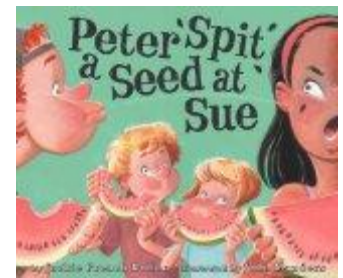


Southwest Human Development Services  
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[www.swhuman.org](http://www.swhuman.org)



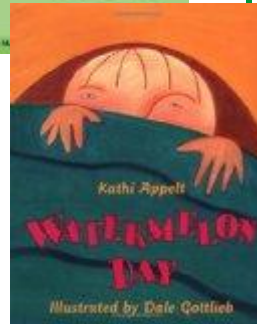
Volume 29, Issue 11  
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Sponsors of the Child and Adult Care Food Program  
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August 2015  
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**Annual Training is due this month!!**

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](http://swhuman.org). These tests need to be returned to us no later than August 31, 2015. 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.

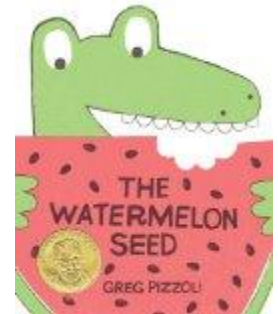
Thank you!

030082

**Use literacy to help kids think about nutrition! Watermelon Day is August 3<sup>rd</sup>!**

The Watermelon Seed by Greg Pizzoli

This book follows a funny crocodile whose greatest fear is swallowing a watermelon seed. When he accidentally swallows a seed, the crocodile imagines all sorts of silly things might happen to him as a result.



One Watermelon Seed by Celia Lottridge

This book about two children planting a garden will involve your kids in counting from one to ten, and then counting by tens all the way to 100. Watermelons are among the items planted, but are not the sole focus of the story.

Watermelon Day by Kathi Appelt

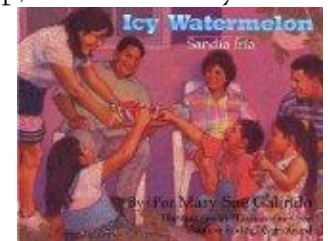
This story follows young Jesse as she spots a watermelon in the corner of her garden and carefully tends to it throughout the summer. Although Jesse sometimes feels she will burst from having to wait so long for her watermelon to be ready, her patience pays off in the end.

Peter Spit a Seed at Sue by Jackie French Koller

The rhyming text of this story underscores the fun being had by four friends who turn a boring summer day into a watermelon seed-spitting adventure involving everyone in town. But when the mayor shows up, the friends worry their fun may come to an end, until she outdoes them by throwing pies!

Icy Watermelon / Sandía fría by Mary Sue Galindo

In this bilingual book, three generations gather one evening to enjoy a treat of icy watermelon. Then, Hugo, Maria, and Sarita's grandfather begins to share a tale from his youth regarding some long-gone watermelons. In the end, the children see that the story has implications for their present day lives.



Watermelon for Everyone by Martha Rose Woodward

This non-fiction book shows children the entire life cycle of a watermelon from seed to fruit. The book also includes a section of no-cook watermelon recipes and a section for teachers and parents listing watermelon-themed activities for students and children.

\*[giftofcuriosity.com](http://giftofcuriosity.com)

## 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.

## National Farmers Market Week: There's More to Market!

To help farmers market supporters across the country celebrate National Farmers Market Week, August 2-8, we are announcing our summer campaign: **There's More to Market!** FMC is counting down the days by highlighting the different ways that farmers markets are benefitting our communities! Share these facts with your whole community about how there is more to markets than meets the eye.  
**Farmers Markets...**

- **Preserve America's rural livelihoods and farmland.** Farmers markets provide one of the only low-barrier entry points for beginning farmers, allowing them to start small, test the market, and grow their businesses.
- **Stimulate local economies.** Growers selling locally create 13 full time farm operator jobs per \$1 million in revenue earned. Those that do not sell locally create 3.
- **Increase access to fresh, nutritious food.** Several studies have found lower prices for conventional and organic produce at farmers markets than at supermarkets. Due to this and other factors, 52% more SNAP households shop at farmers markets and from direct marketing farmers today than in 2011.
- **Support healthy communities.** Farmers market vendors educate their shoppers. Four out of five farmers selling at markets discuss farming practices with their customers, and three in five discuss nutrition and how to prepare food.
- **Promote sustainability.** Three out of every four farmers selling at farmers markets say they use practices consistent with organic standards.

