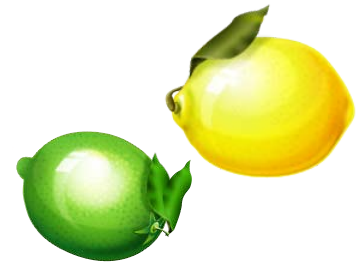




Southwest Human Development Services  
 P.O. Box 28487 • Austin, Texas 78755-8487  
 (512) 467-7916 • Toll Free (800) 369-9082  
 Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)



Volume 25

Sponsors of the Child and Adult Care Food Program

February 2011

Issue 5

Blake Stanford, President

Brenda Baldwin, Program Director

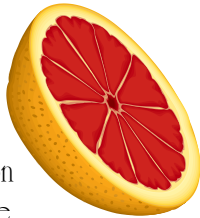
Liz Curtis, Compliance Officer

Martin North, Website/MM Kids Specialist

Lindsey Seybold, Editor

## In this Issue:

- ♥ Workshops
- ♥ Reader's Corner
- ♥ Policy Update
- ♥ Mystery Provider
- ♥ Orange Exploration
- ♥ Citrus Fruits Article
- ♥ February Calendar
- ♥ Thai Noodle Snack



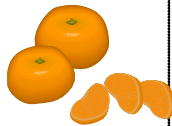
## Workshops for February

**Wednesday, February 2, 2011**

**Stephenville, TX** 7p  
 Crosstimbers ChildCare Day Care Association  
 Citi Bank on Washington Street (across from HEB)  
 Registration and Directions:  
 817-536-4514 Barbara

**Saturday, February 5, 2011**

**Laredo, TX** 9:30-11:30a  
 Annual Nutrition Training  
 Laredo Public Library  
 1120 E. Calton  
 Directions and Registration:  
 361-241-4446 Eileen



**Arlington, TX** 9:30-11a

Portions and Staying in Compliance!  
 Karen Munoz's home  
 7600 Amsterdam (near Harris and Matlock)  
 Registration and Directions:  
 817-536-4514 Barbara  
 South Arlington and Mansfield providers!

## Reader's Corner

In this thought-provoking tale reminiscent of *Seuss*, Farmer McPhee finds a red lemon in his orchard and cries, "It's red as a stop sign! It's red as a rose! I can't have red lemons where yellow fruit grows! Imagine a world where lemonade's red? Where once-yellow cupcakes are crimson instead?" As he tosses the red lemon across the water, he can't imagine that it will land on a small island, sprout a seed, and someday bring forth an orchard of lemon trees...where people will travel to from all over, to try the red lemons that are "six times as sweet!"

**Saturday, February 5, 2011**

**Desoto, TX** 9-11a  
 Zobey: Preventing Childhood Obesity  
 Myrtle William's Home  
 305 Crystal Lake Dr, 75115  
 Directions: 972-230-0399  
 Registration: 972-243-3237 Wend'e  
 This workshop is for all the providers in Desoto, Lancaster, Cedar Hill and anyone else who wants to join us! Please RSVP by Feb 1<sup>st</sup>.

**Brenham, TX** 9a

Nancy C Roberts Library  
 100 W. Academy St  
 RSVP Required: [laurie@swhuman.org](mailto:laurie@swhuman.org) or 281-808-1137 Laurie

**Wednesday, February 9, 2011**

**Allen, TX** 7-8:30p  
 Sanitation and Health  
 Debra Roberson's home  
 1228 Waterdown  
 Directions: 469-675-8585  
 Registration: 972-398-9398 Renee  
 Right on the border of Plano/Allen

**Saturday, February 12, 2011**

**Lubbock, TX** 10a-12p  
 Building for the Future  
 Della Avila's home  
 4608 28<sup>th</sup> Street  
 Registration and Directions:  
 806-777-3907 Della  
 Come ready to eat Valentine goodies!

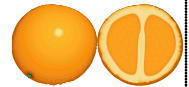


**Saturday, February 19, 2011**

**Flower Mound, TX** 9-11a  
 The Two Bite Club  
 Sharon Bazan's Home  
 1212 Spring Ridge Rd.  
 Directions: 972-948-2686  
 Registration: 972-243-3237 Wend'e  
 This workshop is for providers in Flower Mound, Lewisville, Denton, Lake Dallas, and anyone who would like to join us!

**Saturday, February 19, 2011**

**Garland, TX** 10-11:30a  
 Making Nutrition Count  
 Sandra Power's home  
 1606 Lake Land Park  
 Directions: 978-240-8349  
 Registration: 972-398-9398 Renee



**Justin, TX** 9:30-11a

Portions and Staying in Compliance!  
 Alison McCann's home  
 16560 Jasmine Springs (near Texas Speedway)  
 Registration and Directions:  
 817-536-4514 Barbara  
 West Denton County and North Tarrant County providers

**Wednesday, February 23, 2011**

**Northwest Austin, TX** 7p  
 Useful Resources Workshop with Special Guest Kelly Waterman  
 Spicewood Springs Library  
 8637 Spicewood Springs Rd. 78759  
 Directions: 512-947-3800  
 Registration: 512-263-4002 Sandy  
 If you live in North Austin this is the class for you. Special guest Kelly Waterman with the Capital Area Food Bank will also spend some time speaking about the SNAP program.

