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April 2014  
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## Workshops for April

**Saturday, April 5, 2014**

**Sherman, TX** 10-11:30a  
 My Kids Won't Eat That!  
 Barbara Reyna's home  
 107 S Maxey 75090  
 Directions: 903-868-1289  
 Registration: 972-398-9398 Renee

**Houston, TX** 12-2p  
 Cent\$ible Meals & More  
 Lake Jackson Library  
 250 Circle Way  
 Registration: 713-816-4851 Carol

**Monday, April 7, 2014**

**Wichita Falls, TX** 6:30-8p  
 Annual Training  
 Don Jose's Restaurant  
 2601 10<sup>th</sup> St  
 Please call or text:  
 817-703-7768 Barbara

## New Information!

- ❖ Laurie Ramos's new email address  
 laurieramos58@gmail.com
- ❖ Please be sure to record your meals on time the same day. Call or email the main office if you cannot record your meals properly for any reason (computer problems, etc) so a note can be made on your account. Otherwise your account can be flagged by the compliance department and meals disallowed.
- ❖ For all school age children attending LUN or AM, you must also check either "Sick" or "Sch Out," then "SAVE". Always call your program coordinator or the main office with any questions!

**Monday, April 14, 2014**

**Plano, TX** 7-8:30p  
 Making Nutrition Count  
 IHOP 933 N Central Expy  
 Registration: 972-398-9398 Renee  
 It's for pick of Plano Day Care Home Association and Southwest.

**Kingwood/Humble, TX** 7-9p  
 (Please be prompt!)  
 Kingwood Library  
 4400 Bens View Ln, Kingwood, TX 77339  
 RSVP requested by **April 10th**:  
 laurieramos58@gmail.com or  
 text 281- 808-1137 Laurie  
 Note location change from last year!

**Tuesday, April 15, 2014**

**Allen, TX** 7-8:30p  
 Deborah Roberson's home  
 1228 Waterdown Dr  
 Directions: 469-675-8585  
 Registration: 972-398-9398 Renee  
 Border of Plano and Allen.

**Saturday, April 26, 2014**

**Missouri City, TX** 12-2p  
 Cent\$ible Meals & More  
 Missouri City Library  
 1530 Texas Parkway  
 Registration: 713-816-4851 Carol



**Saturday, April 26, 2014**

**Killeen, TX** 9:30-12p  
 Cالدendar Training and More  
 Delores Hudson's home  
 1806 Gray Fox Trail Killeen, TX 76542  
 Directions: 254-432-4007 Ms. Dee  
 Registration: 254-690-8107 Veronica  
 For the first 15 to register!

## Workshops for May

**Saturday, May 3, 2014**

**Garland, TX** 10-11:30a  
 Tackling Childhood Obesity  
 Sandra Power's House  
 1606 Lakeland Park 75043  
 Directions: 972-240-8349  
 Registration: 972-398-9398 Renee

**Saturday, May 10, 2014**

**Galveston, TX** 10a-12p  
 Cent\$ible Meals & More  
 Galveston Kiddie College  
 1516 Ave K Galveston, TX 77550  
 RSVP: 713-816-4851 Carol  
 Please bring a folding chair.

**Waco, TX** 10:30-1p

Cالدendar Training and More  
 Lillian Robertson's home  
 1303 Victoria Waco, TX  
 Directions: 254-8670435 Lillian  
 Registration: 254-690-8107 Veronica

**Saturday, May 17, 2014**

**Farmers Branch, TX** 10a-12p  
 Calendar Training  
 Farmers Branch Library  
 13613 Webb Chapel at Golfing Green  
 Farmers Branch, TX 75234  
 Directions only: 972-247-2511  
 Please RSVP: 214-679-9257 Wend'e  
 This is my VERY LAST workshop for 2014!!

**Killeen, TX** 9:30-12p

Cالدendar Training and More  
 Rebecca Anthony's home  
 6805 Alvin Dr Killeen, TX 76542  
 Directions: 254-702-8136 Rebecca  
 Registration: 254-690-8107 Veronica  
 Located off Trimmer and Deosam loop.  
 First 15 to register!



**Georgetown, TX** 10-11:30a

Randi Spink's Home  
 119 Tanner Cir  
 To register, please contact me by phone  
 512-263-4002 or email sandy@swhuman.org  
 Sandy

# 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."

## 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.

*Mystery Provider 720021*

*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        | 6. true        |
| 2. brain       | 7. supervised  |
| 3. true        | 8. true        |
| 4. two, three  | 9. asleep      |
| 5. transitions | 10. role model |

## April is Pecan Month! Here are some facts and figures highlighting the awesomeness of pecans:

- ~ Pecans are easy to add to your eating plan; simply grab a handful! Pecans are healthy and delicious, and just a one-ounce serving (15- 20 pecan halves) packs the nutrients to keep you going. They're a perfect snack for both children and adults. Often associated with indulgences and occasional treats, pecans can also be eaten in healthier forms and cooked or baked in a wide variety of foods to add flavor and nutrition.
- ~ Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.
- ~ Pecans are naturally sodium free.
- ~ A one-ounce serving provides 10% of the Daily Recommended Intake for fiber.
- ~ Pecans are high in healthy unsaturated fat that can lower total blood cholesterol and preserve high-density lipoproteins (HDL) or "good" cholesterol. Sixty percent of the fats in pecans are monounsaturated and another 30 percent are polyunsaturated, leaving very little saturated fat in pecans. In addition, pecans contain no trans fat.
- ~ Today, "pecan" is pronounced many ways with strong differences in opinion inside of state and regional borders, even in the South.
- ~ Perhaps due to glaciation, pecans died out in Europe about 2 million years ago. The tree survived in North America and Mexico, however.
- ~ About 1,000 pecan varieties exist, many of them named after Native American tribes.
- ~ Today, the U.S. produces about 80 percent of the world pecan supply. The top states, in order, are Georgia, New Mexico and Texas. Mexico is the top producer behind the U.S.
- ~ According to USDA July 2011 Pecan Crop Production Report, the 2010-2011 pecan harvest yielded 293,470,000 pounds of pecans. Estimates for the 2011-12 crop year suggest US orchards will produce 280,000,000 pounds of pecans.
- ~ Before 1920, pecans were "hand-shelled" by consumers. In 1920, commercial shelling equipment made it much easier for us to enjoy these delicacies and consumption increased dramatically in the 1920s and after.

\*ilovepecans.org

# Let's Move! Childcare: Questions and Answers Part 3

The last three newsletters focused on the Let's Move! Childcare initiative. A recap of the goals is on page 2 of this newsletter or you are welcome to look at our website for the archived version of the January newsletter. This article highlights all of the reasons and ways to get parents and staff involved in the commitment.

## **What if parents are resistant to change?**

When it comes down to it, you're not demanding that parents make changes at home — just providing them with information about what you're doing (and what they could do, too) to give their children the very best chance at a healthy future. Improving nutrition and physical activity standards in your center or home opens up a real opportunity to start a conversation with families. Emphasize that you want to partner with them to help their kids grow and develop as they should during child care and at home. Have ongoing open dialogue to specifically address concerns, provide accurate information, and offer ways for families to get involved. Show families how powerful they are as food providers and role models who can instill healthy habits that last a lifetime.

To keep families in the loop (and feeling included) and engage them as partners in their child's healthy development:

- Have parent-caregiver meetings.
- Share recipes and brochures.
- Post information, letters, brochures, ideas, and websites on bulletin boards in the classrooms and pick-up/drop-off areas.
- Show the kids engaged in healthy behaviors (through daily or weekly reports, pictures of the children).
- Give parents pamphlets and activity sheets about experiences the kids had at your center that families could reinforce at home.
- Invite families to participate in special events that involve them in healthy eating and physical activity with their kids.
- Send home specific lists of other options to bring in for birthday and holiday celebrations instead of cakes and cupcakes: fruit, vegetable platters, whole grain crackers, reduced-fat cheese, or non-food items like developmentally appropriate party favors.
- Aim for empowering parents. Help them understand the tools offered to help them support healthy eating and physical activity at home. Build from the essential fact that most parents want what's best for their children.
- Emphasize that nobody alone can support healthy development of children. It takes all of us, working together, to help kids grow up healthy.

## **What if our staff doesn't see the value in participating?**

You have one of the toughest, most important, and yet most under-recognized jobs in the world. You might not hear it nearly as often as you should, but what you do matters. And this is a major way you can make a lasting impact on every kid you care for and help teach them how to grow up healthy.

You're on the front lines — from infancy on up. You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids right now — as their bodies and brains are growing and before they start developing unhealthy food preferences and habits that are hard to break.

Kids do as you do. When children see the grown-ups in their lives eating healthy and being active — and enjoying it — they're far more likely to do the same. When you serve nutritious foods and make physical activity a top priority at every age and stage, chances are, the kids will start asking for the same wholesome foods and fun activities at home. You might find that these changes are just as good for you, too — making healthier food choices and adding more activity will give you more energy and help you feel better overall.

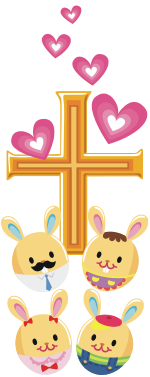
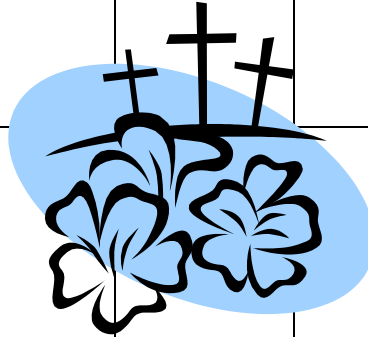
You don't want to see the kids in your care become childhood obesity statistics. You love and nurture them like they were your own. You're helping to raise them and keep them safe, happy, and healthy just like their parents do at home. You can work together as a team to promote the importance of healthy lifestyles in their children's early development. Serving healthy foods and beverages and incorporating physical activity into kids' regular schedules often just means finding and using creative ways to feed kids and let them move their growing little bodies — inside and outside.

Involve teachers in planning and implementing nutrition and physical activity changes — like purchasing of food, switching curriculum, educating children, or other ways. Emphasize that kids who are active tend to be more attentive and better-behaved. Before you know it, they'll see the value in what you're trying to do and you'll have the buy-in from your staff that you need to succeed.



# April

	1 <i>All Fool's Day</i>	2	3	4	5 <i>Sherman, Houston Workshops</i>
	6	7 <i>Wichita Falls Workshop</i>	8	9	10
	11	12	13 <i>Palm Sunday</i>	14 <i>Plano, Kingwood, Humble Workshops</i>	15 <i>Allen Workshop</i> <i>Income Taxes</i> <i>Passover</i>
	16	17	18 <i>Good Friday</i>	19	20
	21	22 <i>Earth Day</i>	23	24	25
	26 <i>Missouri City, Killeen Workshops</i>	27	28	29	30



Texas produces awesome pecans to use all ways ☺

- 🌰 Top any salad or pasta dish with pecans
- 🌰 Roast them in the oven with sweet potatoes and asparagus
- 🌰 Eat a handful of raw pecans as a quick snack:
  - 🌰 Take a pocketful shopping
  - 🌰 Take a small bag in the car
  - 🌰 Grab a few as an appetizer while cooking
- 🌰 Use pecan pieces as a crunchy crust for pork and fish in addition to chicken (See recipe on the left)
- 🌰 Dip in raw honey as a dessert snack
- 🌰 Pair with granola and dried fruit for an impromptu trail mix

## Pecan Crusted Chicken

- 🌿 4 chicken breasts
- 🌿 1/2 cup organic spicy brown mustard
- 🌿 2 tbsp raw organic honey
- 🌿 1 cup pecans
- 🌿 sea salt



Pre heat oven to 350. In a medium sized mixing bowl blend together the mustard and honey. Toss the pecans in a food processor and pulse until the nuts are finely chopped. Pour the chopped pecans either on a plate or in a pie pan if you have one. Using a paper towel, remove any excess moisture from the outside of your chicken breasts. Taking one chicken breast at a time, first place the chicken into the mustard/honey mixture and coat on both sides. Transfer chicken to the chopped pecans and again cover both sides. Place coated chicken into a greased glass baking dish and sprinkle each chicken breast with just a little sea salt. Bake at 350 for 45 minutes or until the chicken juices run clear.

\*everydaypaleo.com

