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Volume 24

Sponsors of the Child and Adult Care Food Program

December 2009

Issue 3

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### In this Issue:

- ★ Workshops
- ★ Provider's Spotlight
- ★ Bread Painting Craft
- ★ New phone number!
- ★ Mystery Provider
- ★ The Nutrition Facts Label
- ★ December Calendar



### WORKSHOPS IN DECEMBER

**Saturday, December 12, 2009**  
**Lubbock, TX 10a-12p**

**Making Nutrition Count**  
**Della Avila Home**

**4608 – 28<sup>th</sup> St. Lubbock. TX 79410**

**RSVP required:**  
**806-777-3907 Della**

**Join us for a workshop and Christmas party!**  
**Bring a favorite snack to share and a White**  
**Elephant gift to exchange!**



### WORKSHOPS IN JANUARY

**Tuesday, January 12, 2010**  
**Tomball, TX 7p**

**A Perfect Monitor Visit/Mandator**  
**Tomball College Library –**  
**Children's Section Meeting Room**  
**RSVP required, email preferred:**  
**[ramoszooshds@yahoo.com](mailto:ramoszooshds@yahoo.com) or**  
**281-808-1137 Laurie**

**Saturday, January 9, 2010**  
**Tyler, TX 9:30a**

**Nutritional Workshop and Training**  
**Debbie Martin Home**  
**8422 Castleton Way**  
**For registration and directions:**  
**903-570-0417 Debbie**

**Saturday, January 16, 2010**  
**Lubbock, TX 10a-12p**

**Building Blocks**  
**Della Avila Home**  
**4608 – 28<sup>th</sup> St. Lubbock. TX**  
**79410**

**For registration and directions:**  
**806-777-3907 Della**

**Start the New Year the right way**  
**by building a bright future for your**  
**daycare!**



**Tuesday, January 19, 2010**  
**Plano, TX 6:30 – 8:30p**

**Tackling Childhood Obesity**  
**Sandy Loos Home**  
**8601 Clear Sky Drive, 75025**  
**Registration: 972-727-7216 Renee**  
**Directions: 972-398-9398**  
**Come Hungry! No kids please.**

**Saturday, January 23, 2010**  
**Corpus Christi, TX 9:30-11:30a**

**Cent\$ible Meals**  
**Corpus Christi Downtown Public**  
**Library – Retama Room**  
**805 Comanche**  
**For registration:**  
**361-241-4446 Eileen**

**Frisco, TX 10 - 11:30a**

**Sanitation and Health**  
**Maricruz Warren's Home**  
**10815 Spring Lake Road, 75035**  
**Directions: 972-712-9122**  
**Registration: 972-398-9398 Renee**

**Saturday, January 30, 2010**  
**Taylor, TX 10a**

**Ernestine Valdez Home**  
**501 Drake Lane**  
**Directions: 512-352-5877**  
**Registration: 512-263-4002 Sandy**  
**For Taylor, Round Rock, Hutto,**  
**Georgetown, Pflugerville, and those**  
**who like Saturday mornings. Space**  
**limited. Call Sandy to RSVP!**

**Mesquite, TX 10a-12p**

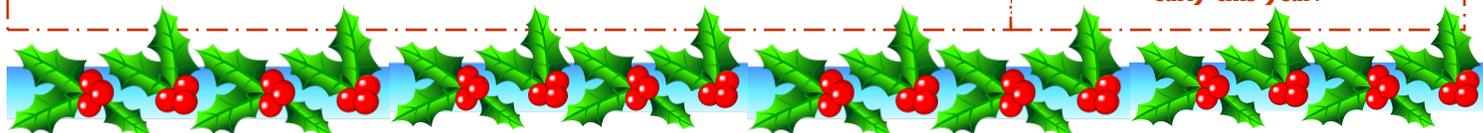
**Calendar Training: Sandwiches**  
**Under Construction**  
**Shirley Edwards Home**  
**3122 Eastbrook, 75150**  
**Directions: 972-279-8963**  
**Registration: 972-243-3237**  
**Wend'e**

**Come get your training completed**  
**early this year!**

### **\*\*SPOTLIGHT PROVIDERS\*\***

**Darlene Ditzel** in Breckenridge, TX loves the Minute Menu Kids Online Program. She runs a happy childcare home and prepares excellent home cooked meals that her children love to eat. This loud bunch of kids are always laughing and having a great time at Dar Dar's house. Darlene runs a licensed childcare home and still manages to give each child the individual attention that they need. Wonderful job, Darlene!

Our program coordinator Renee Comley would like to spotlight both of her providers in Bonham, TX. **Connie Alexander** and **Shirley Rich** always keep their attendance and food menus up to date. They serve good, healthy meals and are always so loving with their daycare children. Thanks for doing such a great job, ladies!



# Bread Painting Snack

A fun and creative snack idea – paint a masterpiece on a piece of bread and then eat!



**Ingredients:**  
Bread  
Food Coloring  
Milk  
Clean paint brushes



## Preparation:

★ Decide how many colors you want to use and gather that many small cups. Put about 1/4 cup of milk in each cup. Using the food coloring, add a different color to each cup. Add the food coloring until you get a bright color. Now, use the paint brush and paint a picture on a piece of bread. Make sure the bread doesn't get too wet. When your picture is done, toast the bread. Now you have a master piece to eat!

