



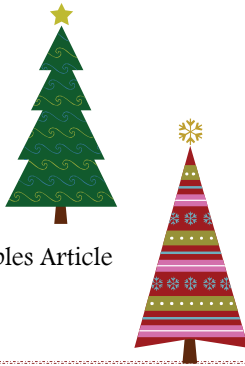
Volume 25
 Issue 3
 Liz Curtis, Compliance Officer

Sponsors of the Child and Adult Care Food Program
 Blake Stanford, President
 Martin North, Website/MM Kids Specialist

December 2010
 Brenda Baldwin, Program Director
 Lindsey Seybold, Editor

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Workshops for December

Saturday, December 11, 2010
Lubbock, TX 10a-12p
 Planning Low Cost Menus
 Della Avila's home
 4608 28th Street
 Registration and Directions:
 806-777-3907 Della
 This is also a Christmas Party! Bring a White Elephant Gift so we can play the exchange game! Please RSVP!



Saturday, December 11, 2010
Angleton, TX 9:30-10:30a
 Angleton Library
 401 E. Cedar, Angleton, TX, 77515
 Registration and Directions:
 979-864-1519 Shegala

Workshops for January

Thursday, January 13, 2011
South Austin, TX 7:30p
 Food Program Workshop with
 Special Guest Kelly Waterman
 Seventh Day Adventist Church
 132 Eberhart Ln. Austin, TX 78745
 Registration: 512-263-4002 Sandy
 This workshop is in conjunction with
 the Childcare Professionals of
 Greater Austin with special guest
 Kelly Waterman from the Capital Area
 Food Bank. Please feel free to
 support the food drive and bring a
 canned good! This meeting is in
 South Austin but everyone is
 welcome!

Saturday, January 22, 2011
Lubbock, TX 10a-12p
 Planning Low Cost Menus
 Della Avila's home
 4608 28th Street
 Registration and Directions:
 806-777-3907 Della
 Bring one of your healthy recipes to
 share!



Important reminders for all childcare providers!

For all providers:
 You can change your mealtimes and the meals that you serve anytime! Please contact your monitor or call the office so that we can update your contract. Even if you change it on MM Kids Online, we still need to update your contract so give us a call to make it official!

For all those providers using paper forms:
 Please send in all the infant forms stacked together and all the regular forms stacked together. No need to staple or paper clip, just slide them in the envelopes provided. Thank you!

For all those providers using MM Kids Online:
 When you see your check in the mail, please go online and look at your disallowance form to be sure you are receiving the correct amount on your check! Take a look at these instructions and call the office with any questions!
<http://swhuman.org/content/Forms/MMkidsCkInst.pdf>



SPOTLIGHT PROVIDERS

Rejerna Baugh in Garland, TX is new to this area but has been with Southwest for many years. She provides healthy meals for her childcare children. Her attendance and menus are up to date and in perfect order. Rejerna goes beyond by taking care of children with special needs. She takes great care of all of her kids. Thanks for all your hard work!

For **Deanne Barnes** in North Austin, good nutrition has always been important. Her monitor remembers signing her up for the food program having a large bowl full of fresh fruit on the table in front of them that looked and smelled delicious. Deanne is always trying to introduce new, nutritious foods to the children including fresh fruits and vegetables, and whole grains such as quinoa. In addition she tries to see that the children continue good nutrition at home. This includes a newsletter that outlined the CACFP meal components and recipes for parents to try with their children. Deanne also puts an effort into seeing that her children get physical exercise including trips to the local pool in the summer time. Thank you, Deanne, for helping to get the word out about good eating habits!

Keep up the good work, ladies!



Wichita Falls, TX 11a
 Nutrition Program
 El Chico on Southwest Parkway
 2801 Southwest Parkway
 Registration and Directions:
 817-536-4514 Barbara
 Please call to let Barbara know you are coming!

Saturday, January 29, 2011
Frisco, TX 10-11:30a
 Happy Meals for Healthy Kids
 Maricruz Warren's home
 10815 Spring Lake Rd, Frisco, TX
 Directions: 972-712-9122
 Registration: 972-398-9398 Renee
 201-0013

Leafy greens in ethnic foods...

1 bunch spinach
1 pound pumpkin
½ pound green beans
1/2 cup fresh peas
2 tablespoons oil
1 teaspoon black mustard seeds
1 medium onion, finely chopped
1 teaspoon finely grated fresh ginger
1/2 tsp ground turmeric
1 cup hot water
1/2 cup raw cashews



Instructions:

Wash the spinach well, discard any tough stems and roughly chop the leaves. Cut pumpkin into small cubes. Cut beans into small pieces.

Heat the oil in a saucepan and fry the mustard seeds until they begin to pop. Add the onion and ginger and fry, stirring now and then, until the onion is soft. Add turmeric and fry for 1 minute longer.







Add hot water, cashews, and all the vegetables, cover and simmer until they are tender. Then remove lid and cook, stirring frequently, until liquid is reduced. Serve with rice.

**indianfoodsco.com

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!

Green Chips

-  Wash a large bunch of kale or similar leafy green.
-  Remove stems.
-  Tear off chip-sized pieces of leaves.
-  Place on a tray that's been lightly coated with olive oil.
-  Sprinkle with salt. If you sprinkle with salt while the leaves are still wet, the salt just melts right into the leaves.
-  Place in low-heat 250-degree oven until crispy, about 20-25 minutes.
**cleanerplateclub.com

Any leftover pumpkin seeds still hanging around the kitchen? Spice up a traditional holiday carrot dish...

6 medium-sized carrots peeled and cut
2 TBS lemon juice
coarsely chopped pumpkin seeds
fresh chopped parsley
fresh chopped mint
extra virgin olive oil to taste
salt and cracked black pepper to taste



Steam carrots in basket until al dente (slightly crunchy inside). Chop rest of ingredients and toss with carrots when finished.

Healthy Cooking Tips:

Check doneness of your carrots by inserting the tip of a sharp knife into the center. You want them tender on the outside with a slight crispiness in the center. This type of cooking will help keep your carrots chock full of vitamins for you!

Quick vegetable serving reminder:

For Breakfast:	For snack:	For lunch/supper:
1-2 yrs = 1/4c	1-5yrs = 1/2c	1-2 yrs = 1/4c
3-12yrs = 1/2c	6-12yrs = 3/4c	3-5yrs = 1/2c 6-12yrs = 3/4c

Tomato, Lentil and Vegetable Soup

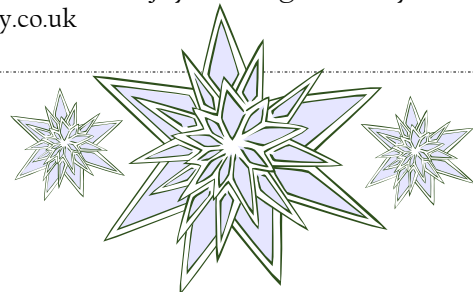
Ingredients:

1 cup of red lentils, rinsed
1 can of diced tomatoes
1 onion, chopped
2 large potatoes, peeled and diced
1 sweet potato diced
2 sticks of celery, chopped
1 bunch of greens, chopped
a handful of pasta
10 fresh sage leaves (or 1/2 a teaspoon of dried)
Vegetable or chicken broth
black pepper
salt to taste



Place the lentils in a large pan and cover with broth. Bring to the boil and turn down to simmer. Prepare the vegetables and add to the pan with the tomatoes, pasta, herbs and broth as needed. Cook at a low simmer until vegetables and pasta are tender (about 20 minutes). Add the greens for the last couple of minutes of cooking time and season to taste. Enjoy a new green way to eat soup!

**veganfamily.co.uk



Dark Green Leafy Vegetables

What are dark green leafy vegetables?

Dark green leafy vegetables are good sources of many vitamins and minerals your body needs to stay healthy, such as vitamins A, C, and K, folate, iron and calcium. They are also great sources of fiber. Research suggests that the nutrients found in dark green vegetables may prevent certain types of cancers and promote heart health.

Dark green vegetables are also high in fat-soluble vitamins such as vitamins A, K, D, and E. These vitamins require a little bit of dietary fat in order for the body to absorb them. When you eat dark green vegetables, make sure to add a teaspoon of dietary fat, such as butter, olive oil, cheese or salad dressing to make sure your body absorbs all of the vitamins you eat.

What are some examples of dark green leafy vegetables and the best way to eat them?

Arugula has a peppery taste and is rich in vitamins A, C, and calcium. Arugula can be eaten raw in salads or added to stir-fry, soups, and pasta sauces.

Broccoli has both soft florets and crunchy stalks, and is rich in vitamins A, C, and K, folate, and fiber. Broccoli can be eaten raw or steamed, sautéed or added to a casserole.

Collard Greens have a mild flavor and are rich in vitamins A, C and K, folate, fiber, and calcium. The best way to prepare them is to boil them briefly and then add to a soup or stir-fry. You can also eat collard greens as a side dish. Just add your favorite seasoning and enjoy!

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They are best when steamed or eaten raw in salad.

Kale has a slightly bitter, cabbage-like flavor and is rich in vitamins A, C and K. Kale is tasty when added to soups, stir-fries, and sauces.

Mustard Greens have a peppery or spicy flavor and are rich in vitamins A, C, and K, folate, and calcium. They are delicious when eaten raw in salads or in stir-fries and soups.

Romaine Lettuce is a nutrient rich lettuce that is high in vitamins A, C, and K, and folate. It is best when eaten raw in salads, sandwiches or wraps.

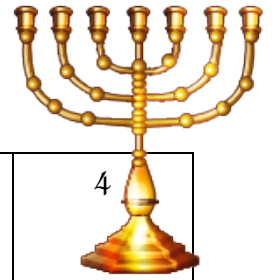
Spinach has a sweet flavor and is rich in vitamins A and K, folate, and iron. Spinach tastes great eaten raw in salads or steamed.

Swiss Chard tastes similar to spinach and is rich in vitamins A, C, and K, potassium and iron. It is best stir-fried or eaten raw in salads.

Dark green vegetables are very tasty and easy to add to your daily meals. Look for them at your local grocery store and try some of these recipes!

- 🍴 **Make a salad:** Leafy greens such as romaine lettuce, spinach and arugula taste great when mixed in a salad with different kinds of veggies, such as tomatoes, cucumbers, carrots, and lettuce.
- 🍴 **Wrap it up:** Make a wrap with tuna, chicken, or turkey and add romaine lettuce, spinach, arugula, and other veggies for some extra flavor.
- 🍴 **Add to a soup:** Try mixing leafy greens such as collard greens, kale or mustard greens into your favorite soup.
- 🍴 **Stir-fry:** Add chopped leafy greens and broccoli to your stir-fry. Chicken stir-fried with olive or canola oil and your favorite dark green vegetable is delicious!
- 🍴 **Steam it:** For something new; steam collard greens, kale, or spinach. Add water to a pot and place a steamer with the vegetables into it. Next, bring the water to a simmer, cover with a lid, and wait a few minutes until your vegetables are slightly soft.

December



				1 AIDS Awareness Day	2 Hanukkah	3 Send in Claim!	4 
				8 			
		7 Islamic New Year				10 Human Rights Day	
5	6						
12 		13		14	15	16	17 Wright Brothers Day
				22 			
		21 First Day of Winter				24 	
19	20						
26 Kwanza Begins		27		28	29	30	31 New Year's Eve
							

Answers to November's quiz

- | | |
|-----------------|-------------|
| 1. baked | 6. true |
| 2. true | 7. culinary |
| 3. root, tubers | 8. true |
| 4. firm, dry | 9. seeds |
| 5. true | 10. true |

How to make your own Bubble Bath Solution!

- 1 cup liquid castile soap
- 3/4 cup water
- 1 teaspoon glycerin
- 6 drops essential oil of choice

~ Mix this solution together and store in a lidded plastic or glass bottle.

~ Safe, non-irritating essential oils that you can add to your homemade recipe for kids include chamomile, lavender, and neroli