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## Annual Training is due in August!!

If you were unable to make a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training here [swhuman.org](http://swhuman.org). These tests need to be returned to us no later than **August 31, 2013**. Failure to meet the training requirement by this date will begin the serious deficiency process.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you. Thank you!



One of our providers, Sandra Williams, sent in an excellent tip to save food and money. She takes any leftover untouched baby food fruits or veggies and mixes them with fruit juice. This mixture is then frozen to make yummy popsicles. She also makes popsicles in the blender using fresh fruit and 100% juice with one part fruit to two parts juice. Thanks for the great summer suggestions, Sandra!

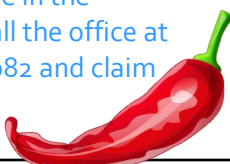
## The Secretary of Agriculture has declared August 4<sup>th</sup>-10<sup>th</sup> to be Farmer's Market Week!

Within the proclamation, Thomas Vilsack, Secretary of U.S. Department of Agriculture, noted these key points about our farmers markets:

- \* farmers markets are important outlets for agricultural producers nationwide, providing them with increased marketing opportunities; and
- \* thousands of farmers markets across the country offer consumers fresh, affordable, convenient, and healthful products sold directly from the farm;
- \* farmers markets play a key role in developing local and regional food systems that support the sustainability of family farms, revitalize communities, and provide opportunities for farmers and consumers to interact; and
- \* farmers markets increasingly offer electronic benefits transfer technology for use by Supplemental Nutrition Assistance Program recipients in redeeming their benefits and also offer opportunities for low-income women, infants, and children and seniors participating in the WIC and Senior Farmers' Market Nutrition Programs, respectively, to redeem their benefits;
- \* I encourage the people of the United States to celebrate the benefits of farmers markets and the bountiful production of our Nation's farmers with appropriate observances and activities.

### 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!



Here are two websites where farmer's markets are searchable by zip code or city.  
<http://www.localharvest.org/>  
<http://www.texascertifiedfarmersmarkets.com/members.html>

## How To... Re-enroll or Inactivate Children for the School Year!

Now that the school months are upon us, "summer kids" might be returning to school full time and your regular school-year children might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the school months and will be returning (either next summer or on holidays), do not withdraw that child – he can instead be "inactive."

### Using paper enrollment forms:

- Write out the child's information completely on the form.  
Write "re-enroll" at the very top of the form.
- If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

### On MM Kids Online:

- Reprint the child's enrollment form from your computer.
- Select all from the righthand dropdown list and then the withdrawn kid from the lefthand dropdown list. Click "print child enrollment."
- Obtain a new signature from the parent. In the margin, write Re-enrolled and what date he will be entering your care. Mail/fax a copy to the office.
- If a child is leaving for an extended period of time, his status can be made "inactive" directly on MM Kids Online.
- After signing into the program and at the main screen 1)Click on the Child Information icon 2)Select the child's name 3)Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen. When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.

Call the office with any questions 1-800-369-9082.

### Answers to July quiz

1. true
2. trail mix
3. true
4. high-fiber
5. three
- 6.true
7. granola
8. true
9. bananas, cheese
10. processed



## The Q & A Corner:

### Questions asked and Answers received!

We have recently received some popular questions and answers from providers with the food program. A few will be posted each month in this new newsletter section.

If one of the Q & As sparks one of your own questions, please call 1-800-369-9082 or email [info@swhuman.org](mailto:info@swhuman.org) to ask the main office!

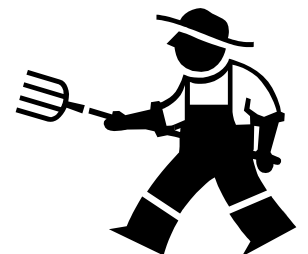
### ***Q: Is there an appropriate time limit for different age groups to finish meals? What are they?***

**A:** You'll have to observe the children and see. There is a difference in lingering at the table because you're afraid of going on to the next activity, which is true for some children, and staying because you are still hungry, or staying because there is a really pleasant conversation going on. Some places don't have the choice of lingering at the table because someone else may be coming in to use that space to eat; the system may not allow you to linger. Again, observe the children and see how long it takes them. Remember the organizational factor, but remember the individual child as well. There isn't necessarily a time limit that is age based, but based on the children you have. Determine when things start to deteriorate, then time is probably up. And you'll know that. Routine is another aspect. Best suggestion: time it. How long do they have to wait? How long does it take them to get started? Examine the mealtime. When you feel you are ready to be done, hopefully they will too. Another factor is ratios. If there just aren't enough adults to go around, make sure the children eat a little more quickly. But as much as possible, let the children find their own tempo for eating. There is no magic number based on age.

## August 31st is Trail Mix Day!

Celebrate trail mix day by encouraging the kids to create their own unique trail mix. This is a great opportunity to finish off any whole grain cereals and then add any kind of dried fruit, nuts, pretzels, crackers, or veggie chips. The more variety of flavors, colors, and sizes, the more unique the snack will be. Mix it all together and share with family and friends. Here are some fun ingredient ideas:

- |  |                                   |
|--|-----------------------------------|
| Sunflower seeds                          | Beef or turkey jerky              |
| Pumpkin Seeds                            | Veggie chips                      |
| Banana chips                             | Peanuts, cashews, pecans, walnuts |
| Tropical dried fruit mix                 | Sliced almonds                    |
| Dried cranberries, blueberries, cherries | Sesame sticks                     |
| Raisins                                  |                                   |
| Cheese crackers                          |                                   |
| Pretzels                                 |                                   |
| Chocolate chips                          |                                   |
| Butterscotch or cinnamon chips           |                                   |
| Fruit flavored cereal                    |                                   |
| Cocoa flavored cereal                    |                                   |
| Spoon-sized whole wheat cereal           |                                   |
| Round oat cereal                         |                                   |
| Wagon wheel shaped cereal                |                                   |



# Grade-schoolers and Healthy Foods

## Get your grade-schooler involved

A great way to get your child excited about eating a range of healthy foods is to involve him in the family's meal-planning decisions. Let him help you make out menus and a grocery list. You can even have your child look for specific ingredients, like sugar, on the nutrition labels of the foods you choose — and those you put back on the shelf.

