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December 2014
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Workshops for January

Saturday, January 3, 2015
Fort Worth, TX 8:30-10a
 Luby's Near Forest Hill Drive
 3312 Southeast Loop /I20
 Please RSVP:
 817-703-7768 Barbara
 Come have Breakfast and Training!
 We always have a great time!

Thursday, January 8, 2015
South Austin, TX 7p
 Childcare Professional of Greater
 Austin (ALL ARE WELCOME!)
 Zion Rest Missionary Baptist
 Church
 3326 Paisano Trail
 Austin, TX 78745
 If you have any questions, please
 contact me by phone 512-263-4002
 or email sandy@swhuman.org
 Sandy

Saturday, January 31, 2015
Mesquite, TX 10a-12p
 Yes, Whole Grains Can Taste
 Yummy!
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 972-279-8963 Shirley
 Registration: 214-679-9257 Wend'e

Saturday, January 31, 2015
Missouri City, TX 12-2p
 Nutrition and Wellness
 Missouri City Library
 1530 Texas Parkway
 Registration: 713-816-4851 Carol

Sweet Potato and Black Bean Stew
 See page 2 of this newsletter for
 the amazing recipe!

**Reminder To All
 Providers!**
 Please write your
 name on all forms or
 papers sent into the
 main office. No need
 to include your
 business name, we
 have you registered
 in our system with
 your full name.
 Thanks!

Answers to November quiz

1. true
2. All
3. true
4. fiber
5. December
6. true
7. 30%
8. true
9. ripen
10. all year



Workshops for December

Saturday, December 6, 2014
Saginaw, TX 11a-12:30p
 Annual Training and Christmas Lunch
 Cotton Patch on South Hulen just south
 of Hulen Mall
 Please call or text to RSVP:
 817-703-7768 Barbara
 South Fort Worth and West Fort Worth
 this workshop is close to you all!

Tasty Tots Recipe, shown below, is
 featured on page 2 of this newsletter.
 A healthy, kid-friendly alternative to
 traditional 'fried' potatoes, Tasty Tots
 are made with sweet potatoes and
 garbanzo beans (chickpeas).



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!



Shopping Tips to Keep Food Safe This Holiday Season!

- 📖 Make the grocery store the last stop.
- 📖 Select cold and frozen foods last.
- 📖 Don't buy foods past the sell-by or expiration dates, and don't buy foods you won't use before the use-by date.
- 📖 Buy only pasteurized milk, cheese, juices, and dairy products.
- 📖 Buy refrigerated shell eggs or pasteurized, refrigerate liquid eggs.
- 📖 Make sure refrigerated food is cold to the touch.
- 📖 Be sure frozen food is solid to the touch and free of ice crystals, which is a sign the food was thawed and refrozen.
- 📖 Do not buy canned foods that have dents, cracks, or bulging lids.
- 📖 Do not buy canned foods without labels.
- 📖 Don't buy packages which are leaking or torn.
- 📖 Separate meat from other items.
- 📖 Separate cleaning supplies from food.
- 📖 Put raw meat, seafood, and poultry in plastic bags so raw foods or cooked foods are not cross-contaminated by meat juices.
- 📖 Use a cooler and ice pack to keep cold foods cold, especially if you must drive more than 30 minutes.
- 📖 When loading groceries, put perishable items inside the air-conditioned car instead of in the trunk.

*nfsmi.org

Tasty Tots (picture page1 of this newsletter)

5 cups Fresh sweet potatoes, peeled, coarsely shredded
2 1/2 cups Canned low-sodium garbanzo beans (chickpeas), with liquid
1/2 cup Fresh green onions, finely chopped
2 Tbsp Vegetable oil
1/2 tsp Salt
1/2 tsp Granulated garlic
1/4 tsp Ground black pepper
1/2 tsp Onion powder
1/2 tsp Ground cinnamon

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Makes 36 Tots (serving size: 6 tots)

*fns.usda.gov



Sweet Potato and Black Bean Stew

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Makes six 1-cup servings

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
 2. Add cumin and cook for 2 minutes.
 3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
 4. Remove chili pepper and discard.
 5. Add vinegar, salt, and pepper.
 6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.
- May serve over brown rice or whole-wheat couscous.

*fns.usda.gov

Ingredients

2 Tbsp Vegetable oil
1/2 small pepper Dried New Mexican chili pepper, whole
1 1/4 cups Fresh onions, peeled, diced
1 tsp Ground cumin
1 1/2 cups Fresh sweet potatoes, peeled, cubed 1/2"
6 cups Canned low-sodium black beans, drained, rinsed
3/4 cup Orange juice
1 cup Low-sodium chicken stock
1 Tbsp Red wine vinegar
1/4 tsp Salt
1/4 tsp Ground black pepper
4 cups Fresh Swiss chard, no stems, chopped



Vital Veggies

When looking for ways to prevent cancer, scientists are looking more and more at what we eat. Research about the role of diet in cancer prevention is booming. Science has shown that some foods may protect against cancer—even in more ways than one! High on this list are a group of vegetables known as crucifers, named for their flowery petals that are shaped like a cross.

Crucifers include cabbage, broccoli, brussels sprouts, many greens such as Chinese cabbage and turnip greens, and more. Cruciferous vegetables are veritable powerhouses of nutrition. They are low in calories, and high in vitamins A and C, fibers, enzymes, calcium and iron.