<http://www.localharvest.org/>  
<http://farmersmarketcoalition.org>

### 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!

### Answers to July quiz

- |              |              |
|--------------|--------------|
| 1. false     | 6. true      |
| 2. bored     | 7. balance   |
| 3. true      | 8. true      |
| 4. nutrients | 9. heat      |
| 5. protein   | 10. vacation |

# Nutrition Education Programs and Activities

Nutrition education is one of the most beneficial and rewarding ways to introduce new foods and promote healthy eating habits to young children. When children are engaged in hands-on, nutrition-related activities, they are more likely to apply the information learned in real-life situations, such as choosing fresh fruits and vegetables over foods high in sugar. In addition, nutrition education provides opportunities for young children to learn why it is important to choose nutritious foods. Knowing the “why factor” promotes optimum growth and development, and it aids in establishing lifelong, healthy eating habits.

Education programs are easily enhanced by adding activities to your current curriculum. One option is to use arts and crafts to introduce nutrition, such as creating a weekly food collage that focuses on a specific food, using images and words from magazines or newspapers. Another option is use literacy to teach children about nutrition, such as reading nutrition-related books to the children and adding books about food and healthy eating to the reading section of your classroom. Additionally, use music to teach children about nutrition through singing, chanting, rhyming, and listening to nutrition-related music. These simple changes can help the children in your care develop lifelong healthy eating habits.

Nutrition education is learning about foods and how foods are important to health. Activities should be age appropriate and fun. Children will stay involved longer if they are having fun. Nutrition education should be a part of child care because it helps

- ☆ children feel good about food and eating.
- ☆ enjoy a wide variety of foods.
- ☆ learn healthful eating habits early in life.

## Tips for Nutrition Education in Child Care

- Get children involved in activities around food and eating. Children are natural explorers. They are constantly asking questions and discovering the world around them. Children learn through their play and through hands-on activities. Think of ways you can provide learning activities that engage the children’s senses of touch, smell, taste, hearing, and seeing. Allow children to handle food—mix it, prepare it, smell it, and taste it. Help them learn to describe foods as they see them—their color, shape, and texture.
- Plan activities that match the children’s abilities and interests. Children develop rapidly from 2–4 years of age. Activities should take into consideration the children’s developmental readiness. This includes both what the children are mentally ready to learn and what they are physically able to do. Younger children are not able to perform the same tasks as older children. When planning a nutrition education activity, think about the age of the children. Almost any activity can be changed to fit the abilities and the interests of the children.
- Plan simple activities before harder ones. Children, like adults, want to be successful in what they do. You can help children be successful by first planning activities that are simple and then progressing to harder ones. For example, to involve children in food preparation, start by introducing them to some very simple cooking activities. Once the children learn the basic rules of cooking, they will be ready for more challenging activities.
- Build on what children already know. Children learn new things by building on things they already know. When you introduce a new topic about food and eating, connect it to something already familiar to them. For example, many children understand that gasoline makes a car go. Relate this to foods that enable children to go (and grow), so they can play hard. The children will be able to connect the ideas that both gasoline and food are examples of fuel.
- Be ready to use teachable moments to help children learn about food and eating. A teachable moment is a time when children are ready to learn something new or to make connections with something you have already discussed or done.

# August.

						1
2 International Friendship Day	3 Send in Claim!	4	5	6		
			12	13 Left- Handers Day	14	15
			19	20	21	22
23	24			27	28	29
						
30	31					

## Pick a good Watermelon

It's as easy as 1, 2, 3.

- 1. Look the watermelon over.**  
You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
- 2. Lift it up.**  
The watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water.
- 3. Turn it over.**  
The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

\*watermelon.org

## Crazy Cutouts

All you need are your favorite cookie cutters and one watermelon! Cut 1/2" thick watermelon slices for the kids. Let them use cookie cutters to make fabulous shapes like: dinosaurs, bears, letters, and more. And they can eat their art!

