



Southwest Human Development Services
 P.O. Box 28487 • Austin, Texas 78755-8487
 (512) 467-7916 • Toll Free (800) 369-9082
 Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org



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 Blake Stanford, President
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program
 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

April 2016
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

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Workshops for April

Saturday, April 2, 2016

Houston, TX 11:30a-1:30p
 Lake Jackson Library
 250 Circle Way
 Questions: 713-816-4851 Carol

Midland, TX 10a-1p
 Annual Training/Calendar Training
 Midland Centennial Library – Room 117
 2503 W Loop 250 N (Next to Best Buy)
 432-556-3838 Janet
 Bring your "Passport to Adventure" Calendar if you have one!

Saturday, April 9, 2016

Little Elm, TX 10-11:30a
 My Kids Won't Eat That!
 Mrs. Saliu's home
 2705 Tradewinds Dr
 Directions: 214-429-6544
 Registration: 972-398-9398 Renee



San Antonio, TX 2:30-4:30p
 Cen\$ible Meals
 Molly Pruitt Library at Roosevelt High School
 5110 Walzem Rd 78218
 Enter library parking lot from Ray Bon
 Registration: Rachelle@SWHuman.org
 or call/text 210-289-5451 Rachelle

If your email has changed please send your new address to emailupdate@swhuman.org with your Name and Provider ID.

Saturday, April 16, 2016

Houston, TX 11a-1p
 Annual Training
 Scenic Woods Library
 10677 Homestead Rd 77016
 Questions: 713-816-4851 Carol



Thursday, April 21, 2016

Ennis, TX 7-8:30p
 Buba's BBQ
 210 W I45 Service Rd
 Directions: 972-875-0036
 Registration: 214-679-9257 Wend'e
 This is for all my Ennis, Corsicana and Waxahachie providers!

Saturday, April 23, 2016

Katy, TX 11:30a-1:30p
 Katy Branch Library
 5414 Franz Rd
 Questions: 713-816-4851 Carol

Cent\$ible Meals Temple, TX 10a-12p

Sabrina Anderson
 118 McFadden Ln
 Temple, TX 76502
 Directions: 541-698-8363 Sabrina
 Reservation: 254-690-8107 Veronica

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!

Saturday, April 30, 2016

Cent\$ible Meals Killeen, TX 10a-12p
 Gaudi Lopez's home
 4407 Lori Dr
 Killeen, TX 76549
 Directions: 254-554-8380 Gaudi
 Reservation: 254-690-8107 Veronica

Paris, TX 11a-12:30p
 My Kids Won't Eat That!
 Wing Stop
 3955 Lamar Ave
 Directions: 972-398-9398
 Registration: 972-398-9398 Renee
 You're welcome to eat lunch!

San Antonio, TX 2:30-4:30p
 Cen\$ible Meals
 Maverick Branch Library
 8700 Mystic Park
 San Antonio, TX 78254
 Registration: Rachelle@SWHuman.org
 or call/text 210-289-5451 Rachelle



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!!

o8o496

Workshops for May

Monday, May 9, 2016

Plano, TX

7-8p

My Kids Won't Eat That!

Olive Garden

700 N Central Expressway

Registration: 972-398-9398 Renee

Plano Daycare Home Association and Southwest!

Saturday, May 14, 2016

Lamasas, TX

10a-12p

Cent\$ible Meals

Aretha Williams' home

327 Country Rd 4884

Copperas Cove, TX 76522

Directions: 512-525-6548 Aretha

Reservation: 254-690-8107 Veronica

San Antonio, TX

2:30-4:30p

Cent\$ible Meals

McCreless Branch Library

1023 Ada St

San Antonio, TX 78223

Registration: Rachelle@SWHuman.org or

call/text 210-289-5451 Rachelle

This will be the last San Antonio workshop for this year. If you were not able to attend one please download the annual training packet from our website or call the office to have it mailed to you.

Saturday, May 21, 2016

Waco, TX

10a-12p

Cent\$ible Meals

Patricia Octave's home

6508 Crystal Ct 76712

Directions: 254-420-2311 Patricia

Reservation: 254-690-8107 Veronica

Answers to March newsletter quiz

1. true

2. nutrient dense

3. true

4. sugar, fat

5. Macronutrients

6. true

7. small

8. true

9. Minerals

10. cannot

Healthy Slaw

Slaws are perfect, easy-to-prepare dishes. The varieties are many and the ingredients are plentiful, making them a brilliant twist on salads — and they are good for you, too.

While there are countless slaw variations, two traditional coleslaw ingredients are cabbage and carrots — both of which boast healthy nutrition profiles. Raw chopped cabbage is an excellent source of vitamin C and provides folate, vitamin B6, phytonutrients, lutein and zeaxanthin. Carrots are also low in calories and packed with nutritional benefits. They are an excellent source of vitamin A, and also contain lutein and zeaxanthin.

You can further boost the nutrition profile of your slaw by incorporating other nontraditional ingredients. Cut thin ribbons of broccoli, bok choy, Swiss chard, kale, beets, green papaya, apples, jicama or mango. Use a traditional mayonnaise dressing with fresh herbs, or change it up with a light rice vinaigrette or sesame-soy tahini combination.

Need some slaw inspiration? Here are some variations certain to please any palate.

