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December 2012
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Important Information for Providers with the New MM Kids HX

Some providers have noticed that when they go to submit their claim they get a warning.

Some sponsors crosscheck the providers In and Out times.

Some states require this. WE DO NOT.

You can safely ignore this message at claim submission time.

Thank you!

Congratulations to ALL Southwest Providers!!

Everyone completed their annual training before the deadline this year! Let us know what worked for you this year. Did your program coordinator conduct a stellar workshop for you to attend? Did you really enjoy being able to finish the training on your own? Help us create another great learning environment for annual training in 2013! And again, Congratulations on a spectacular job well done!

Workshops for December

Saturday, December 1, 2012

Houston, TX 12-2p

Houston Public Library, Young Branch

Palm Center, 5260 Griggs Rd. 77021

Directions: 832-393-2140

Registration: 713-816-4851 Carol

Cleburne, TX 11a

Cotton Patch

Please call or text:

817-703-7768 Barbara

Lunch Workshop!

Pear Salsa

Fruit finely chopped:

- 1 USA Pear
- 1 apple
- 2 kiwifruit (peeled)
- 1 orange (peeled)

- 2 tablespoons honey
- 1 teaspoon lemon juice
- Cinnamon pita chips

Directions:

Combine chopped fruit in a medium-sized bowl. Pour honey and lemon juice over fruit and gently toss. Scoop up bites of fruit salsa using cinnamon pita chips.



**usapears.com



Answers to November quiz

- | | | |
|-------------|--------------------|-----------|
| 1. true | 5. rewards, bribes | 9. true |
| 2. exercise | 6. independence | 10. model |
| 3. true | 7. False | |
| 4. rules | 8. complainer | |

Workshops for January

Saturday, January 5, 2013

Fort Worth, TX

8:30a

Luby's on the South Loop

Please call or text.

817-703-7768 Barbara

Breakfast workshop in Southeast Fort Worth!

Tuesday, January 8, 2013

Plano, TX

10-11a

Tackling Childhood Obesity

Shaena Zariwala's home

4200 Pinewood Dr

Directions: 214-4738466

Registration: 972-398-9398 Renee



Saturday, January 19, 2013

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

Mesquite, TX

10a-12p

Super Snack Ideas!

Shirley Edward's Home

3122 Eastbrook, 75150

Directions: 972-279-8963 Shirley

Registration: 972-243-3237 Wend'e

Richmond, TX

12:30-2:30p

Menu Planning

George Memorial Library

1001 Golfview Dr

Directions: 281-342-4455

Registration: 713-816-4851 Carol



Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods

Part 3 of 5 Once Power is Restored . . .

You'll need to determine the safety of your food. Here's how:

- If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40°F or below, the food is safe and may be refrozen.

- If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40 °F or below, it is safe to refreeze or cook.

- Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40°F for two hours or more.

Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs that are **not kept adequately refrigerated or frozen** may cause illness if consumed, even when they are thoroughly cooked.

**fda.gov



Cranberry Pears

3 cups cranberry juice cocktail
1/4 cup white sugar
1 cinnamon stick
8 Bosc pears, peeled with stems intact

Place cranberry juice, sugar, and cinnamon stick into a large saucepan. Bring to a simmer over medium heat, and simmer until the sugar dissolves. Meanwhile, peel the pears, leaving the stem intact.

Place the pears into the simmering juice and cover. Cook until the pears are tender, turning occasionally, 15 to 20 minutes. Once tender, remove the saucepan from the heat, and set aside to cool to room temperature. Turn the pears a few times as they cool so the color remains even.

**allrecipes.com



December is Pear Month!



A ripe pear is a sweet pear

A little known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out. As tempting as the pear might be right from the grocer's stand, a little bit of patience and know-how will ensure the pear reaches its peak flavor.

So, how do you know when the pear has ripened to sweet and juicy perfection?

While a Bartlett's skin color brightens as it ripens, most varieties of pears show little change in color. The best way to judge ripeness for non-Bartlett varieties is to check the neck: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe!

Here's what you need to do to ripen your pears:

- Leave firm, unripe pears at room temperature so that they can ripen.
- Check the neck for ripeness daily, by applying gentle pressure to the neck, or stem end, of the pear with your thumb. If it yields to pressure, then it's ripe and ready to eat!
- Ripened pears can be used at once or put under refrigeration (35° to 45° F) until you want to use them. Refrigeration will delay further ripening but will not stop it altogether, giving you adequate time to include fresh pears in your menu planning. Remember, pears need to ripen at room temperature, so don't refrigerate an unripe pear!

Speedy Ripening

Place underripe pears in a fruit bowl at room temperature near other ripening fruit like bananas, which naturally give off ethylene and will help speed up the ripening process. And if you find yourself with a few too many overripe pears, blend them into smoothies, soups, sauces and purees!

To Prevent Browning

Like many fruits, the flesh of cut or peeled pears will eventually brown. This natural oxidation process won't affect the taste or quality. However, to keep your pears looking appetizing and to prevent browning, dip them in a mild solution of 50% water and 50% lemon juice!

Wash Before Eating: All it takes is cold water

Thoroughly wash pears immediately prior to eating or preparation. Under cold, drinkable water, use your clean hands or a soft-bristled produce scrub brush to gently but vigorously scrub the entire exterior of the pear, taking extra care to cleanse the indentations near the stem (at the top) and calyx (at the bottom) of the pear. The total process will take 15 – 20 seconds. Washing the entire exterior of the pear will help to eliminate dirt and/or commonly occurring bacteria that may be found on the fruit's surface. Wash fruit even if you plan on peeling it.

Nutrition

Pears are an excellent source of dietary fiber (a medium sized pear has 6 grams of fiber) and a good source of vitamin C, a proven anti-oxidant. Pears also offer potassium (a medium sized pear has 190 mg of potassium). They contain no saturated fat, sodium, or cholesterol. A medium pear has about 100 calories.

Pears in the USA

Early colonists brought the first pear trees to America's eastern settlements where they thrived until crop blights proved too severe to sustain widespread cultivation. Fortunately, the pear trees brought west to Oregon and Washington by pioneers in the 1800's thrived in the unique agricultural conditions found in the Pacific Northwest. Today's Northwest pear varieties are the same or similar to those first cultivated in France and Belgium where they were prized for their delicate flavor, buttery texture, and long storage life.

As more sophisticated irrigation and growing techniques developed during the past century, pear orchards flourished dramatically in the Northwest's river valley regions located in a serpentine sprawl from Northern Central Washington to Central Southern Oregon.

Today, pear orchards in Oregon and Washington are as specialized as the regions that support them. Organic, commercial and multi-generation family orchards all contribute high-quality fruit to the Northwest's fresh pear industry. Consumer interest and enjoyment of Northwest pears grows each year. Thanks to advancements in Controlled Atmosphere (CA) storage technology, fresh USA Pears are available to consumers nearly year-round.



DECEMBER

						1 Houston, Cleburne Workshops AIDS Awareness Day
2 	3 Send in Claim!	4	5	6 	7	8 Hanukkah begins at sundown 
10 Human Rights Day	11	12 		14	15	
16	17 Wright Brothers Day	18	19	20	21 Forefather's Day	22 First Day of Winter
23	24 	25 Christmas Day	26 Kwanza Begins			
30	31 New Year's Eve					



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!