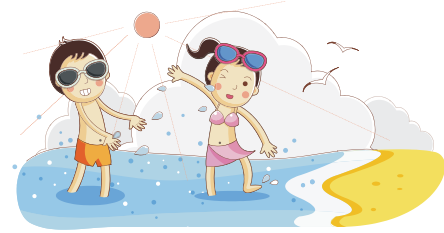




Southwest Human Development Services
 P.O. Box 28487 • Austin, Texas 78755-8487
 (512) 467-7916 • Toll Free (800) 369-9082
 Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org



Volume 28, Issue 11
 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

August 2014
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

In this Issue:

- ☀️ **August Workshops**
- ☀️ **Mandatory Training**
- ☀️ **Mobile App**
- ☀️ **Recipe 200144**
- ☀️ **Mystery Provider**
- ☀️ **Farmer's Market Q & A**
- ☀️ **Why Farmer's Markets Article**
- ☀️ **August Calendar**
- ☀️ **Aquarium in a Bag Activity**



Zu-Canoes

2 medium 2-inch-wide zucchini
 1/2 teaspoon salt, divided
 1/2 teaspoon freshly ground pepper, divided
 1 tablespoon extra-virgin olive oil
 1 tablespoon white-wine vinegar
 1 tablespoon minced shallot
 1 cup quartered grape tomatoes
 1/2 cup diced fresh mozzarella cheese
 1/4 cup thinly sliced fresh basil

- 🍅 Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp; set aside.
- 🍅 Sprinkle zucchini with 1/4 teaspoon each salt and pepper. Steam in a steamer basket until tender-crisp, 3 to 4 minutes.
- 🍅 Whisk oil, vinegar, shallot and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.
- 🍅 If making ahead ahead of time, place the already steamed zucchini canoes in the fridge and combine ingredients before serving cold.
- 🍅 eatingwell.com

Workshops for August

Saturday, August 9, 2014

El Paso, TX 9-12p
 Making Nutrition Count
 Nancy's Home
 213 Foster Dr. El Paso, TX 79907
 Registration and Directions:
 915-920-3905 Nancy
 Please call to RSVP. Thank you!

Thursday, August 21, 2014

El Paso, TX 7-9p
 Cent\$ible Meals
 Nancy's Home
 213 Foster Dr. El Paso, TX 79907
 Registration and Directions:
 915-920-3905 Nancy
 Please call to RSVP. Thank you!

KIDS2GO MOBILE APP

HAVE YOU YET DOWNLOADED THE KIDS2GO MOBILE APP ONTO YOUR SMARTPHONE? ALTHOUGH, YOU MUST STILL SUBMIT YOUR CLAIM MONTHLY THROUGH THE PROGRAM ON YOUR COMPUTER, ALL DAILY MEALS AND ATTENDANCE CAN EASILY BE RECORDED WITH YOUR MOBILE DEVICE. DOWNLOAD THIS AWESOME APP FROM YOUR SERVICE PROVIDER AS SOON AS YOU CAN SO YOU CAN USE ALL THESE CONVENIENT FEATURES!

Answers to July quiz

- | | |
|------------|--------------|
| 1. true | 6. true |
| 2. arugula | 7. two |
| 3. true | 8. false |
| 4. acidic | 9. vegetable |
| 5. flavor | 10. dressing |

Annual Training is due this month!!

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. These tests need to be returned to us no later than August 31, 2014. 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!

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!

Farmer's Market Questions and Answers

What is a farmers market?

A farmers market is a public and recurring assembly of farmers or their representatives, selling directly to consumers food which they have produced themselves. More specifically, a farmers market operates multiple times per year and is organized for the purpose of facilitating personal connections that create mutual benefits for local farmers, shoppers, and communities. To fulfill that objective a farmers market defines the term local, regularly communicates that definition to the public, and implement rules/guidelines of operation that ensure that the farmers market consists principally of farms selling directly to the public products that the farms have produced. Some states have even established their own formal definitions which specify market characteristics in more detail.

What will I find at a farmers market?

It depends. Farmers markets vary in size and shape. Some are just a few vendors who gather a few days out of the year, monthly. Some involve hundreds of vendors and take place every week of the year. Some markets concentrate on produce. Others carry everything from fruits and vegetables to baked goods, meat, eggs, flowers, and sometimes dairy products. Some may carry locally made crafts or prepared foods as a complement to the agricultural products for sale. As the number of markets grows, so does the variety of foods available.

How do farmers markets determine what to carry?

What is at market depends on a combination of location, season, and market rules about what can be sold. Many farmers markets only carry locally-grown, locally-made and/or locally-processed, foods, and create a system of guidelines that ensure vendors are producing what they are selling. Others have more flexible policies. The great thing about farmers markets is that if you are ever unsure about what a product is, where it came from, or how it was grown, you can just ask!

Are farmers markets only open in the summer?

Peak harvest season is usually peak market season, and some markets are only open in the prime summer months. However, you can expect to see more markets open for business in late spring through early fall, as markets aim to provide customers with products for more months of the year. Many markets are expanding their seasons through the winter or even all year round with things like meat, eggs, dairy, bread and other products that are available fresh all year long. Even in colder climates, farmers are implementing a variety of season extension techniques that can protect crops from frosts and allow them to provide you with quality fresh produce for more weeks of the year.

How can I find a farmers market near me?