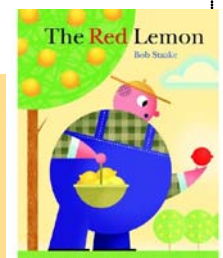
**Saturday, February 26, 2011**

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



**Weatherford, TX** 11a

Fuzzy's Taco Shop  
 1217 S Main St.  
 Registration and Directions:  
 817-536-4514 Barbara  
 Lunch Workshop!



## Workshops for March

Saturday, March 5, 2011

**South Ft Worth, TX** 11a

Portions and Staying in Compliance!  
Cotton Patch on South Hulen  
Registration and Directions:  
817-536-4514 Barbara  
Call Barbara to let her know the meal count!

**Oak Point, TX** 10a-12p

The Two Bite Club  
Georgetta Manning's Home  
600 Knollwood Trail Ct  
Directions: 469-252-9940  
Registration: 972-243-3237 Wend'e  
Please RSVP by Feb 28<sup>th</sup>!

**South of Austin, TX** 10a

Useful Resources Workshop with  
Special Guest Kelly Waterman  
Martha Carrillo's home  
713 Picasso Dr. San Marcos 78666  
Directions: 512-754-0211  
Registration: 512-263-4002 Sandy  
If you are located south of Austin this is your workshop. Don't miss your opportunity. Kelly Waterman from the Captial Area Food Bank will be also be speaking for a bit about the SNAP program.

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

Sanitation and Health  
Connie Alexander's home  
112 W Russell St  
Directions: 214-498-8033  
Registration: 972-398-9398 Renee

Wednesday, March 9, 2011

**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 kids, please!

Saturday, March 26, 2011

**Tyler, TX** 9:30a

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

**Mesquite, TX** 9-11a

Zobey: Fighting Childhood Obesity  
Darlene Sullivan's Home  
2411 Decoy Rd.  
Directions: 972-222-9725  
Registration: 972-243-3237 Wend'e  
Please RSVP by March 21<sup>st</sup>!

Saturday, March 26, 2011

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

Building for the Future  
Norine Bullard's home  
307 Foxwood Ln  
Directions: 469-358-2304  
Registration: 972-398-9398 Renee

### Policy Change for Infants 8-11 months:

If the child's parents decline a meal component (food or formula) offered by the provider and instead supply their own food or formula, the provider can still claim the meal as long as the provider supplies at least one required meal component. Please contact your program coordinator or the office with any questions. Thanks!

### Answers to January's quiz

- |                      |            |
|----------------------|------------|
| 1. true              | 6. true    |
| 2. positive, healthy | 7. reward  |
| 3. false             | 8. false   |
| 4. counter, fridge   | 9. control |
| 5. good, bad         | 10. true   |

### 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!

## Orange Exploration! For preschoolers

- Display a variety of oranges for your kids. Include a navel orange, a Valencia orange, Satsuma oranges (mandarin oranges), and a blood orange if you can find it.
- If you have a navel orange, show the children the opening at one end that looks like a bellybutton. This is how this variety got its name!
- If you have a blood orange, display one that is sliced in half to show the shocking color of the flesh.
- Explain that oranges grow on trees and that different trees grow different kinds and sizes of oranges.
- Orange Seeds  
Ask the children if oranges have seeds. Display different varieties of oranges that you have peeled and broken into segments. Show varieties of oranges that have no seeds (navel oranges and some Satsumas) and varieties of oranges that do have seeds. Oranges that do not have seeds are grown by attaching part of the orange tree onto other types of trees.
- Peel an Orange Activity
  - Place several oranges on a table and set out one bowl for each child. Choose varieties that are easy to peel. Satsumas are perfect for this activity because they are small and you can find easy to peel Satsumas. Make a small hole in the peel of each orange to help the little fingers get started.
  - Have your kids wash their hands then let each peel an orange and divide it into sections. Have them place their orange segments in the bowl to explore, eat or save for a later snack time.

227-0922

\*preschoolrock.com

**What color is an orange, you say?  
Red or yellow or blue - No Way!**

**What if all fruit was named a color, you said?  
A banana would be a "yellow", and a cherry a "red"!**



# Citrus Fruits!



## Health Benefits

- The vitamin C content of citrus fruits contains many unique phytonutrients which are important natural antioxidants. Vitamin C is a water soluble antioxidant and protects the body from the damages of cancer causing free radicals. Other benefits of vitamin C include protecting the health of cells in the body, reducing inflammation, and preventing the development of cardiovascular disease and diabetic heart disease.
- The dietary fiber content of citrus fruits is good for the prevention of chronic constipation. Dietary fiber lowers the risk of digestive complications.
- These wonderful fruits also contain folate which is a water-soluble vitamin which helps in the formation of red blood cells and genetic cellular material. Folate also plays a vital role in reducing homocysteine levels in the blood, protein metabolism, cell growth and division and prevents neural tube defects within the first trimester of pregnancy.
- Citrus fruits contain many different minerals, vitamins and nutrients which can be beneficial for the daily diet of human beings. A vitamin C supplement cannot compare to all of the nutrients the full fruit can provide. These fruits are currently the focus of intensive medical and research studies to better understand everything citrus fruits have to offer the human body in terms of health and well being.

