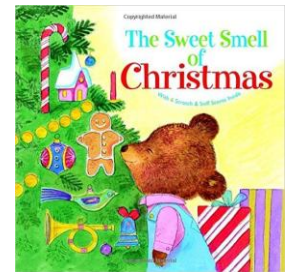


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Volume 30, Issue 3
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 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program
 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

December 2015
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

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Workshops for December

Saturday, December 5, 2015

Ft Worth, TX 11a
 Annual Training
 Cotton Patch Restaurant
 5030 S Hulen
 Please call or text to RSVP:
 817-703-7768 Barbara
 Lunch and Training

Workshops for January

Saturday, January 7, 2016

Forest Hill, TX 8:30
 Luby's
 3312 Southeast Loop 820
 Please RSVP:
 817-703-7768 Barbara
 Breakfast and Training!

Tuesday, January 12, 2016

Plano, TX 7-8:30p
 Making Nutrition Count
 Vicki Gibson's house
 1809 Lake Side Ln 75023
 Directions: 469-237-7343
 Registration: 972-398-9398
 Renee

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!
- ★ Wende would like to thank all her providers, the office and the other program coordinators for their thoughts and prayers for her and her family during this difficult time.

Let's Read About the Holidays!

Kwanzaa Karamu: Cooking and Crafts for a Kwanzaa Feast

By April A. Brady

Sometimes, the best way to learn about an event is to partake in the traditions, rituals and activities. That rings true in Brady's well-organized "Kwanzaa Karamu," which includes recipes, crafts and even a Swahili glossary!

The Kvetch Who Stole Hanukkah

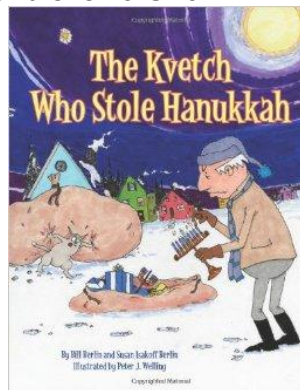
By Bill Berlin

Much like the Grinch who stole Christmas, the Kvetch (someone who complains or nags a lot) of Oyville is set on ruining Hanukkah for the townspeople. The end is bound to bring a smile to everyone's face ... the Kvetch included!

The Sweet Smell of Christmas

By Patricia M Scarry

Mmm—the holidays certainly smell delicious! Little Bear knows that magical day of the year is almost upon them because of all the amazing scents floating in the air. The book contains six different scratch-and-sniff scents, so kids can interact with the story and smell some of the things that Little Bear smells.



Saturday, January 16, 2016

Mesquite, TX 10a-12p
 Care Connections: How to Cook with Kids
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 462-285-6710
 Shirley
 Please RSVP to 214-679-9257
 Wend'e

Saturday, January 30, 2016

Frisco, TX 10-11:30a
 Planning Low Cost Menus
 Ana Gomez's house
 9505 Presthope Dr 75035
 Directions: 469-237-9174
 Registration: 972-398-9398
 Renee

Hand washing Awareness Week is the first week in December!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies.

How to Wash Your Hands

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

When to Wash Your Hands

- ☺ Before, during, and after preparing food
- ☺ Before eating food
- ☺ Before and after caring for someone who is sick
- ☺ Before and after treating a cut or wound
- ☺ After using the toilet
- ☺ After changing diapers or cleaning up a child who has used the toilet
- ☺ After blowing your nose, coughing, or sneezing
- ☺ After touching an animal, animal feed, or animal waste
- ☺ After handling pet food or pet treats
- ☺ After touching garbage

*cdc.gov



Wash Your Hands! ¡Lávese Las Manos!



Answers to the November quiz

- | | |
|----------------|-----------------|
| 1. false | 6. true |
| 2. 19, 25 | 7. water |
| 3. true | 8. true |
| 4. raspberries | 9. constipation |
| 5. probiotics | 10. stress |

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!

