



Volume 24  
 Issue 5  
 Liz Curtis, Compliance Officer

Sponsors of the Child and Adult Care Food Program  
 Blake Stanford, President  
 Martin North, Website/MM Kids Specialist

February 2010  
 Brenda Baldwin, Program Director  
 Lindsey Seybold, Editor

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### Workshops in February

**Tuesday, February 2, 2010**  
**Allen, TX** 7-8:30p  
 Nibbles for Health  
 Deborah Roberson's Home  
 1228 Waterdown Dr.  
 Directions: 469-675-8585  
 Registration: 972-398-9398 Renee  
 For Plano, Allen, Custer, McDermott

**Thursday, February 4, 2010**  
**Georgetown, TX** 7p  
 Sandra Culbertson's Home  
 431 Berry Ln  
 Directions: 512-869-1972  
 Registration: 512-263-4002 Sandy  
 For Taylor, Round Rock, Hutto, Georgetown, Pflugerville or if you like week night workshops. Space limited so register early!

**Saturday, February 6, 2010**  
**Lubbock, TX** 10a-12p  
 Happy Meals for Healthy Kids  
 Della Avila Home  
 4608 — 28<sup>th</sup> St. Lubbock. TX 79410  
 For registration and directions:  
 806-777-3907 Della  
 Come learn how to make Valentine treats for your childcare kids!

**San Marcos, TX** 10a  
 Live Well  
 Martha Carrillo's Home  
 713 Picasso Dr. 78666  
 Directions: 512-352-5877  
 Registration: 512-263-4002 Sandy  
 If you live south of Austin, this workshop is for you!

**Saturday, February 6, 2010**  
**Duncanville, Desoto, Cedar Hill**  
 9 — 11a  
 Two Bite Club  
 Myrtle Williams Home  
 305 Crystal Lake Dr, Desoto, 75115  
 Directions: 972-230-0399  
 Registration: 972-243-3237 Wend'e  
 This new location replaces the Duncanville Workshop usually held at Cassandra Harris's Home!

**Saturday, February 6, 2010**  
**Mansfield, S. Arlington** 9:30-11a  
 Karen Munoz's Home  
 7600 Amsterdam, Arlington 76002  
 For registration and directions:  
 817-536-4514 Barbara

**Thursday, February 11, 2010**  
**Humble, TX** 7p  
 A Perfect Monitor Visit/Mandatory  
 Humble Association Library  
 19520 Pinehurst Trail Drive 77346  
 RSVP required, email preferred:  
[ramoszooshs@yahoo.com](mailto:ramoszooshs@yahoo.com) or  
 281-808-1137 Laurie

**Wednesday, February 17, 2010**  
**Wylie, TX** 7 — 8:30p  
 Happy Meals for Healthy Kids  
 Lisa Pennington Home 1902 E Fork  
 Directions: 214-474-0017  
 Registration: 972-398-9398 Renee

**Saturday, February 20, 2010**  
**East, South Ft.Worth** 9:30-11a  
 Cheryl Bobo's Home  
 7240 Wild Wing, Ft.Worth 76120  
 For registration and directions:  
 817-536-4514 Barbara

**Tyler, TX** 9:30a  
 Nutritional Workshop and Training  
 Debbie Martin Home  
 8422 Castleton Way  
 Registration: 903-570-0417 Debbie

**Wednesday, February 24, 2010**  
**Northeast San Antonio** 7 — 9p  
 Nutrition Program Training  
 Clyde Ford Community Center  
 Schertz, TX  
 For registration and directions:  
 210-233-8453 Patricia

**Saturday, February 27, 2010**  
**Garland, TX** 10-11:30a  
 Calendar Training: Sandwiches!  
 Doris Maitre's Home  
 2406 High Hollows Dr.  
 Directions: 972-325-2396  
 Registration: 972-398-9398 Renee