But how do these vegetables help prevent cancer? Researchers feel their benefit stems from chemical substances that crucifers contain. Indoles and isothiocyanates seem to stimulate the immune system and help protect against colon, stomach and respiratory cancer. Beta carotene, which in its natural form of food (but not in supplements), may suppress the cancer process in cells that are exposed to carcinogens.

The benefits of crucifers don't stop there. They help with appetite control since their high content of soluble fiber brings on a feeling of fullness that may release appetite-suppressing hormones. Crucifers are also thought to decrease the absorption of fats from other foods eaten at the same meal.

By making sure you and your family eat five to nine servings of fruit and vegetables a day, you can reduce your risk of cancer and other chronic diseases. Think color: red, orange/yellow, green, blue/purple, white/tan/brown.

Colors	Research Findings	Food Samples
<u>Red</u>	Fruits and vegetables help to lower cancer risks, and maintain heart and urinary tract health, and memory function health. They contain the phytochemicals lycopene and anthocyanins.	Beets, Radicchio, Red peppers, Watermelon, Radishes, Red Onions, Cherries, Raspberries, Cranberries, Red Apples, Rhubarb, Pink/Red Grapefruit, Red Grapes, Strawberries, Pomegranates, Red Pears, and Tomatoes
<u>Orange and Yellow</u>	Fruits and vegetables contain antioxidants such as vitamin C, as well as carotenoids and bioflavonoids, two phytochemicals that can lower the risk of some cancers and help maintain heart, vision, and immune system health.	Apricots, Mangoes, Pumpkin, Yellow Peppers, Butternut Squash, Nectarines, Sweet Corn, Cantaloupe, Oranges, Sweet Potatoes, Yellow Summer Squash, Carrots, Papayas, Tangerines, Yellow Tomatoes, Kiwifruit, Peaches, Yellow Apples, and Yellow Winter Squash
<u>Green</u>	Fruits and vegetables benefit bones, teeth, and vision, and they contain potent phytochemicals such as lutein and indoles, currently being studied for their potential antioxidant benefits.	Artichokes, Arugula, Cucumbers, Green Pepper, Asparagus, Green Apples, Lettuce, Broccoli, and other green fruits and vegetables
<u>Blue and Purple</u>	Fruits and vegetables contain the health-promoting phytochemicals anthocyanins and phenolics, which are important for their antioxidant, anti-aging, memory function, and urinary tract benefits.	Blackberries, Blueberries, Black Currants, Purple Figs, Purple Grapes, Plums, Raisins, and Eggplant
<u>White, Tan, and Brown</u>	Fruits and vegetables help maintain cholesterol levels and heart health, and also contain phytochemicals, including allicin, found in the onion family.	Bananas, Ginger, Brown pears, Potatoes (white fleshed), Cauliflower, Jicama, Turnips, Dates, Mushrooms, White Nectarines, Garlic, Onions, and White peaches

DECEMBER



1 AIDS Awareness Day	2	3 Send in Claim!	4	5	6
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7 Pearl Harbor Remembrance Day	8	9	10 Human Rights Day	11
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14	17 Hanukkah Begins	18 National Regifting Day
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17 Wright Brothers Day



21 First Day of Winter	22	23	24	25 Christmas Day	26 Kwanza Begins	27
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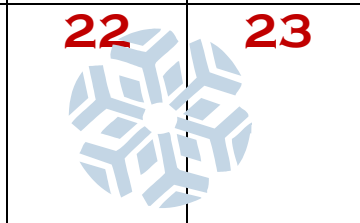


24 New Years Eve



28	29	30	31
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28



31 New Years Eve

Hi everyone,
My name is Thermym™ and I am here to tell you about a great new consumer education program to promote the use of food thermometers.


They say you can't always judge a book by its cover. Well, this is also true for cooked foods. You can't judge if your food is done by looking at its color. Color can be misleading. For instance, USDA research shows that one out of every four hamburgers turns brown in the middle before it is safely cooked. Using a food thermometer is the only way to tell that food has reached a high enough temperature to destroy harmful bacteria.

Also, research shows that less than half the population even owns a food thermometer. And only 3 percent use one when cooking foods like hamburgers at home. Boy, do I feel left out! Left out of meat, poultry, egg dishes, and other cooked foods.

I'm not only high-tech, but I am easy to use. And I should be used all year-round! Every time people prepare hamburgers, poultry, roasts, chops, egg casseroles, meat loaves, and combination dishes, they should think of me! "It's Safe to Bite When the Temperature is Right!"

If you have any questions about how you can help, just call the Food Safety Education Staff at the Food Safety and Inspection Service, USDA, at 301-504-9605. Also visit my Web page at www.fsis.usda.gov/thermy.

Your friend,
Thermym™



Thermym™ "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Temperature Rules!

... for cooking foods at home.

Safe Minimum Internal Temperatures

- 145 °F** Beef, lamb & veal steaks & roasts medium rare (medium—160 °F)
- 160 °F** Ground beef, pork, veal & lamb
Pork chops, ribs & roasts
Egg dishes
- 165 °F** Ground chicken & turkey
Chicken & turkey—whole bird, breasts, legs, thighs & wings
Stuffing & casseroles
Leftovers

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
E-mail: mp hotline.fsis@usda.gov

FSIS
Food Safety and Inspection Service
U.S. Department of Agriculture
www.fsis.usda.gov