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Volume 31, Issue 3  
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December 2016  
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Due to a bug with the Minute Menu Ipad software your monitor will occasionally have to input a non-existent infant in order to complete the visit. If you are reviewing your monitor visits you might notice an infant in the list with an unusual or fake name as an example of the bug. Minute Menu is currently working on a solution and this will not impact your claim.

Thank You  
 SHDS

### Workshops for February

Wednesday, February 8, 2017  
**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

Thursday, February 9, 2017  
**Duncanville, TX** 7-8:30p

Updated USDA Guidelines  
 Spring Creek BBQ  
 2827 Wheatland Rd  
 Dallas, TX 75237  
 Directions only: 972-296-1211  
 Please RSVP: 214-679-9257  
 Wend'e  
 Please let me know if you will attend.

**Austin, TX** 7p  
 Zion Missionary Baptist Church  
 3326 Paisano 78745  
 Questions: 512-467-7916 Ext 201  
 Sheena

Saturday, February 18, 2017  
**Flower Mound, TX** 9-11a

Updated USDA Guidelines  
 Sharon Bazan's home  
 1212 Spring Ridge 75028  
 Directions: 972-948-2686  
 Registration: 214-679-9257  
 Wend'e  
 Please let me know if you will attend.

**Sherman, TX** 10-11:30a  
 10Tips: Kid Friendly Veggies and Fruits  
 Barbara Reyna's home  
 107 S Maxey 75090  
 Directions: 903-868-1289  
 Registration: 972-398-9398 Renee

### Workshops for December

Saturday, December 3, 2016  
**Ft Worth, TX** 11a

Calendar 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, 2017  
**Forest Hill, TX** 8:30a

Calendar Training 201  
 Breakfast at Luby's Cafeteria  
 3312 Southeast Loop 820  
 Please RSVP by call or text:  
 817-703-7768 Barbara

**Humble, TX** 10a-12p  
 New CACFP Meal Patterns  
 Atascocita Library (Not Kingwood!)  
 19520 Pinehurst Trail Dr.  
 Humble, TX 77346  
 RSVP to Laurie by  
 text 281-808-1137 or  
 email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)

Thursday, January 12, 2017

**Plano, TX**  
 Recipes for Healthy Kids  
 Vicki Alexander's house  
 1809 Lake Side Ln 75023  
 Directions: 469-237-7343  
 Registration: 972-398-9398 Renee



Saturday, January 21, 2017

**Mesquite, TX** 10a-12p  
 Updated USDA Guidelines  
 Shirley Edward's Home  
 3122 Eastbrook, 75150  
 Directions: 462-285-6710 Shirley  
 Please RSVP to 214-679-9257 Wend'e  
 Please let me know if you will attend.

Saturday, January 28, 2017

**Frisco, TX** 10-11:30a  
 Nutrition and Wellness Tips for Young Children  
 Ana Gomez's house  
 9505 Presthope Dr 75035  
 Directions: 469-237-9174  
 Registration: 972-398-9398 Renee

**Katy, TX** 10a-12p

New CACFP Meal Patterns  
 Katy Branch Library  
 5414 Franz Rd  
 Katy, TX 77493  
 RSVP to Laurie by  
 text 281-808-1137 or  
 email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)



# Healthier Baking Substitutions

The holiday season is officially upon us, and with it comes an array of cookies, pies, truffles, chocolates, and various other treats. While traditional holiday desserts are typically high in sugar and unhealthy fats, you and your family can enjoy healthier treats just by trading a one ingredient per recipe! Read below for some simple ingredient swaps for healthier holiday baking.

## White flour: swap for whole-wheat flour or black beans

White flour may be your go-to for baking, but it lacks the nutritional power found in whole-wheat flour and black beans. Whole-wheat flour and black beans are higher in fiber than white flour, which is important for digestive function and stable blood sugar.

Ratios: 1 cup of whole-wheat flour for 1 cup of white flour or 1 (15 oz.) can of black beans for 1 cup of flour

## Butter: swap for mashed avocado

Avocado is a creamy fruit that has a similar texture to butter, but has fewer calories per tablespoon (20 calories for avocado vs. 100 calories for butter) and more heart healthy monounsaturated fats. Avocados are also a good source of fiber as well as potassium, which can help keep your blood pressure steady.