**Oranges** are a citrus fruit in the family Rutaceae and originated in Southeastern Asia. There are many different varieties of oranges; Valencia, Persian, Naval, Jaffa and Blood. Oranges are classified into two categories, bitter and sweet, with sweet being the most popularly consumed.

- Oranges contain substances called limonoids which are proven to fight cancer of the skin, mouth, lungs, breast, colon and stomach. Because limonoid is so readily available and ever-present, oranges act as a natural antioxidant by helping prevent free radicals from damaging the DNA of cells and causing cancer. In a research study, 16 volunteer subjects received one dose of limonin glucoside in a glass of orange juice. Upon conclusion of the study, researchers determined the limonin in oranges lasted for a longer time period than the phenols in chocolate and green tea, which means the fruit, is one of the best sources of cancer protection available.
- A single orange contains more than 60 flavonoids and 170 different phytonutrients which possess blood clot inhibiting abilities, anti-inflammatory and anti-tumor qualities.

**Grapefruits** come from a subtropical citrus tree and were first cultivated in the 18th century in Jamaica. The United States became a major grapefruit cultivating nation and orchards can be found in California, Arizona, Florida and Texas.

- Different fruits contain different properties, grapefruit juice ranked the as one of the highest for phenolic compounds and antioxidant activity. Antioxidants neutralize the unpaired electrons found in free radicals which render the molecule harmless. The antioxidants found in grapefruits stop the chain reaction of free radical development and benefit the body by boosting the immune system.

**Lemons** are a citrus fruit used for culinary and non-culinary purposes all over the world. The fruit is mainly used for juice content, though the zest (rind) and pulp are also used in various recipes for cooking and baking. The juice of a lemon is approximately 5% citric acid, which is what provides the fruit with a tart flavor. The exact origins of lemons remains a mystery, though experts believe the fruit was first grown in India, China and north Burma.

- The oil of lemons can also be very beneficial for astringent, detoxifying, antiseptic, antifungal and calming properties. Lemon oil can be used to treat stress, infections, asthma, insomnia, skin and hair inflammation, stomach problems and infections. The oil in lemons is also high in vitamins and can help increase the function of the immune system in response to the flu virus and common cold.
- When mixed with hot water, lemons can help relieve cases of acid indigestion and stomach ache. Due to digestive qualities found in lemon juice, when mixed with water it can alleviate heartburn, nausea and kills parasites. Other ways to use lemon juice include as a facial astringent, scalp treatment for dandruff, as a gargle for throat inflammation and as a dental rinse to remove excess plaque on the teeth and whitens tooth enamel.

The term **lime** refers to a number of different fruits in the citrus family, and originated in the Himalayan region. Limes are typically round and green, 3-6 centimeters in diameter and have a tart and sour taste. The fruit is generally used to accent flavors in culinary recipes, beverages, juices, perfumes, cosmetics and cleaning products.



# FEBRUARY

		1 	2 Stephenville Workshop GROUNDHOG DAY	3 Send in Claim! CHINESE NEW YEAR	4	5 Laredo, Arlington, Desoto Workshops
6 SUPERBOWL SUNDAY	7	8 BOY SCOUT DAY	9 Allen Workshop	10 	11	12 Lubbock Workshop
13 	14 VALENTINE'S DAY	15	16	17	18	19 Flower Mound, Justin, Garland Workshops
20	21 PRESIDENT'S DAY	22 	23 Austin Workshop	24	25	26 Tyler, Weatherford Workshops
27	28 					

## Fun Thai Noodle Snack

- 8 oz. dried pasta (spaghetti or linguine, broken in half)
- 2 Tbsp. smooth peanut butter
- 1 orange -grated peel and juice
- 1 Tbsp. soy sauce
- 1 small clove garlic, pressed
- 2 oranges , peeled, cut into bite-size pieces
- 2 Tbsp. green onions, thinly sliced



- Cook pasta just until tender; drain in colander. In same pot, combine peanut butter, orange peel and juice, soy sauce and garlic; stir over low heat for a minute or two.
- Remove from heat, add cooked pasta and toss to coat.
- Add orange pieces; toss gently. Serve on warm plates with green onions sprinkled on top.
- Great afterschool snack for the kids and you, too! Remember each school ager needs at least ½ c of pasta and ¾ c of fruit to satisfy the snack requirements. Add extra protein with diced chicken (2 oz each) and a steamed vegetable side to transform this snack into a yummy lunch or dinner.

\*Sunkist.com