**Flower Mound, TX** 9 — 11a  
 Calendar Training: Sandwiches!  
 Sharon Bazan's Home  
 1212 Spring Ridge Ln, 75028  
 Directions: 972-948-2686  
 Registration: 972-243-3237 Wend'e

**North, West Ft.Worth** 9:30-11a  
 Rosa Leimann's Home  
 8117 Gran Junction, Ft.Worth 76179  
 Off of Boat Club Rd.  
 For registration and directions:  
 817-536-4514 Barbara

**Victoria, TX** 9:30-11:30a  
 CentSible Meals  
 Victoria Public Library 302 N. Main  
 For registration and directions:  
 361-241-4446 Eileen

We now have  
 1000 providers  
 using MM Kids  
 Online!

Join these happy  
 providers by  
 contacting your  
 program  
 coordinator or the  
 main office  
 1-800-369-9082.



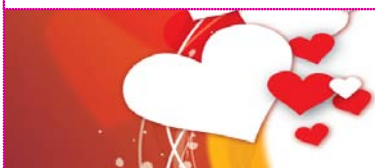
### **MYSTERY PROVIDER**

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!

### \*\*SPOTLIGHT PROVIDERS\*\*

**Karen Charles** in Carrollton, TX is a super provider. After attending a November workshop, Karen decided to use that information to create and present a healthy eating unit to her childcare children. She is using the analogy food is to kids what fuel is to a rocket ship. Her kids will really get a kick out of it! Great idea, Karen!

Another provider who deserves the spotlight is **Yolanda Jimenez** from Lubbock, TX. She has been with Southwest for almost a year and runs her childcare with daughter-in-law Amanda. The whole house has a school like atmosphere where artwork and other school work is displayed on the walls. Outside in the yard, she has all kinds of play equipment. All her kids are very happy and excited about the nutritious meals that she serves as well. Excellent example!



## Did you get a new computer for the holidays?

- Start MM Kids Online this calendar year and get rid of all those paper forms!
- Use MM accounting software to help with your business taxes!
- You can also print for parents a W-10 Dependent Care Provider's Identification and Certification from the MM Kids Online Program.
- Contact your program coordinator or the main office 1-800-369-9082 to start this year's records online.

## Workshops in March

Wednesday, March 3, 2010

**South Austin, TX** 7p

Live Well  
Hampton Branch Library at Oak Hill  
5125 Convict Hill Rd  
Directions: 512-974-9400  
Registration: 512-263-4002 Sandy

**Sachse, TX** 7-8:30p

Planning Low Cost Menus  
Elizabeth Allen's Home 3214 Clinton St  
Directions: 972-496-5170  
Registration: 972-398-9398 Renee

No children, please!

Thursday, March 4, 2010

**Amarillo, TX** 7p

A Perfect Monitor Visit  
Symony Morris' Home 7209 Brookfield 79124  
For registration and directions:  
806-354-0243 Symony

Saturday, March 6, 2010

**Little Elm, TX** 10a-12p

Calendar Training: Sandwiches!  
Georgetta Manning's Home  
600 Knollwood Tr Ct, Oak Point 75068  
Directions: 469-252-9940  
Registration: 972-243-3237 Wend'e

**South Ft.Worth, Cleburne, Burleson, Crowley**

11a  
Lunch at the Cotton Patch  
On South 135  
For registration and directions:  
817-536-4514 Barbara

**Amarillo, TX** 10a

A Perfect Monitor Visit  
Symony Morris' Home 7209 Brookfield 79124  
For registration and directions:  
806-354-0243 Symony

Tuesday, March 9, 2010

**Richardson, TX** 7-8:30p

Menu Magic  
Purdy's Restaurant at Campbell and Plano Rd  
For registration and directions:  
972-398-9398 Renee

Also for Richardson-Garland Daycare Home  
Association Meeting. All Southwest welcome.