Ratio: Substitute half the amount of butter for mashed avocado

## Oil: swap for unsweetened applesauce

Many holiday recipes call for canola oil, which is high in total fat and calories (120 calories for 1 tablespoon). By substituting unsweetened applesauce for oil, you can save calories and enjoy the nutritional benefits applesauce offers including fiber, potassium, and vitamin C.

Ratio: 1 cup of unsweetened applesauce for 1 cup of oil

## Eggs: swap for a banana or chia seeds

While there are many nutritional benefits of eggs, they can be a common food allergy in children. If your child has an allergy or you are watching your cholesterol, you can substitute a mashed banana or chia seeds for eggs. Chia seeds are just like they sound; seeds that used to be known for the Chia Pet plans! Chia seeds are a good source of heart healthy omega-3 fatty acids as well as dietary fiber and magnesium.

Ratios: 1 ripe mashed banana for 1 egg. To make a chia seed "egg", mix 3 tablespoons of water with 1 tablespoon ground chia seeds (measure out 1 tablespoon of chia seeds first, then grind and mix with water) and let sit for 5 minutes until the texture is similar to eggs. (Chia seed directions from Food Renegade.com)

## Sugar: swap half for vanilla extract

Sugar is definitely plentiful during the holiday season, and too much can be harmful for your heart and blood sugar. Substituting some vanilla extract for granulated sugar can be a great way to reduce your intake and cut calories! One cup of sugar has about 775 calories, compared to 600 calories in one cup of vanilla extract.

Ratios: Use half the sugar that the recipe calls for, and add in one teaspoon of vanilla extract. Be sure to only cut down the sugar by half, or you could compromise your desserts texture and turnout!

Substituting healthier ingredients for less healthy ones is also a great way to expose your children to new foods! Engage them in baking a healthier way by letting them help measure the flour, mash the avocado, and help to make the chia seed "egg".

\*nourishinteractive.com

## Answers to November quiz

1. false
2. nutrient
3. false
4. hands
5. positive
6. True
7. Breakfast
8. True
9. Fruit
10. garden

## 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!

## Slow Cooker Applesauce

- 6 large apples, any variety (approximately 3 pounds)
- 2 cinnamon sticks, optional
- 1 tablespoon lemon juice
- 1/2 cup water
- 1/4 teaspoon salt

- Peel and chop the apples: Peel the apples with the vegetable peeler, then cut them into quarters and slice out the cores. Roughly chop apples into 1- to 2-inch pieces, depending on how chunky you prefer your applesauce.
- Combine all the ingredients in the bowl of the slow cooker, and close the lid.
- Cook the applesauce: Cook on high for 4 hours, stirring twice during cooking.
- Puree the applesauce. If you like chunky applesauce, you can skip this step altogether. But if you prefer a more smooth texture, remove the cinnamon stick, then use an immersion blender to puree the applesauce until it reaches the consistency you like.
- Cool and store: Cool the applesauce, then divide between several containers. Cover and store in the refrigerator for up to 5 days, or freeze for up to 3 months.

\*thekitchn.com

# Healthier Holidays

The holiday season is a wonderful time of year, built around celebrations, family, friends, and of course, food. From holiday dinners to classroom parties and everything in between, you may find yourself surrounded by dips, chips, cookies, cakes, pies, and more. While it is perfectly okay to enjoy a few holiday favorites, a diet that is regularly high in fat and sugar can contribute to chronic diseases including obesity, heart disease, and diabetes. By making just a few simple swaps, you can cut down on the amount of fat and sugar your family consumes this holiday season, without cutting the fun!

## Swap potato chips and onion dip for tortilla chips and salsa

Chips and dip are classic party food, but traditional onion dip can contain 8% of your daily fat in just 2 tablespoons. Instead, go for tortilla chips and salsa. Salsa contains just 10 calories for 2 tablespoons (vs. 60 in onion dip), zero grams of fat, and a serving of vegetables!

## Swap jellied cranberry sauce for homemade cranberry sauce

Jellied cranberry sauce is canned cranberry sauce made from cranberries, high fructose corn syrup, syrup, and water. In just ¼ cup, jellied cranberry sauce contains 24g of sugar, nearly twice the amount of a glazed donut. For a healthier swap, make homemade cranberry sauce using orange juice as a sweetener to cut down on the amount of added sugar. Grate an orange peel over the finished product for a tangier flavor!

