



Southwest Human Development Services
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Sponsors of Child and Adult Food Program

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Liz Curtis; Trainer &
 Compliance Officer

Mystery Provider

Each month a mystery provider will be featured in the newsletter. If your provider ID number is within this newsletter call our office at 1-800-639-9082 to claim your free prize!

Upcoming Workshops

Saturday, August 12
 Forest Hill, TX at 8:30 AM
 New Meal Patterns
 Luby's; 3312 SE Loop 820
 Please call or text Barbara to
 RSVP 817-703-7768

Saturday, August 19
 Farmers Branch Manksee Library 10:00 AM-
 Noon
 New Meal Patterns
 Please RSVP by August 17th to Wendie at
 214-679-9257

Direct Deposit

If you do not currently have direct deposit for your reimbursements, follow the posted link and fill out the required paperwork. Once the paperwork has been completed, please send your information to the P.O. Box for Southwest Human Development Services listed at the top of the newsletter. <http://www.swhuman.org/content/Forms/DirectDeposit.pdf>

Attention Providers:

Beginning October 2017, any providers that makes claims online will need to switch from Minute Menu to KidKare. KidKare will be used for enrollment, meal records, submitting claims, and much more! Go to WWW.Kidkare.com, enter your provider ID number as your username and the password you use for Minute Menu to login. If you use the bubble forms to record your meals you may continue submitting paper claims. Please contact your program coordinator with any questions or issues.

Contract Renewal

If you have not sent your contract renewal paperwork to the office, please do as soon as possible. This is very important for you to be able to participate in the food program. Contact your program coordinator or the office with any questions you may have regarding your contract renewal. (This excludes any new providers that have recently joined)

JULY QUIZ ANSWERS

- 1) JULY
- 2) TRUE
- 3) ANTI-OXIDANTS
- 4) NOT OOZING/ BRUISED AND ARE PLUMP
- 5) TRUE
- 6) STRAWBERRY, BLACKBERRY, BLUEBERRY, RASPBERRY
- 7) 3RD
- 8) OXIDIZING AGENTS
- 9) TRUE
- 10) TRUE

What's in this Issue?

- July Quiz Answer
- August Calendar
- Switching to KidKare
- Direct Deposit
- National Peach Month
- August Quiz
- Mystery Provider
- Meal Pattern Changes
- New Recipe

Annual Training

OCTOBER IS QUICKLY APPROACHING! BE SURE THAT YOU COMPLETE YOUR ANNUAL TRAINING BY ATTENDING A WORKSHOP HOSTED BY ONE OF OUR PROGRAM COORDINATORS OR BY DOWNLOADING THE LEARNING MATERIAL AND COMPLETING THE TRAINING CERTIFICATE AND SENDING IT TO THE AUSTIN OFFICE. MEAL PATTERNS WILL BE CHANGING AS OF OCTOBER 1, SO THIS TRAINING WILL BE EXTREMELY IMPORTANT.

National Peach Month

Who doesn't love eating fresh, cold, sweet fruit on a hot Summer day? One great option during this Texas heat is a delicious peach and August is National Peach Month! Peaches are not only a tasty treat, but they also serve as great sources of vitamins and nutrients. This particular fruit is also convenient and easy to take on the go, they can be sliced, eaten off the core, frozen, or made into a smoothie. Whichever way you decide to enjoy this fruit you will benefit from all of the vitamins and nutrients this fruit contains. Let's take a look at the benefits of peaches, how to pick a fresh and ripe peach, and what vitamins are in this type of fruit. Peaches are very high in anti-oxidants, which are very beneficial to the body. The chlorogenic acid that is naturally occurring in peaches helps protect the body from free radicals and any harmful diseases. Potassium levels are very high in peaches and this is very beneficial for cell and nerve function in the body. This helps in the natural metabolic processes by using the carbohydrates in the body, maintain electrolytes, and help to regulate the muscle tissue. Healthy skin is another benefit that peaches can provide due to the amount of Vitamin C present. The Vitamin C is great for protecting against any free radicals, as well as infections. Peaches, like carrots, are high in beta-carotene and are very helpful to healthy eyesight. We all need fiber in our diet and what easier way to get that fiber than from a peach? Dietary fibers found in peaches help to absorb water and can prevent any digestion issues, such as constipation, stomach ulcers, and even irregular bowel movement. Also, due to the laxative components peaches provide it can also help the body to aid in dissolution of bladder or kidney stones. As you can see peaches are beneficial in every aspect for the human body and what easier way to make a healthier choice than by indulging in a sweet and healthy treat.



Vitamins and nutrients overview

- Vitamin C
- Beta-carotene
- Antioxidants
- Fiber
- Potassium

How to know if a peach is ripe

- Look first at the color of the peach. It should be vibrant and bright colors. If it has any green tone to it, it has been picked too soon and is not ready to be eaten.
- Next, squeeze the top of the peach where the stem previously was. If the peach is firm, then it is not ripened yet. If the peach is a bit more soft then it is ready to enjoy!

Storing your fresh peaches!

- Unripened peaches should be stored in a paper bag to help ripen them more quickly.
- If they are already ripe then store at room temperature and try to consume in 1-2 days.

Peaches and Cream Dreamsicles

Ingredients:

- ✓ 2 Cups of fresh or frozen chopped peaches
- ✓ 1/2 Cup of sugar or Splenda
- ✓ 2 Tbps + 1/8 tsp vanilla extract
- ✓ 1 cup Greek Yogurt
- ✓ 1 Cup of Milk



Directions:

- 1) **Combine water and 1/2 Cup of sugar in a pan and heat over a medium heat. When it comes to a boil, turn down the heat to a simmer for about 5 minutes, until all the sugar is dissolved.**
- 2) **Combine the peaches and the 2 Tbsp. of water over a medium heat. Crush the peaches with a wooden spoon or fork. Once the peaches become lumps strain them over a bowl and keep the juice. Add the simple syrup that was made in the last step, use as much or as little as your desire.**
- 3) **The next step will be to make the cream for the dreamsicles!**
- 4) **Mix the Greek yogurt, Milk, 1 Tbsp and vanilla extract.**
- 5) **Once everything has been mixed combine the components by alternating the peach syrup and the cream. You can freeze each layer for about 20 minutes or you can let the dreamsicles freeze overnight.**
- 6) **Enjoy!!!**



AUGUST 2017

SUMMER Fun List!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summertime!		1	2	3	4	5
				SUBMIT YOUR CLAIM!		
6	7	8	9	10	11	12
FRIENDSHIP DAY!			BOOK LOVER'S DAY			Forest Hill Workshop w/ Barbara 8:30 AM
13	14	15	16	17	18	19
					Dallas Workshop w/ Wend'e at 10:00 AM	
20	21	22	23	24	25	26
		NATIONAL TOOTH FAIRY DAY				
27	28	29	30	31		
			TOASTED MARSHMALLOW DAY			



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*"If you can dream it,
You can do it"*

- Walt Disney