Saturday, March 13, 2010

**Bonham, TX** 10-11:30a

Making Nutrition Count  
Connie Alexander's Home  
112 W Russell St  
Directions: 903-640-4345 or 972-398-9398  
Registration: 972-398-9398 Renee

Saturday, March 20, 2010

**Northwest San Antonio** 1-3p

Nutrition Program Training  
San Antonio Public Library  
Cody Branch: 11441 Vance Jackson  
For registration and directions:  
210-233-8453 Patricia

**Tyler, TX** 9:30a

Nutritional Workshop and Training  
Debbie Martin Home  
8422 Castleton Way  
Registration: 903-570-0417 Debbie

Saturday, March 27, 2010

**Frisco, TX** 10-11:30a

My Kids Won't Eat That!  
Fabiola Gregorio's Home  
4060 W Crescent  
Directions: 214-407-8489  
Registration: 972-398-9398 Renee  
Pull up to the guard gate to announce yourself

**East Ft. Worth, TX** 9:30-11a

Barbara Price's house  
2033 N Edgewood Terrace  
Fort Worth, Texas 76103  
For registration and directions:  
817-536-4514 Barbara  
Barbara lives in Meadowbrook in East Fort Worth.

Wednesday, March 31, 2010

**North Austin, TX** 7p

Live Well  
Milwood Branch Library  
12500 Amherst Dr.  
Directions: 512-974-9880  
Registration: 512-263-4002 Sandy



## To keep you posted . . . . .

To All Providers using **Paper Forms**:

We will be mailing you a Calendar Year Payment Summary for 2009 with this month's checks. These totals will be useful for your taxes.

To All Providers using **MM Kids Online**:

To see your Calendar Year Payment Summary for 2009, go to Review Claims and choose Tax Report to view and print.

Any questions please contact your program coordinator or the main office 1-800-369-9082.



## Iced Fruit Cubes!



Add some summer to your winter..

You'll need:

- Chopped, peeled pineapple
- Blueberries or other similar fruit
- Fresh juiced oranges
- Ice cube trays

Put the fruit pieces into the ice cube trays. Pour the orange juice over the fruit until the trays are full. Freeze overnight.

These fun cubes can eaten by themselves or tossed into fresh squeezed juice or club soda. Try blending them with juice and yogurt in a blender for a fun slushie. Get creative with the kids and bring fresh vitamins into your winter diet!

## Hummus:

- use as a spread on cold veggie pizza
- try it on a sandwich instead of mayo
- serve as a dip for all those yummy fresh veggies

Ingredients:

- 1 5-oz. can garbanzo beans (chickpeas)
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tbsp. olive oil
- ½ tsp. black pepper



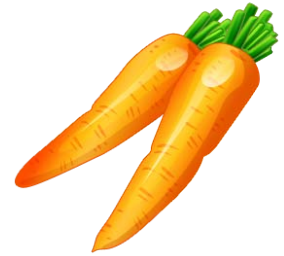
Directions:

Combine drained garbanzo beans (keep the liquid!), garlic, cumin, salt, and olive oil in a food processor or blender. Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved.

\*Kidshealth.org



## **8 Fun Ideas To Get Your Kids** **To Eat Their Veggies**



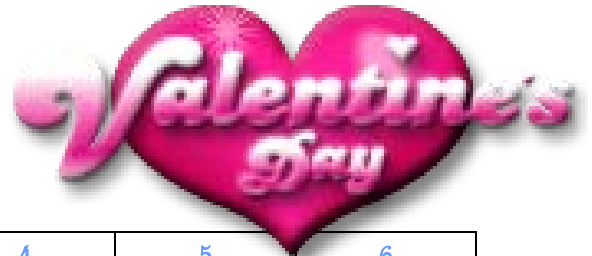
Give a few of these ideas a try and see which ones work best for your children. Keep at it and sooner or later they will start to develop a taste for vegetables.