Make a habit of selecting one new fruit or vegetable to try each week, keeping in mind that your child may not be interested in trying something unfamiliar until it's been offered numerous times.

To encourage your child to take some responsibility for his own nutrition, you could help him create his own daily food chart, with boxes for each category: fruit, vegetables, grains, dairy, and meat/protein. Have your child color in or check off the appropriate boxes when he finishes a meal or snack. Then look at the chart together at the end of each day to tally how well he did in meeting his nutritional goals.

## Encourage involvement in the kitchen

- Teach your grade-schooler to follow a simple recipe and measure ingredients. (This is excellent hands-on practice for learning fractions!)
- Have your child wash the lettuce and toss the salad, grease the baking pans and fill the muffin tins. Let him have some fun pouring pancakes in the shape of his initials or cutting toast into a heart shape.
- Once he's old enough to handle it, have him grate cheese and even chop fruits and vegetables. (Always supervise your child with knives and electric appliances, of course.)

## Go to the source

Take your grade-schooler on an outing to an orchard, berry farm, or dairy so he can see where the food on his plate comes from. The novelty just might inspire him to try something he wouldn't otherwise be interested in. There's nothing like seeing your own food grow to motivate kids to eat their fruits and veggies. Think about planting your own. Even if you don't have much space, you can grow tomatoes or strawberries in a container on a balcony or patio.

## Fortify but don't fool

You might try incorporating healthy foods into dishes you know your grade-schooler likes, but don't be sneaky about it. (Even if he falls for it now, he may later feel betrayed when he figures out what's up.) Tell him that you're giving him some special pasta spirals tonight — with spinach mixed in or with broccoli and cheese on top. Better to be up-front and encourage an adventurous approach to eating.

## Make it count

Be aware of your grade-schooler's nutritional needs, but remember that eating right isn't all about fruits and vegetables. Calcium is especially important during adolescence, when bones are growing rapidly. Three servings of calcium-rich foods per day are needed. Here are some easy ways to serve up good nutrition:

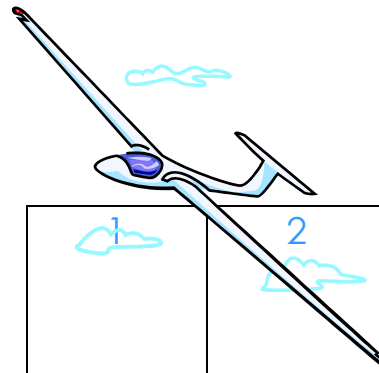
- A peanut butter sandwich (1 1/2 tablespoons on two slices of whole wheat bread) and one cup of low-fat milk will take care of about a third of your child's recommended daily intake of grain and half of his dairy requirements. It will also provide all of his protein for the day, as well as important nutrients like zinc, vitamin E, magnesium, and essential fatty acids.
- One and a half cups of bran cereal with raisins with one cup of low-fat milk and a 4-ounce glass of orange juice will satisfy about a third of his fruit, half of his dairy, and a third of his grains for the day. It'll also provide fiber, iron, calcium, and vitamin C.
- Even a slice of cheese pizza equals almost a third of the day's dairy, providing over half of the day's protein and healthy doses of vitamin A, zinc, and iron.

## Be a good role model

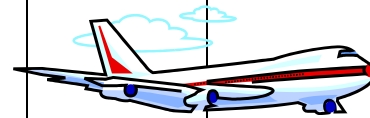
As you consider all the ways of getting your grade-schooler to eat well, remember to practice what you preach. If your child sees you eating lots of junk food or skipping meals, you can't expect him to eat properly. Make an effort to eat whole grains, fruits, and vegetables, and you and your child will both be better off.

Forget the food fights. Let your child decide how much he wants to eat. And don't use a sweet treat as a bribe or withhold it as a punishment. Try to make mealtime together — at the table, not in front of the television — as enjoyable as possible, so that your child can establish a good, healthy relationship with food.

# August



		1	2	3 Send in Claim! Watermelon Day
4 Friendship Day	5	6	7	8 Farmer's Market Week (4th- 10th)
9	10	11	12	13
14	15	16	17	18
19 National Aviation Day	20	21	22	23
24	25	26 Women's Equality Day	27	28
29	30	31 Trail Mix Day		



## Friendship Pin Craft

As friends leave your childcare and new kids enter this fall, friendship pins can help the children (and you!) in this transition phase. This easy craft created for older children is simple yet fun to trade and give as gifts. Encourage the kids to get creative in expressing themselves with a pin!

**Supplies:**  
Coil-less safety pins (by Darice)  
Assortment of beads

**Instructions:**  
Slide beads on pin. Trade finished pins.  
Wear on clothes or shoes or hair ribbons!

