



Volume 26
 Issue 7
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Sponsors of the Child and Adult Care Food Program
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April 2012
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Workshops for April

Tuesday, April 10, 2012

Port Neches, TX 7p

Got Milk! Useful Resources
 Cuddle Bugs Day Care
 Please call or text: 409-344-3817
 Nanette

This is the Golden Triangle Assoc. of Family Day Homes monthly meeting!

Humble, TX 7-9p

Atascocita Library
 19520 Pinehurst Trails Dr.
 Humble, TX 77346
 Registration required:
 email laurie.belle@yahoo.com or
 text 281- 808-1137 Laurie
 Please include your name and how many will attend.

Saturday, April 14, 2012

Southeast San Antonio 1-3p

McCresless Branch Library
 1023 Ada
 Directions and registration:
 210-233-8453 Patricia

Fort Worth, TX 11a

Tier 2 Snacks
 Cotton Patch Restaurant
 5030 South Hulen
 Please call or text:
 817-703-7768 Barbara
 Call or text before Friday, April 13th!

Saturday, April 21, 2012

Houston, TX 12:30-2:30p

Back to the Basics
 Parker Williams Library
 10851 Scarsdale Blvd
 Directions: 281-484-2036
 Registration: 713-816-4851 Carol

Georgetown, TX 10-11:30a

Healthy Choices
 Susan Brunner's Home
 215 Rockcrest Dr.
 Georgetown, TX 78628
 Directions and Registration:
 512-263-4002 Sandy
 All those who live North of Austin this is the class for you. Limit of 15 providers so be sure to call and register early!

Laredo, TX 9:30-11:30a

My Kids Won't Eat That!
 Laredo Public Library
 1120 E. Calton Rd 78041
 Directions and Registration:
 361-241-4446 Eileen
 Laredo, come see what the surprise is!?!?

Saturday, April 28, 2012

Bonham, TX 10-11:30a

Nibbles for Health
 Connie Alexander's home
 112 W Russell 75418
 Directions: 214-491-8033
 Registration: 972-398-9398 Renee

Workshops for May

Saturday, May 5, 2012

Corpus Christi, TX 10a-12p
 Garcia Public Library - new location!
 5930 Brockhampton (off of Lipes)
 78414

Directions and Registration:
 361-241-4446 Eileen

Tuesday, May 8, 2012

Plano, TX 7-8:30p

Building for the Future
 Mayra Morales's home
 4041 Bosque Dr 75074
 Directions: 214-762-8366
 Registration: 972-398-9398 Renee

Saturday, May 19, 2012

Garland, TX 10-11:30a

Sanitation and Health
 Dora Wesley's home
 5766 Kerry Ln
 Directions: 214-607-2502
 Registration: 972-398-9398 Renee

Richmond, TX 12:30-2:30p

Back to the Basics
 George Memorial Library
 1001 Golfview Dr
 Directions: 281-342-4455
 Registration: 713-816-4851 Carol

Southwest San Antonio 1-3p

Johnston Branch Library
 6307 Sun Valley
 Directions and registration:
 210-233-8453 Patricia

Fort Worth, TX 9:30-11a

Tier 2 Snacks
 Barbara's home
 2033 N Edgewood Terrace
 Please call or text:
 817-703-7768 Barbara



April 8th – 14th is Egg Salad Week!
Enjoy these egg facts and recipes!

Egg Safety

Product	Refrigerator	Freezer
Raw eggs in shell	3 to 5 weeks	Do not freeze. Instead, beat yolks and whites together; then freeze.
Raw egg whites	2 to 4 days	12 months
Raw egg yolks	2 to 4 days	Yolks do not freeze well.
Raw egg accidentally frozen in shell	Use immediately after thawing.	Keep frozen; then refrigerate to thaw.
Hard-cooked eggs	1 week	Do not freeze.
Egg substitutes, liquid Unopened	10 days	12 months
Egg substitutes, liquid Opened	3 days	Do not freeze.
Egg substitutes, frozen Unopened	After thawing, 7 days or refer to "Use-By" date.	12 months
Egg substitutes, frozen Opened	After thawing, 3 days or refer to "Use-By" date.	Do not freeze.
Casseroles with eggs	3 to 4 days	After baking, 2 to 3 months.
Eggnog Commercial	3 to 5 days	6 months
Eggnog Homemade	2 to 4 days	Do not freeze.
Pies Pumpkin or pecan	3 to 4 days	After baking, 1 to 2 months.
Pies Custard and chiffon	3 to 4 days	Do not freeze.
Quiche with filling	3 to 4 days	After baking, 1 to 2 months.

Egg Salad Sandwich

6 sliced, large hard boiled eggs
 1-2 tablespoons Greek yogurt
 Salt and pepper
 A tiny squeeze of lemon juice
 2 stalks celery, washed and chopped
 1/2 bunch chives, chopped
 Spring lettuce or spinach leaves
 Whole wheat toast
 Optional additions: chopped avocado and tomatoes

Mix ingredients in bowl and gently mash together with a fork. Spread on toast and top with lettuce. Sprinkle avocado and tomatoes before topping with second slice of bread. Smaller triangle tea sandwiches are perfect for little hands!