- 1) Make a big pot of vegetable soup, and then add some fun noodle shapes. You can use alphabet noodles or look for some fun novelty shapes. You may be able to find some cartoon characters, toy and sports shapes etc. I have even seen pumpkin and Christmas tree shapes. With a little luck your kids will be too busy spelling words, or identifying the shape to notice all the veggies they are eating in the soup.
- 2) If you can't make them eat it, make them drink it. Pour some vegetable juice over ice and add a straw, a cocktail umbrella or a stick of celery and watch them drink it up. Or pulverize veggies in a juicer or extra strength blender. That way your kids can still get some of the vegetable fiber as well as the fresh juice with vitamins and minerals.
- 3) Have you tried offering them some raw vegetables with some ranch dressing to dip them in? Many kids who don't care much for cooked vegetables will eat them up if they can dip them. Just grab a bag of baby carrots and cut up some red and yellow peppers and some cucumber. Arrange them on a plate with a little bit of ranch dressing or your favorite vegetable dip on the side.
- 4) Take it even a step further and let them create artwork out of their vegetables. Offer raw vegetables in different colors and shapes and encourage them to make a vegetable collage on their plate. You can easily make a face using slices of cucumber as eyes, a baby carrot as nose and a slice of red pepper as a mouth. This is a great opportunity to introduce vegetables that aren't in the children's normal routines. Try jicama, cauliflower, or pea pods. You can use watercress or shredded carrots or even some cheese as hair. Before you know it, you'll find them sampling their "art supplies".
- 5) To get them to eat more vegetables at dinnertime try a little salad bar. Put out some lettuce, some sliced or chopped tomato, slices of cucumber, shredded carrot, slices of red and yellow peppers, small broccoli flowerets and anything else you can think of. You may also want to offer them some choices when it comes to salad dressing. Typical favorites include Ranch, Italian, Catalina, and French. To top it all off set out some croutons, shredded cheese, chopped nuts or sunflower seeds.
- 6) Get the kids together and make a cold vegetable pizza. Start out with a can of crescent rolls. Unroll the dough, but don't pull the triangle shapes apart. Instead push the seams together and bake on a baking sheet according to the package directions. Let the sheet of dough cool completely, then spread with some crème cheese or hummus and top with some thinly sliced raw veggies. Cut into squares and serve.
- 7) Get them involved in the kitchen especially when it comes to cooking. Ask them to wash the vegetables, if they are old enough let them cut veggies (under your supervision of course), let them help you stir, or anything else you can think of that would be age appropriate. You'll be amazed at how proud they will be of their finished product. They'll try just about anything if they made it.
- 8) If everything else fails, hide the vegetables in other food. Try some special orange mashed potatoes. The kids will think it's new and exciting, but the dish is very simple: just cook some carrots with the potatoes and mashed them right in there. You can also cover broccoli with tomato sauce or cheese. Think of a dish your children really enjoy and sneak a little bit of vegetable in there.



\*based on an article from: <http://www.easy-kid-recipes.com>

# February



	1 National Freedom Day	2 <b>Allen Workshop</b> Groundhog Day	3 <b>Send in Claim!</b>	4 <b>Georgetown Workshop</b>	5	6 <b>Lubbock, SanMarcos, Desoto, Arlington Workshops</b>
7	8 Boy Scout Day - 100 yrs of Scouting!	9	10 Chinese New Year	11 <b>Humble Workshop</b>	12	13
14 Valentine's Day	15 President's Day	16 Mardi Gras	17 <b>Wylie Workshop</b>  Ash Wednesday			20 <b>Arlington, Tyler Workshops</b>
21			24 <b>SanAntonio Workshop</b>	18	19	27 <b>Garland, Flower Mound, Ft.Worth, Victoria Workshops</b>
28 Purim				25	26	



- Answers to January's quiz**
1. three
  2. true
  3. true
  4. Lentils
  5. kale, chard
  6. true
  7. blueberries
  8. true
  9. true
  10. chickpeas