★ Let the kids get creative with their edible artwork! Paint a face and add honey for hair or a tangerine slice for a mouth. Or paint a Christmas tree with dots of jam for ornaments.

## Alert!

**For all those providers in the extended San Antonio Area... Your coordinator Patricia Underdahl has a new phone number 210-233-8453.**



## Tip of the Month:

For all providers using new MM Full Bubble Forms only!

**Please remember to check all your forms at the end of the month. Be sure the month bubble and the date bubbles are filled in correctly at the top of each form!**



## ... and always remember ...

... Easy and ready-made mac and cheese is NOT reimbursable as a meat/meat alternative in the food program. Powdered and velveeta cheeses are cheese products and NOT reimbursable foods. Only homemade mac and cheese made with real, solid cheese (like cheddar) can be served as a meat/meat alternative. The pasta in mac and cheese IS always credible as a bread/bread alternative for children 1+ years of age.

... As you can see on the sample nutrition label, **mac and cheese is not a very healthy food for children.** It contains a high percentage of fat as well as trans fat as compared with the protein it supplies. There is also a significant amount of cholesterol and sodium.

... Instead of mac and cheese, try serving whole grain pasta with tomato sauce and lean ground beef or sautéed chicken. Besides being lower in saturated and trans fat, this healthy meal accounts for a meat, bread/bread alternative, and a vegetable in the food program. **For suggestions on converting children's meals to healthier children's meals, please feel free to call our office 1-800-369-9082! 1610104**

## 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!



Sample label for Macaroni & Cheese

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving  
Calories 250 Calories from Fat 110

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

# The Nutrition Facts Label

**++ Please refer to the Nutrition Facts Label illustration on page 2 of the newsletter ++**

## 1 The Serving Size

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more)

## 2 Calories (and Calories from Fat)

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

## 3 4 The Nutrients: How Much?

Look at the top of the nutrient section in the sample label (page 2 of the newsletter).

It shows you some key nutrients that impact on your health and separates them into two main groups:

General Guide to Calories  
40 Calories is low  
100 Calories is moderate  
400 Calories or more is high

### Limit These Nutrients

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as Limit these Nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

### Get Enough of These

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as Get Enough of these Nutrients. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

## 6 The Percent Daily Value (%DV):

- ☑ Remember: You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.
- ☑ Comparisons: The %DV also makes it easy for you to make comparisons. You can compare one product or brand to a similar product. Just make sure the serving sizes are similar, especially the weight (e.g. gram, milligram, ounces) of each product. It's easy to see which foods are higher or lower in nutrients because the serving sizes are generally consistent for similar types of foods, except in a few cases like cereals.
- ☑ Nutrient Content Claims: Use the %DV to help you quickly distinguish one claim from another, such as "reduced fat" vs. "light" or "nonfat." Just compare the %DVs for Total Fat in each food product to see which one is higher or lower in that nutrient--there is no need to memorize definitions. This works when comparing all nutrient content claims, e.g., less, light, low, free, more, high, etc.
- ☑ Dietary Trade-Offs: You can use the %DV to help you make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to eat a healthy diet. When a food you like is high in fat, balance it with foods that are low in fat at other times of the day. Also, pay attention to how much you eat so that the total amount of fat for the day stays below 100%DV.
- ☑ Note that Trans fat, Sugars and, Protein do not list a %DV on the Nutrition Facts label.
- ☑ Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.
- ☑ Protein: A %DV is required to be listed if a claim is made for protein, such as "high in protein". Otherwise, unless the food is meant for use by infants and children under 4 years old, none is needed. Current scientific evidence indicates that protein intake is not a public health concern for adults and children over 4 years of age.
- ☑ Sugars: No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars. The plain yogurt has 10g of sugars, while the fruit yogurt has 44g of sugars in one serving. Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

Plain Yogurt - contains no added sugars

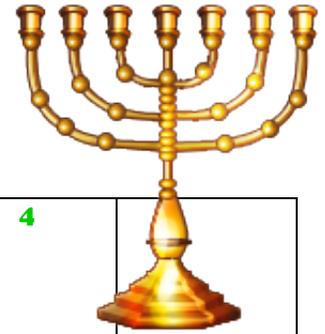
**INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.**

Fruit Yogurt - contains added sugars

**INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L. ACIDOPHILUS CULTURES.**

Make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

# December



		<b>1</b> <b>AIDS Awareness Day</b>	<b>2</b>	<b>3</b> <b>Send in Claim!</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <b>Human Right's Day</b>	<b>11</b>	<b>12</b> <b>Lubbock Workshop</b> <b>Hanukkah begins (sundown Friday)</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>First Day of Winter</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>Office closed</b>	<b>25</b> <b>Office closed</b> <b>Christmas Day</b>	<b>26</b> <b>Kwanzaa Begins</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Office Closed</b> <b>New Year's Eve</b>		



- Answers to November Quiz
1. true
  2. leafy, green
  3. true
  4. light, raw
  5. false
  6. children
  7. true
  8. true
  9. calories
  10. berries, peas