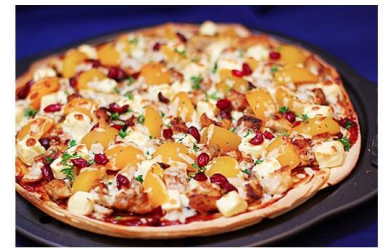




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Volume 29, Issue 7
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 Lindsey Seybold, Editor

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 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

April 2015
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In this Issue:

Workshops
 Mystery Provider
 Food Safety: Prevent Food
 Poisoning
 Tips for Serving Healthier Party
 Treats
 April Calendar
 USDA Recipes for Kids,
 Created by Kids



Annual Training Workshops

As the annual training workshop season comes to a close, please look over these dates for April and May or look on our website www.swhuman.org for an updated list. For most areas, these are the last of the workshops scheduled. The program coordinators are excited to present the required training as well as new, interesting information in their workshops. These events are also great networking opportunities. We hope you can attend!!

All providers may check our website swhuman.org for updates about when the **claim** has been **submitted** and when **reimbursements** have been **sent**, including direct deposits. Thank you!

Workshops for April

Tuesday, April 7, 2015

Brenham, TX 7-9p
 Christ Lutheran Church
 1104 Carlee Dr
 Brenham, TX 77833
 RSVP to Laurie by
 text 281-808-1137 or
 email laurieramos58@gmail.com

Saturday, April 11, 2015

Sherman, TX 10-11:30a
 Recipes for Healthy Kids
 Barbara Reyna's home
 107 S Maxey 75090
 Directions and Registration:
 972-398-9398 Renee



Houston, TX 10:30a-12:30p
 Parker Williams Library
 10851 Scarsdale Blvd
 Questions: 713-816-4851 Carol
 No need to register for the workshops.
 See you there!

Waco, TX 10a-12p
 Patricia Octave's home
 6508 Crystal Ct 76712
 Directions: 254-420-2311
 Registration: 254-690-8107 Veronica

Saturday, April 18, 2015

Lampasas, TX 10a-12p
 Patricia Rios' home
 1410 W 4th St. 76550
 Directions: 512-775-3138
 Veronica



Katy, TX 10:30a-12:30p
 Katy Branch Library
 5414 Franz Rd
 Questions: 713-816-4851 Carol
 No need to register for the workshops.
 See you there!

Saturday, April 18, 2015

Tyler, TX 9:30a-1p
 Debbie's House
 5872 Old Jacksonville Hwy Apt 129
 75703
 Directions and registration:
 903-570-0417 Debbie



Tuesday, April 21, 2015

Ennis, TX 7-8:30p
 Kid Friendly Veggies and Fruits
 Buba's BBQ
 210 W I45 Service Rd
 Directions: 972-875-0036
 Registration: 214-679-9257 Wend'e
 Please come to our 1st Annual Ennis
 and Corsicana Workshop!

Saturday, April 25, 2015

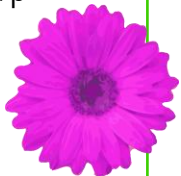
Galveston County, TX
 10:30a-12:30p
 Evelyn Meador Library
 2400 North Meyer Road, Seabrook
 Questions: 713-816-4851 Carol
 No need to register for the workshops.
 See you there!

Killeen, TX 10a-12p

Florence Andrew's home
 4801 Mesa Dr. Killeen, TX 76542
 Directions: 254-690-1861
 Registration: 254-690-8107 Veronica
 First 15 to register call Veronica!

Tuesday, April 28, 2015

La Grange, TX 7-9p
 La Marina Restaurant
 1502 W State Highway 71
 Directions: 979-968-2065
 RSVP to Laurie by
 text 281-808-1137 or
 email laurieramos58@gmail.com



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! 010761

Answers to March quiz

1. true
2. Safe
3. false
4. bacterial
5. children
6. true
7. You
8. true
9. mishandled
10. No

Workshops for May

Saturday, May 2, 2015
Houston, TX 10:30a-12:30p
Young Neighborhood Library
5260 Griggs Rd
Questions: 713-816-4851 Carol
No need to register for the workshops.
See you there!

Saturday, May 2, 2015
Killeen, TX 10a-12p
Tanika Pain's home
2508 Black Orchid Dr. Killeen, TX
76549
Directions: 254-200-2320
Registration: 254-690-8107 Veronica
First 15 to register call Veronica!

Saturday, May 16, 2015
San Antonio, TX 3-5p
Fun and Nutritious Snacks
Johnston Branch Library
6307 Sun Valley 78227
Registration: Rachele@SWHuman.org
or 210-289-5451 Rachele

Saturday, May 16, 2015
Conroe, TX 1-3p
Montgomery City Library
104 I-45 North
Conroe, TX 77301
RSVP to Laurie by
text 281-808-1137 or
email laurieramos58@gmail.com

Saturday, May 23, 2015
Garland, TX 10-11:30a
The Two Bite Club
Sandra Power's House
1606 Lakeland Park 75043
Directions: 972-240-8349
Registration: 972-398-9398 Renee
Go to the second entrance – the gate is open!

Saturday, May 30, 2015
San Antonio, TX 2:30-4:30p
Fun and Nutritious Snacks
McCreless Branch Library
1023 Ada St 78223
Registration: Rachele@SWHuman.org or
210-289-5451 Rachele
This will be the last San Antonio workshop for
this year!

Food Safety: Prevent food poisoning in 4 steps Step One - CLEAN

Did you know that one in six Americans could get sick from food poisoning this year alone? Food poisoning not only sends more than 100,000 Americans to the hospital each year – it can also have long-term health consequences. But following four simple steps can help keep your family safe from food poisoning at home.