Farmers markets are in every state and located in all kinds of places— from city squares to civic centers, from parks to parking lots, from sidewalks to shopping centers. Urban markets are often in central locations easily accessible by foot, bike, or public transportation. To find a market near you, ask your neighbors, friends, and colleagues, or search for one in USDA's Farmers Market Directory, or at LocalHarvest.org and EatWellGuide.org. Here are two websites where farmer's markets are searchable by zip code or city.

localharvest.org

texascertifiedfarmersmarkets.com

Do farmers markets only take cash?

There are many ways to pay at farmers markets. Cash usually works best. But EBT machines can be used to process payments for credit cards and Supplemental Nutrition Assistance Program (or SNAP, formerly known as food stamps) payments. In the past five years, the number of farmers markets and direct marketing farmers authorized to accept SNAP has increased 360%. In addition, more than 4,070 markets accept Women, Infant and Children (WIC) Farmers Market Nutrition Program vouchers and 4,590 markets participate in the Senior Farmers Market Nutrition Program (SFMNP).

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.

For Farmer's Market Week this August we ask the question,

Why Farmer's Markets?



Farmers Markets Preserve Farmland and Rural Livelihoods

- Small-scale farmers use farmers markets as incubators for new enterprises and gain real-time feedback on new crops and varieties.
- From 1992 to 2007, 21% of mid-sized farms in the U.S. stopped operations.
- Approximately 25% of vendors at farmers markets derive their sole source of farm income from farmers market sales.
- The number of farmers markets operating in winter months increased by 52% between 2011 and 2012. The 1,864 markets open in the winter provide an extended opportunity for farmers to do business.

"We were working hard to protect the region's farmland but realized that without a new generation of farmers and stronger local food systems, there would be no one to work the land, protected or not." *Noelle Ferdon, Director of Local Food Systems, Northern California Regional Land Trust*

Farmers Markets Stimulate Local Economies

With little fanfare, the nation's several thousand farmers markets are growing jobs and strengthening local and regional economies. As demand grows for fresh local food, and shoppers seek relationships with the farms that make such food possible, farmers markets represent an important retail option that bolster local economies in communities large and small.

- For every \$100 spent at a farmers market, \$62 stays in the local economy, and \$99 stays in state.
- In Iowa and Oklahoma, every dollar spent at farmers markets led to an additional \$0.58 – \$1.36 in sales at other nearby businesses.

"Farmers markets are the ultimate green sector of the economy. They are stand-out successes in and spurring sustainable economic development." *Bernadine Prince, President, Farmers Market Coalition*

Farmers Markets Increase Access to Fresh, Nutritious Food

- At farmers markets in low-income areas, 6 in 10 shoppers said that they could find better prices at the markets than at their grocery.
- In 2012, over 3,200 farmers markets and direct marketing farmers accepted SNAP – a 400% increase compared to 2008.
- Farmers redeemed more than \$40 million in coupons for the WIC and Senior Farmers Market Nutrition Programs in 2011, serving more than 1.9 million WIC participants and 863,097 low-income seniors.
- Some farmers markets require that all of their produce come from a specified mileage limit. Compare that to supermarket produce where it can travel, on average, more than 1,200 miles in seven to fourteen days before reaching the consumer. Since studies have shown that produce loses nutritional value as more time elapses from the time of harvest, locally grown produce available at farmers markets is available to you at the peak of freshness and nutrient availability.

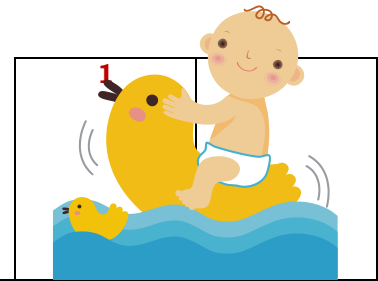
Farmers Markets Support Healthy Communities

- A study by the Project for Public Spaces revealed that people who shop at farmers markets have 15-20 social interactions per visit, while they would only have one or two per visit to the grocery store. Evidence of the clear correlations between social interaction and health mean the social space at farmers markets has important public health implications.
- 92% of farmers markets have vendors that sell fresh fruits and vegetables. Market managers report that 45% of the produce sold at farmers markets is organic, and more than 30% is chemical-free and pesticide-free.

National Farmers Market Week (NFMW) begins the first Sunday in August, running through Saturday! Markets celebrate NFMW in many ways: tastings, cooking demonstrations from local chefs, gardening workshops, live music, scavenger hunts, giveaways and prizes! What is going on in your local markets this year?

*farmersmarketcoalition.org

August



3 Send in Claim! Friendship Day	4	5	6	7	8	9 El Paso Workshop
10	11			14	15	16
				18	19 National Aviation Day	20
						30
26 Women's Equality Day						



Ocean Bag
Water
Sand
Shells with smooth edges

Sensory Bags

31

Aquarium Bag
Baby Oil
Water
Glitter



Soapy Bag
Clear dish soap
Water

These awesome sensory bags can have themes with letter or animals or nature. The older kids can make and enjoy them as well as share them with the younger kids. They work well as an interest for infant tummy time (While under close super vision in case of a bag breach!) All the while the children are having fun touching and manipulating different textures, their brains are processing the textures and adapting to them. These types of activities with different textures but without the sticky icky feel can help picky eaters who have sensory processing challenges.

Supplies needed:
Freezer Zip loc bag
A strong tape (duct or clear packing tape)
Food coloring
Random small toys or letters with smooth edges (erasers, gummy plastic animals, gel clings, etc)

Fun things to do:
I Spy game
Matching (put a couple sets of items in the bag and try to find the matches)
Upper and lowercase alphabet hunt (4-5 letters for smaller kids)
Alphabet bag (add items that begin with the same letter to work on letter sounds)

Gel Type Sensory Bag
Colored or clear hair gel
Glitter optional

