Mediterranean. But Castroville, Calif., where three-quarters of all the artichokes grown in the state are harvested, proclaims itself the "Artichoke Center of the World." Eat the tender ends of the leaves after boiling or steaming -- though the best part is the flavorful heart.

To prepare the artichoke for cooking, rinse under running water, and remove any bottom leaves that are shriveled or discolored. Then using a knife, trim the stems so that the bottoms and tops of the artichokes are flat.

- To boil, set the artichokes base-side down in about three inches of boiling water in a stainless steel pot. Adding a tablespoon of lemon juice to the cooking water will also help prevent discoloration. Cover, and boil for approximately 25 to 40 minutes, or until one of the center petals pulls out easily. Drain upside down.
- To steam, place prepared artichokes on a steamer rack a couple of inches above boiling, acidified water. Cover, and steam for approximately 25 to 40 minutes. As in the boiling method, the test for doneness is the same.
- To grill, cook prepared artichokes by boiling or steaming and cool. Slice each in half vertically, scrape out the fuzzy insides, toss with your favorite marinade, and grill face down on the barbecue for a few minutes.

With all of these methods, eat the artichoke by pulling off individual leaves and scraping off the cooked flesh with your teeth. Opt out of the usual butter sauce by preparing a low-fat dip or dressing. Use a base of yogurt with added spices or, use your favorite store-bought, low-fat salad dressing.

Enjoy the wonderful tastes of spring!

*sustainabletable.org *webmd.com

April



					1 All Fools Day	2
3 Send in Claim!	4 Grand Prairie, Katy Workshops	5	6	7	8	9 Austin, Lubbock, Greenville Workshops
10	11	12			15	16 San Antonio Workshop
17 Palm Sunday Full Moon	18 	19 Passover			20	21
24 Easter 	25	26	27	28 	29	30 Austin, Tyler Workshops National Birding Day

Grassy Eggs

You will need:

- Eggshells
- Potting soil
- Grass seeds (they germinate in a few weeks) or bean seeds (they germinate in a few days)
- Tempera paint, Markers, or dye the empty egg shell with Easter egg dyes
- Hot glue or white glue
- A small square of cardboard or a small piece of a pipe cleaner.



- Clean eggshells and dry them gently.
- To give the tiny plant pot a solid base, glue a small square of cardboard to the bottom of the eggshell (or use a small piece of pipecleaner twisted into a circle). If using white glue, let it set for a few hours; hot glue will set in a few minutes
- Using tempera paint or markers, decorate the eggshells. Let the paint dry.
- Put potting soil in the eggshells (fill a little over half way). Add many grass seeds or bean seeds. The grass seeds take a few weeks to germinate, but bean seeds will sprout in just a few days. You can buy seeds in your local grocery store.
- Cover the seeds with a little bit of soil, and sprinkle lightly with water.
- When the seeds sprout, put the tiny plant pot in a sunny spot and enjoy.



*enchantedlearning.com