*101cookbooks.com

Perfect Hard Boiled Eggs

- PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch. HEAT over high heat just to boiling.
 - REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large).
 - DRAIN immediately and serve warm. OR, cool completely under cold running water or in bowl of ice water, then REFRIGERATE.

*incredibleegg.org

Baked Eggs:

Egg excellence for breakfast, lunch, or dinner!
 - BREAK AND SLIP 2 eggs into each lightly greased 10-oz. ramekins or custard cups.
 - SPOON 1 Tbsp. of milk evenly over eggs. SPRINKLE with salt and pepper.
 - BAKE in 325°F oven until whites are completely set and yolks begin to thicken but are not hard, 10 to 15 minutes.

Make it different and fun!

- ☉ This is a great opportunity to use leftovers. Chop any leftover steamed asparagus, peppers, onions, potatoes, or broccoli and drop the pieces into the ramekin with the eggs before cooking.
- ☉ Top with precooked bacon or ham.
- ☉ Add a dollop of salsa.
- ☉ Sprinkle with cheese.
- ☉ Let the kids create their own egggy creations with favorite ingredients!

*foodsafety.gov



Let's Move! Child Care Strive for 5: Goals for a healthier future

First Lady Michelle Obama's initiative to

“change the way a generation of kids thinks about food and nutrition.”

As a child care provider, you have the powerful opportunity to instill healthy choices that could help prevent childhood obesity from the start. With about 12 million babies and young children in child care nationwide, we can't afford to wait.

Strive for 5: Goals for a Healthier Future



1. Physical Activity: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.



2. Screen Time: No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).



3. Food: Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.



4. Beverages: Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.



5. Infant Feeding: For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

What's Working for Others

Not sure that you're ready or able to make changes now — or that our Let's Move! Child Care ideas will even work for your center or home? Well, child care providers just like you have stepped up to the plate to start adapting the nutrition and physical activities of the kids in their care — for the better.

The LACC in Wilmington, DE, nurtures nearly 400 children in child care, after school, and summer camp programs. Since 2008, the Center has worked with Nemours Health & Prevention Services (NHPS) — one of our partners in Let's Move! Child Care — to reduce portion sizes and transform its nutrition. A Testimonial from Maria Matos, Executive Director of LACC

“Our menus now offer varied, nutritious, ethnic foods that the children enjoy. Parents have expressed that while at home, their children talk about healthy habits and choose to eat fruits and vegetables as opposed to less nutritious snacks. The kids drink water and 1 percent or skim milk. We don't use any products that are fried or have added sugar. And when we serve bread or rice, it's whole grain. We serve a lot of fresh fruits and vegetables. We no longer give heaping portions, and the children eat well; they are full.”

To ensure that kids in licensed child care get plenty of healthy food and physical activity for their growing bodies, providers all over Delaware have made comprehensive changes to standards for physical activity and nutrition in the child care setting. The First State's child care regulations (nationally recognized for their requirements to promote kids' healthy development) teach healthy lifestyles to our youngest children and serve as a model for other states. What's going on in Delaware is a shining example of the kind of positive changes that need to be made in child care centers nationwide.

“It is important that centers ensure that children eat healthy and engage in physical activities as this is the cornerstone of healthy development. Having specific guidelines instituted by the Office of Child Care Licensing ensures that centers have a framework to utilize in creating their center and family policies. These guidelines allow us to engage families as well as educate them to be an active participant in their child's nutrition and physical development. The implementation of these guidelines has not been difficult. Yes, it does take some creativity and thought process to change our menus or to pack a nutritious lunch, but the end result is that children are eating healthy.” — Cheryl Clendaniel, Early Childhood Administrator, The Learning Center

“Breakfast, lunch, and snack have been part of our whole child approach for more than 120 years. What's new is today's wealth of knowledge about the impact that good eating habits developed early in life can have on a person's lifetime health. Teaching good eating habits and proper exercise are more important than ever before in our school's long history. Our young children learn to make wise food choices, and our families are learning to put good foods on the table even at a time when dollars are tight. St. Michael's has the opportunity to change the way families think so that they see healthy eating as a critical ingredient in raising children.” —Helen Riley, Executive Director, St. Michael's School, Wilmington, DE

Please visit healthykidshealthyfuture.org for more information!



April



1 All Fool's Day Palm Sunday	2 	3 Send in Claim!	4	5	6 Good Friday	7 Passover
8 Easter	9	10 Port Neches, Humble Workshops	11	12 	13	14 San Antonio, Fort Worth Workshops
15 Income Taxes Due	16 Day of the Mushroom	17	18	19 Garlic Day	20	21 Houston, Georgetown, Laredo Workshops
22 Earth Day	23	24	25 	26	27	28 Bonham Workshop
29 	30					

Answers to the March quiz

- 1. true
- 2. vegetables
- 3. true
- 4. ingredients list
- 5. fat, calories
- 6. variety
- 7. three
- 8. false
- 9. true
- 10. and, enjoy

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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!