Safer Food Preparation and Cooking

During a recent study from Kansas State University (KSU) 120 parents were observed while cooking in a test kitchen. After participants were finished cooking, samples were taken to find non-toxic tracer bacteria around the test kitchen and in the food prepared. The researchers found tracer bacteria on 90% of samples taken from the fruit salads prepared during the study. 82% of participants contaminated the sink, refrigerator, oven and/or trash cabinet handles with the tracer bacteria. Participants who received food safety educational material developed by USDA before participation showed lower levels of cross-contamination than did the control group.

The kitchen towel was the number one source of cross contamination. The kitchen towels became contaminated because participants in the study used them to dry hands that were not washed properly. The towels were then used to dry or wipe hands multiple times allowing the bacteria to spread. You can protect yourself from the risk of food poisoning found in this study with these easy to implement changes.

Know When to Wash Your Hands

It is easy to forget you should wash your hands throughout meal preparation. This includes when you start cooking, after handling raw meat, raw meat packaging, and raw eggs, and after throwing away trash. When throwing away used meat containers during cooking well over half the study participants did not wash their hands or just rinsed them after throwing away items.

Avoid the Splash & Dash

“Splashing and dashing” with hand washing is not enough to rinse away bacteria. As tempting as it is to just run your hands under water to remove the visible food particles on your hands, you are not removing the more dangerous bacteria. To remove bacteria you need both soap and water and the friction of rubbing hands together with soap. Just water will not do the job. To avoid spreading bacteria around your kitchen, make sure to wash your hands with soap and warm water for 20 seconds. An easy way to tell if you are washing for long enough is to sing the “Happy Birthday” song twice.

Use Good Dish Cloth Hygiene

Effective hand washing isn’t the only way to protect your kitchen from cross-contamination. You can also use good dishcloth hygiene. Dish towels should be washed frequently in the hot cycle of your washing machine. This will remove the bacteria that have taken up residence on your cloth towel.

Use Paper Towels Only Once

Paper towels should be used once and then thrown out. Many study participants were observed using paper towels as if they were designed for multiple uses. Some participants used the same paper towel more than once to dry or wipe their hands and/or clean kitchen surfaces. This causes the bacteria to be spread to other surfaces.

Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. Remember, you can’t tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	All	165	None
Pork and Ham	Fresh pork and ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Both	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque	None
	Shrimp, lobster, and crabs Clams, oysters, and mussels	Cook until flesh is pearly and opaque.	None



DECEMBER

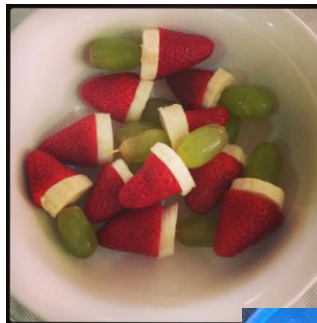
		1 World AIDS Day	2	3 SEND IN CLAIM!	4	5 Ft Worth Workshop
6 Hanukkah begins	7	8	9	10 Human Rights Day	11	12
13	14	15	16	17		
20	21	22 Winter Solstice	23			
27	28	29	30	31 New Year's Eve		

Enjoy some healthy holiday snacks with the kids! For the preschoolers, this can be a create-your-own snack where they can use their creativity and practice fine motor skills. The possibilities are endless!

Banana Snowmen

- Sliced bananas
- Blueberries
- Pretzels
- Colored Sprinkles
- Shredded coconut

- ★ Lay out all of the ingredients on a platter.
- ★ Encourage each child to follow along step by step while you create a snowman on your plate.
- ★ Use colored sprinkles (or similar) for the eyes and nose.
- ★ Top the snowman with shredded coconut as snow!



Grinch Kabobs

- ★ Green grapes
- ★ Strawberries (tops cut)
- ★ Banana (slices)

Combine the ingredients on a toothpick to create little Grinch snacks! Yum!