- **Sweet/tart slaws:** Made with sweet dressings and flavorful vinegars, these slaws often include sweet fruits such as pineapple, apple or raisins. Dried cranberries, toasted almonds or thinly sliced fennel are other flavor enhancers.
- **Creamy slaws:** These mayonnaise-based slaws can be deliciously spicy when made with mustards and horseradish. Substitute low-fat versions of mayo, sour cream or yogurt and add broccoli, broccolini, chilies or red pepper flakes for more crunch and heat.
- **Asian-inspired slaws:** With no creamy ingredients and less added sugar than its traditional counterparts, common ingredients include ginger, peanut butter, lime juice, soy sauce, sesame oil, sesame seeds, green onions, dry noodles and peanuts.
- **Exotic slaws:** Exotic slaws may or may not include cabbage, but these varieties are considered slaws because of the way the vegetables, fruits or other ingredients are finely chopped and tossed together.

The fall harvest also brings colorful sweet peppers, radicchio and squashes that make for exciting autumn slaws. So be creative the next time you are browsing your grocery produce section. Your slaw recipe could be a big hit at the next family meal. www.eatright.org

Check out the two awesome slaw recipes (pictures on the front cover!) on page 4 of this newsletter. Enjoy!

Essential Vitamins and Minerals for Vegetarian and Vegan Diets

Vitamin B12 has a vital role in cell division and blood formation in the body; therefore, it is especially important for growing children to have reliable sources of vitamin B12 in their diet. Our body cannot produce vitamin B12. Bacteria are responsible for producing vitamin B12.

In general, plant foods do not contain vitamin B12, thus, vegans need to look to fortified foods or supplements to get vitamin B12 in their diet. Although recommendations for vitamin B12 are very small, a vitamin B12 deficiency is a very serious problem and may lead to anemia and permanent nerve damage. If you are raising a vegan or vegetarian child, make sure you will include sources of vitamin B12 in their diets.

Rich sources of vitamin B12 include:

- dairy products
- eggs
- vitamin-fortified cereals
- vitamin-fortified breads
- vitamin-fortified soy
- vitamin-fortified rice drinks
- vitamin-fortified nutritional yeast

Foods high in zinc:

toasted wheat germ	For lacto-vegetarians:
roasted pumpkin seeds	swiss cheese
roasted squash seeds	low-fat milk
dried watermelon seed	hard cheese
dark chocolate	
cocoa powder	
peanuts	
fortified breakfast cereal with 25% of DV for zinc	
baked bean	
low-fat fruit yogurt	
cashews	
chickpeas	
dried roasted almonds	

Zinc is another important mineral in our body which plays a vital role in:

- immune function
- protein synthesis
- wound healing
- DNA synthesis.

Zinc also supports normal growth and development during pregnancy, childhood, and adolescence. A daily intake of zinc is required to maintain a stable state as the body has no specific zinc storage system. Parents can create a meal plan for their vegetarian or vegan child that includes foods high in zinc.

Iron is an important element in our body which helps with carrying oxygen in the blood, cell metabolism, and providing energy. Iron deficiency in children may lead to anemia, inability to think well, as well as an increased chance of infections.

Parents of young vegetarian or vegan should pay special attention to children's iron intake. If your child doesn't eat any fish, eggs and dairy foods, be sure to provide good food sources of iron. Unfortunately, plant sources of iron are not as well absorbed as animal sources, so care must be taken to emphasize rich sources of plant-base iron.

Combination of these foods with good sources of vitamins C like orange juice, grapefruit and tomatoes will increase iron absorption.

*nourishinteractive.com

Plant-based iron foods are:

- lentils
- cowpeas also called black-eye peas
- dried beans like kidney, lima, navy, black and pinto beans
- spinach
- iron-enriched breads
- iron-enriched cereals
- soybeans
- firm tofu
- broccoli
- collard greens
- turnip greens

April

				<p>1 <i>April Fool's Day</i></p>		<p>2 Houston and Midland Workshops</p>	
<p>3</p> 		<p>4</p>		<p>5</p> 		<p>6</p>	
				<p>7 <i>World Health Day</i></p>		<p>8</p>	
				<p>14</p>		<p>15 <i>Tax Day</i></p>	
				<p>16 Houston Workshop</p>			
<p>17</p>		<p><i>World Health Day</i></p> 		<p>21 Ennis Workshop</p>		<p>22 <i>Earth Day</i></p>	
<p>23 Katy and Temple Workshops</p>							
<p>24</p>		<p>25</p>		<p>26</p>		<p>27</p>	
				<p>28</p>		<p>29 <i>Arbor Day</i></p>	
						<p>30 Killeen, Paris, and San Antonio Workshops</p>	

No-Mayo Coleslaw

- 1/4 small red cabbage
- 1/2 small green cabbage
- 1/2 carrot, shredded
- zest of 1/2 lemon
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- 1/4 teaspoon black pepper



1. Remove any tough outer leaves from the cabbage.
2. Trim the core and any tough stems from the cabbage and thinly slice.
3. Add to a bowl with the shredded carrot, lemon zest, lemon juice, olive oil, honey, salt and black pepper. Toss to combine.
4. Serve this right away for more of a salad, or store it in the fridge overnight for a slaw that's more pickled.

*pbs.org



Stone Fruit Slaw

- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon vegetable oil
- 2 teaspoons (packed) light brown sugar
- 1/4 teaspoon curry powder
- 1/8 teaspoon crushed red pepper flakes
- 1 1/2 pounds assorted firm stone fruit (about 5; such as plums, nectarines, peaches, or apricots), julienned
- 2 scallions, thinly sliced diagonally
- Kosher salt and freshly ground black pepper

Whisk first 6 ingredients in a medium bowl. Add fruit and scallions; toss gently to coat. Season to taste with salt and pepper.

*bonappetit.com