Stay tuned for the upcoming steps Clean, Separate, Cook, and Chill in our newsletters to see the most effective ways to help keep your family safe from food poisoning.

Clean

Wash hands and surfaces often. Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.

Follow these top tips to keep your family safe:

Wash hands the right way—for 20 seconds with soap and running water.

Washing your hands the right way can stop the spread of illness-causing bacteria.

Wash surfaces and utensils after each use.

Bacteria can be spread throughout the kitchen and get onto cutting boards, utensils, and counter tops.

Wash fruits and veggies—but not meat, poultry, or eggs!

Did you know that—even if you plan to peel fruits and veggies—it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them?

Check out this link for videos detailing all the best ways to stay CLEAN in the kitchen!

<http://www.foodsafety.gov/keep/basics/clean/index.html>

*foodsafety.gov

Tips for Serving Healthier Party Treats

From sweet cakes and candies to salty snacks, many common party treats can be anything but nutritious. But hosting or attending a kids party doesn't have to derail your child's nutrition. Follow these tips to provide a fun and delicious party spread that's also healthy.

- 1. Make it Fun** Presentation is everything when serving nutritious party foods. It's also helpful to include a variety of colors, and make eating a hands-on experience, shares Academy of Nutrition and Dietetics spokesperson Marina Chaparro, MPH, RDN. She suggests cutting foods into fun shapes using cookie cutters, serving kabobs and providing dips and other interactive foods to keep kids engaged.
- 2. Choose a Better Store-Bought Snack** When it comes to quick-and-easy options, go for air-popped popcorn, whole-grain tortilla chips with salsa and guacamole or whole-wheat pita bread with hummus. Toss together a simple trail mix made with whole-grain cereal, nuts and dried fruit for an energizing mix of complex carbohydrates and protein.
- 3. Lighten Up Your Dip** Sara Haas RDN, LDN, Academy spokesperson, recommends this fresh, healthy spin on spinach and artichoke dip. Saute fresh spinach and artichokes together with a little garlic, and stir in low-fat plain Greek yogurt, shredded Parmesan cheese, salt and pepper. Serve the dip with fresh vegetables and toasted whole-wheat baguette slices.
- 4. Build a Colorful Vegetable Tray** Aim for color contrasts and a variety of textures on fruit and vegetable trays, suggests Sarah Krieger, MPH, RDN, spokesperson for the Academy of Nutrition and Dietetics. Try combining grape tomatoes, baby carrots, steamed and chilled green beans and cauliflower florets. Including a variety of colors ensures that the kids are getting a range of nutrients.
- 5. Include a Filling Main Event** Mini meatball dippers: For a protein-packed finger food, prepare mini meatballs with lean ground beef or turkey. Serve on skewers with a tomato-based sauce for dipping. Or have a homemade pizza party. Start with fresh pizza dough from the grocery store bakery, or use pita bread or tortillas for a simple crust. Provide lower-sodium marinara sauce, low-fat cheese, turkey pepperoni and plenty of fresh vegetables, and allow the kids to add their own toppings.
- 6. Serve a Better Drink** Instead of soda or other sweetened beverages, serve fruit juice mixed with sparkling water for a bubbly drink with less sugar, or try infusing water with fresh fruit, like strawberries, oranges or lemons. Chaparro recommends making fruit ice cubes by placing sliced fruit in ice cube trays, add water to cover and freezing.
- 7. Be Smart with Sweet Treats** Serve more nutritious foods first, and bring out the sweets later when the kids have already filled up on healthier fare. Provide smaller portions of desserts and treats, and serve each child individually, rather than leaving sweets out for the taking. Smarter options include fruit- or yogurt-based popsicles.
- 8. Get the Kids Cooking** Involve older children by organizing a cooking competition, recommend Weiss. Divide the kids into groups and give each group a mystery basket with several ingredients, such as canned beans, tortillas, low-fat shredded cheese and something unusual like popcorn. Charge each group with creating their own recipe from the ingredients provided.

With these tips, you can make the next kids party an opportunity to teach your child that eating healthfully can be fun — and delicious.

April

1	2	3 Send in Claim!	4 Passover Begins
5 Easter	6	7 Brenham Workshop	10
8	9	11 Sherman, Houston, Waco Workshops	14 World Health Day
15 Tax Day	16	17	18 Lampasas, Katy, Tyler Workshops
19	20	21 Ennis Workshop	24 Arbor Day
22 Earth Day	23	25 Galveston County, Killeen Workshops	28
29	30		



HAPPY EASTER



This recipe is one of the top 30 recipes from the Recipes for Healthy Kids Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's Let's Move! initiative. Teams of students (grades 4 to 12), school nutrition professionals, chefs, parents, and other interested community members were challenged to create recipes to increase students' intake of foods in these under-consumed competition categories: dark green and orange vegetables, dry beans and peas, and whole grains.

The team from Newman Elementary School eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

<http://www.whatscooking.fns.usda.gov/>

Purple Power Bean Wrap

- 1 tsp Lemon zest (make zest from juiced lemon)
 - 2 Tbsp Fresh lemon, juiced
 - 2 cups Canned low-sodium great northern beans, drained, rinsed
 - ½ cup Fresh avocado, peeled, pitted, puréed
 - 1 Tbsp Fresh garlic, minced
 - 2 ¼ tsp Extra virgin olive oil
 - 1/3 tsp Chili powder
 - ½ tsp Salt
 - 1 ½ cups Fresh purple cabbage, finely shredded
 - 6 Whole-wheat tortillas, 10"
 - 3 cups Fresh romaine lettuce, shredded
1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
 2. Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
 3. Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
 4. You may cover and refrigerate at 40 °F for no more than 2 hours to avoid browning of avocado.
 5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately