



Volume 26

Sponsors of the Child and Adult Care Food Program

December 2011

Issue 3

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## Workshops for December

Thursday, December 15, 2011

Lubbock, TX 7p

Useful Resources:

Things you may want to know but were afraid to ask  
Della Avila's home 4608 28<sup>th</sup> Street

Registration and Directions: 806-777-3907 Della

Christmas Party! Yes, we will train but we will also party! Bring your favorite appetizer dish and a new Christmas ornament (value \$5 or under) to trade with others. Please gift wrap the ornament!



## Fresh Ideas: Families working together



Some of our providers here at Southwest are fortunate to be able to operate their childcare homes as a family. These husband and wife teams do a spectacular job working together to provide the best care for the children.

Lillian and Sammy Robertson in Waco have their hands full with a Licensed home full of infants and toddlers. She home cooks all the foods and enforces the one taste rule: one taste before you can say "I don't like it."

Mary and Jerry Bradley in Robinson also have a childcare home with infants and toddlers. Jerry cares for and feeds the infants. He is so tuned into their needs that he knows what every cry means. Mary grows some of her own foods so she has fresh fruits and vegetables all year around and the kids love them!

Charity and Roy Hughes in Temple have both infants and toddlers in their care. The children have a schedule so they know exactly what is happening day to day. They use a dry erase board to post menus so parents can see at a glance what is served daily. Most of their food is homemade and served family style.







Excellent team work helps these childcare homes run so smoothly! Thanks for being such a great example!

## Good Fortune Walnuts

This ornament is inspired by the Victorian tradition of hanging gilded walnuts on a tree, each holding a special fortune in its empty shell. Friends crack open the shell to reveal their good fortune for the year. The kids can make these ornaments for their parents or other family members as presents to crack open on the holiday.

### Materials:

- Walnuts
- Sharp knife
- Paintbrush
- Butter knife or skewer
- Gold paint (similar to DecoArt Dazzling Metallics Splendid Gold)
- Markers, pen, or pencil
- Paper
- 1/8 -inch-wide ribbon
- Tacky glue

-  To open each walnut, slide the tip of the sharp knife into the top of the shell (there's usually a small space there) and twist the blade so that the nut begins to split. Continue to push the knife gently into the seam until you can cleanly break the halves apart. Have extra walnuts on hand as a few may break unevenly. This part is best finished before the children begin the project.
-  Have the kids clean the meat out of the shell halves with a butter knife or skewer.
-  Paint the outside of the shells gold and set them aside to dry.
-  Write hopes for the coming year, such as "love" or "wealth" or "happiness," on small strips of paper, roll them into scrolls, and tie them with the ribbon.
-  For each hanger, cut a 5-inch length of ribbon and glue it as shown to the top inside edge of a shell half.
-  Place a scroll inside and glue the halves back together with a very thin bead of glue. Firmly press the walnut halves together for about 15 seconds, then allow the glue to dry before hanging the ornament on the tree. They can later be broken open with a nutcracker or small hammer.

\*[familyfun.go.com](http://familyfun.go.com)

## Workshops for January

Saturday, January 7, 2012  
East/Southeast Fort Worth, TX 8:30a

Milk Training  
Luby's 3312 South East Loop 820  
Fort Worth, TX 76140  
Please call or text:  
817-703-7768 Barbara  
Breakfast Training!



Wednesday, January 7, 2012

Nederland, TX 10:00a  
Milk In compliance with the food program  
2101 18th Street  
Directions and Registration: Nanette

Friday, January 13, 2012

Plano, TX 7-8:30p  
Happy Meals for Healthy Kids  
Jetzaman Velazquez's home  
3408 Glenable Ct 75023  
Directions: 972-943-9603  
Registration: 972-398-9398 Renee

Saturday, January 14, 2012

Mesquite, TX 10a-12p  
Nutritious Snacks and new Milk  
Requirements  
Shirley Edward's Home  
3122 Eastbrook, 75150  
Directions: 972-279-8963 Shirley  
Registration: 972-243-3237 Wend'e

Saturday, January 21, 2012

Wichita Falls, TX 11a  
Milk Training  
Jalapeño Tree  
2927 Southwest Pkwy  
Please call or text:  
817-703-7768 Barbara  
Lunch Training!



Saturday, January 21, 2012

Frisco, TX 10-11:30a  
Tackling Childhood Obesity  
Maricruz Warren's home  
10815 Spring Lake Rd, Frisco, TX  
Directions: 972-712-9122  
Registration: 972-398-9398 Renee

Saturday, January 21, 2012

Lubbock, TX 10a-12p  
Zobey Fighting Childhood Obesity  
Della Avila's home  
4608 28<sup>th</sup> Street  
Registration and Directions:  
806-777-3907 Della

Saturday, January 28, 2012

Arlington, TX 9:30-11a  
Milk Training/ Snack Ideas  
Paula Beckerman's home  
2104 Tretorn 76017  
Please call or text:  
817-703-7768 Barbara  
Arlington/ Grand Prairie Providers!

## Workshops for February

Thursday, February 2, 2012

McKinney, TX 7-8:30p  
My Kids Won't Eat That!  
Amy Bergland's home  
404 Dolomite Dr  
Directions: 972-529-8465  
Registration: 972-398-9398 Renee

Saturday, February 4, 2012

Arlington, TX 9:30-11a  
Milk Training  
Karen Munoz's home  
7600 Amsterdam 76002  
Please call or text:  
817-703-7768 Barbara  
Mansfield, South Arlington, and Grand  
Prairie Providers!

## 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!*

071-0135

Saturday, February 4, 2012

Desoto, TX 9-11a  
Nutritious Snacks and New Milk Rules  
Myrtle Autry's home  
305 Crystal Lake Dr. 75113  
Directions: 972-230-0399  
Registration: 972-243-3237 Wend'e  
Desoto, Duncanville, Lancaster, and  
Cedar Hill Providers we hope to see  
you!

Saturday, February 18, 2012

Garland, TX 10-11:30a  
Happy Meals for Healthy Kids  
Sandra Power's home  
1606 Lake Land Park 75043  
Directions: 972-240-8349  
Registration: 972-398-9398 Renee

Saturday, February 18, 2012

Flower Mound, TX 9-11a  
Nutritious Snacks and New Milk Rules  
Sharon Bazan's home  
1212 Spring Ridge 75028  
Directions: 972-948-2686  
Registration: 972-243-3237 Wend'e  
Calling all Lewisville, Flower Mound,  
Corinth, and Lake Dallas Providers -  
this workshop is for you!

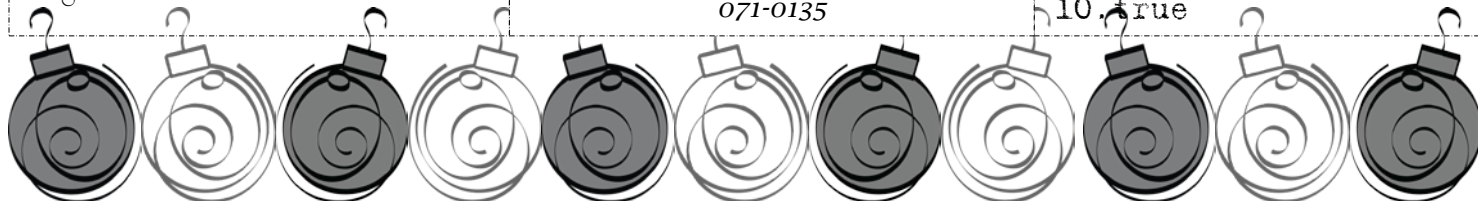
Saturday, February 25, 2012

Justin, TX 9:30-11a  
Milk Training  
Allison McCann's home  
16560 Jasmine Springs 76247  
Please call or text:  
817-703-7768 Barbara  
Denton County Workshop!



## Answers to November quiz

1. false
2. summer
3. true
4. butternut
5. maturity
6. three
7. soups, sauces, stews
8. true
9. sauté
10. true



# Nuts & Seeds

Please remember that nut allergies can range from minor to very severe. Ask parents and record any nut allergies in your child care home!

Seeds and nuts are popular foods in many diets, often as snacks. These nutrient-dense powerhouses provide protein, fiber, healthy fats, enzymes and a number of vitamins and minerals. They can be eaten whole, in “butters” or used to replace meat in many recipes. Nut creams and nut milks can be used to make sauces or in smoothies.

**Keep them cool** Store seeds and nuts in a cool, dry place in an airtight container. Since nuts and seeds have a high unsaturated fat content, they are subject to turning rancid if not handled properly. Nuts in the shell will keep longer than shelled nuts, but they are not as convenient to use.

**In the raw** Whenever possible, the best way to eat most nuts and seeds is raw, since they retain the highest level of enzymes and other nutritional value that way. However, roasted nuts can still be nutritious, especially if you roast them yourself with a minimum of added fat and salt. Raw nuts may be easier to digest than roasted ones due to the enzymatic activity of raw foods.

**Grind as you go** Seeds should be purchased whole and ground fresh, since they begin to deteriorate as soon as they are ground and are more likely to become rancid that way. You can use a small food processor or grinder as well as a larger blender.

## Almond

- An oval-shaped nut that is popular as a snack, as a flavoring, as part of cereals and as an ingredient in recipes, especially desserts and garnishes
- Readily available in more forms (in-the-shell, shelled whole, sliced, slivered, blanched and paste) than any other nut
- High in protein, fiber and minerals, particularly calcium, and a good source of B vitamins
- Related to peaches, cherries and plums

## Walnuts

- A large, brown nut with a rough shell and lobed “meat”
- Loaded with heart-healthy fats that may help to lower cholesterol
- Good source of fiber, Vitamin E, Omega-3 fats, protein and minerals
- May be found in English and Black varieties

## Sesame seed

- Tiny, oval-shaped seed that is commonly used for its oil and on top of rolls and buns
- Rich in copper and manganese and a good source of lignans, fiber that helps lower cholesterol
- Also used in Halva (sweetened) and Tahini (butter)
- Sesame seeds that have not had their hulls removed can be white, brown, red or black

## Pecan

- Native North American nut with thin, smooth brown shell and lobed “meat”
- Related to walnuts and hickory nuts with a richer flavor
- Good source of Vitamin E, potassium and protein
- May have cholesterol-lowering properties

## Peanut

- Not really a nut, but a legume that grows underground as a member of the pea family
- As a food they are used more like nuts in butters and for snacks
- Good source of the B vitamin, niacin

## Pumpkin Seed

- Flat, oval-shaped, green seed (covered with a whitish coat) from pumpkins
- High in minerals, especially zinc and may be anti-inflammatory
- Sometimes called pepitas

## Brazil nut

- A large, high-fat nut, native to the Amazon region that grows in clusters and has a hard brown shell
- Rich in minerals like selenium

## Flaxseed

- Small golden or brown seed from the flax plant used as food as far back as ancient Greece and Rome
- High in fiber and Omega-3 oils while also an excellent source of lignans, fiber that helps lower cholesterol

## Coconut

- Fruit of the tropical coconut palm tree and a good source of vitamins and minerals
- The meat and milk are used for food, oil is used both in edible products such as baked goods and inedible products such as soap
- Oil from the coconut is one of the few plant oils that is saturated
- Coconut can also be made into flour, which is gluten-free and can be used to replace part of the flour in baked goods






# December

				<b>1</b> AIDS Awareness Day	<b>2</b> 	<b>3</b> Send in Claim!
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Pearl Harbor Remembrance Day	<b>8</b>	<b>9</b>	<b>10</b> Human Rights Day 
<b>11</b> 	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Lubbock Workshop	<b>16</b>	<b>17</b> Wright Brothers Day
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Hanukkah Begins First Day of Winter	<b>22</b> 	<b>23</b>	<b>24</b> Christmas Eve
<b>25</b> Christmas 	<b>26</b> Kwanzaa Begins	<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> New Year's Eve 



## Make your own nut butters!

### Basic instructions:

-  Grind 2-3 cups of raw or roasted nuts in the food processor (To roast nuts, spread them on a rimmed sheet in a single layer in 350 degree oven for 5 – 10 minutes making sure they do not burn)
-  Every couple minutes, scrape the nuts off the side of the food processor and continue to grind them for about 15 minutes or until creamy (Be patient! It will seem crumbly for a while before the pieces start to stick together)
-  Add an optional ¼ teaspoon of salt or drizzle of oil if desired






### Supplies:

- Food processor
- Nuts
- Oil
- Salt and other spices

### Enjoy using your creativity!

Use any nut or combinations of nuts/seeds to create fun and nutritious nut butters. Add chocolate, honey, cinnamon, chili powder or any other interesting ingredient to spice up your nut butter.

### Try these combos:

-  Walnut, honey, cinnamon
-  Almond, hazelnut, chocolate
-  Cashew, chili powder
-  Pumpkin seed, pecan, cinnamon, nutmeg, allspice
-  Peanut, almond, brazil nut, dash of salt