## Swap sweet potato casserole for roasted sweet potatoes

The sweet potato is a nutrient-packed vegetable and a good source of potassium, fiber, and vitamin A. Sweet potato casserole is a common side dish at many holiday dinners, but unfortunately this marshmallow-topped treat negates the many health benefits of the sweet potato. Instead, simply roast the sweet potatoes in the oven with a little bit of honey and cinnamon for a sweet and healthy side dish.

## Swap cheese and crackers for pretzels and hummus

While cheese is a good source of protein, it's also a good source of calories and saturated fat for a small serving size. Instead, have pretzels and hummus. Hummus is a Greek dip made from tahini oil, a source of heart healthy fat. Hummus also pairs well with vegetables like carrots, celery, and broccoli!

## Swap chocolate candies for a fruit plate with chocolate sauce

Chocolate candies are abundant at holiday parties, and are easy to grab in handfuls, which can quickly lead to a high calorie, high sugar mindless munch. Instead, serve yourself a fruit plate and drizzle on some chocolate sauce for the chocolate flavor along with a bonus of vitamins, minerals, and fiber.

## Swap double crust pie for open-faced pie

Pies are usually only served a few times per year, so rather than turning down pie, opt for an "open-faced" pie, or a pie made with one crust rather than two. The piecrust is an easy source of extra calories and fat, so cutting out one crust can save you calories and fat without skipping flavor.

## Swap green bean casserole for roasted green beans with sesame oil and seeds

Green bean casserole is traditionally made with cream of mushroom soup, and topped with fried onion rings, both sources of heart-damaging saturated fat. Instead of green bean casserole, try roasting green beans with sesame oil and sesame seeds, both sources of heart-healthy fat and packed with flavor!

## Swap milk chocolate for dark chocolate

Holiday parties are abundant with chocolate, but if you can find some dark chocolate (or bring your own), choose the dark chocolate over milk. Calorie and sugar-wise, dark chocolate and milk chocolate are basically the same, but dark chocolate has been shown to contain antioxidants, which help prevent damage to cells. Be sure to stick to one serving though, as chocolate is still high in sugar and calories.

## Swap ingredients for healthier holiday baking

If you and your family are baking cookies together, there are many simple substitutions you can make for healthier desserts such as swapping white flour for wheat, oil for applesauce, sugar for vanilla extract, and even eggs for bananas.

Remember, the holiday season is a time for family and friends. The holidays only come once a year, so do be sure to enjoy your favorite holiday treats, and use these swaps for foods you may have more commonly. Have a healthy, happy, holiday season!

# December

				1 World AIDS Day	2	3 Ft Worth Workshop Send in Claim!
4	5	6	7			10 Human Rights Day
11						15
18	19 Oatmeal Muffin Day	20	21 Winter Solstice			24 Hannukah Begins
25 Christmas Day			28			31

To celebrate Oatmeal Muffin Day on December 19<sup>th</sup>, make oatmeal muffins! Oatmeal is classified as a whole grain and can help reduce blood cholesterol levels, high blood pressure, and obesity. Grabbing an oatmeal muffin makes a perfect on-the-go breakfast option.

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>1/3 cup melted coconut oil or extra-virgin olive oil</li> <li>1/2 cup maple syrup or honey</li> <li>2 eggs, preferably at room temperature</li> <li>1 cup packed mashed ripe bananas (about 3 bananas)</li> <li>1/4 cup milk of choice (I used almond milk)</li> </ul> | <ul style="list-style-type: none"> <li>1 teaspoon baking soda</li> <li>1 teaspoon vanilla extract</li> <li>1/2 teaspoon salt</li> <li>1/2 teaspoon cinnamon</li> <li>1 3/4 cups white whole wheat flour</li> <li>1/3 cup old-fashioned oats</li> </ul> |
| <ul style="list-style-type: none"> <li>1 teaspoon turbinado (raw) sugar or other granulated sugar, for sprinkling on top</li> </ul>   |  |

- o Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease 11 cups of your muffin tin with butter or use large paper liners.
- o In a large bowl, beat the coconut oil and maple syrup or honey together with a whisk. Add eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
- o Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
- o Divide the batter evenly between the 11 muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon), followed by a light sprinkling of sugar (about 1 teaspoon). Bake muffins for 23 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
- o Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. Enjoy muffins as is or with a spread of nut butter or regular butter.