

Workshops for March

Thursday, March 1, 2012

Austin, TX 7-8:30p

Healthy Choices
Milwood Library
12500 Amherst Dr
Austin, TX 78727

Please call to register: 512-263-4002
Sandy

This is a great class for anyone who lives in North Austin, Cedar Park, Leander, or Round Rock!

Amarillo, TX 7p

Milk Workshop
Symony Morris's home
7209 Brookfield 79124
Directions and registration:
806-354-0243 Symony

Saturday, March 3, 2012

Amarillo, TX 10a

Milk Workshop
Symony Morris's home
7209 Brookfield 79124
Directions and registration:
806-354-0243 Symony

Oak Cliff, TX 9-11a

Nutritious Snacks and New Milk Rules
Moreland YMCA
907 E Ledbetter Dr. 75216
Directions: 214-375-2583
Registration: 972-243-3237 Wend'e
This will replace the workshop that is usually held the first Saturday in May.

Saturday, March 10, 2012

Sherman, TX 10-11:30a

Planning Low Cost Menus
Barbara Reyna's home
107 S Maxey 75090
Directions: 903-868-1289
Registration: 972-398-9398 Renee

Saturday, March 17, 2012

Waco, TX 10a-12p

Milk Workshop
Pattie Herbert's home
3300 Herring, Waco, TX
Directions: 254-224-6210
Registration: 254-690-8107 Veronica
Brunch will be served.
Waco, Rockdale, West, Gatesville, Bosque and Falls this is for you!

Answers to January quiz

1. true
2. Guava
3. true
4. insoluble
5. kiwi
6. Kumquats
7. Pears
8. true
9. Rutabagas
10. true

Saturday, March 24, 2012

Oak Point, TX 11a-12:30p

My Kids Won't Eat That!
Georgetta Malcolm's home
600 Knollwood Trl 75068
Directions: 469-252-9940
Registration: 972-398-9398 Renee

Mesquite, TX 9-11a

Nutritious Snacks and New Milk Rules
Darlene Sullivan's home
2411 Decoy 75181
Directions: 972-222-9725
Registration: 972-243-3237 Wend'e
Mesquite, Forney, and surrounding areas - this is your workshop. Hope you can make it!

Saturday, March 31, 2012

Seabrook, TX 12-2p

Back to the Basics
Evelyn Meador Library
Registration: 713-816-4851 Carol

Farmers Branch, TX 10a-12p

Nutritious Snacks
Farmers Branch Library
13613 Webb Chapel at Golfing Green
Farmers Branch, TX 75234
Directions: 972-247-2511
Registration: 972-243-3237 Wend'e
This is my VERY LAST workshop this year. You are REQUIRED to have training each year!

Northwest San Antonio 1-3p

San Antonio Public Library
Cody Branch
11441 Vance Jackson
Directions and registration:
210-233-8453 Patricia

Homemade Soup Day

is February 4th so let's celebrate with soup! Look below for a recipe for Chicken Noodle Soup and a tip on refrigerating leftover soup! Enjoy!

Should a large pot of soup sit on the range until it cools, or should it be refrigerated hot?

Hot food can be placed directly in the refrigerator or it can be rapidly chilled in an ice or cold water bath before refrigerating. Cover foods to retain moisture and prevent them from picking up odors from other foods.

A large pot of food like soup or stew should be divided into small portions and put in shallow containers before being refrigerated. A large cut of meat or whole poultry should be divided into smaller pieces and wrapped separately or placed in shallow containers before refrigerating.

**fsis.usda.gov/help/faqs

Chicken Noodle Soup

Rotisserie chicken
Medium onion
3-4 stalks of celery
5-6 peeled, sliced carrots
3/4 cup frozen corn
Washed, large bunch of kale (or other green)
Parsley
Noodles - precooked according to package
Large container of organic chicken broth
Poultry seasoning, bay leaf, salt, pepper to taste



super speedy tips

- Prepare veggies during another meal prep time or immediately after grocery shopping to cut down on prep time around dinner.
- Include cutting up the chicken while putting away the groceries to save time later.
- Make 2 pots of soup and freeze one in smaller bags/containers to heat up for later meals.

1. Dice onion and celery and sauté in olive oil.
2. Add all broth and bay leaf then bring to a boil.
3. Add carrots, reduce heat to simmer, and add seasonings.
4. Once carrots are crisp/tender, add cut up meat from rotisserie chicken, precooked noodles, and frozen corn. Bring soup back up to a simmer to combine flavors.
5. Tear kale in smaller pieces and add to soup in bunches, stirring between to combine.
6. Remove from heat and add parsley.

Eating on the Run

You know the feeling—you're rushing in the morning to get your children off to school, you're hurrying in the afternoon to drive them to soccer practice, and you're racing home from work in the evening to make sure they have time for a study session at a friend's house.

When something's got to give in a schedule like that, it's often family meals. Many families never sit down at the dining room table even once during the day. When everyone is eating on the run or the kids are having some of their meals or snacks away from home (eg, at a child care center, at friends' homes), that's when healthy foods can give way to the easier, higher fat, higher calorie choices. Sound familiar?

Even if there never seem to be enough hours in the day for your family to eat as healthfully as you'd like, don't despair. Here are some suggestions to help keep your children on the right track.

- Plan ahead for those times when you know you're going to be busy. If it means spending time on the weekend preparing meals for the upcoming weekdays, then do it.
- Sit together at the table for meals as a family whenever possible to eat and talk together.
- Discuss how the family can decrease eating out at fast-food restaurants.
- Fix breakfast the night before. You can precook hard-boiled eggs or have your child's favorite cold cereal already in the bowl and the fresh fruit sliced and ready to go at the crack of dawn.
- Keep things simple. You don't have to cook an elaborate dinner every night. For example, why not prepare a bowl of soup, a sandwich, and a salad, topping the meal off with a piece of fruit and a glass of nonfat milk, on evenings when you're particularly rushed? It will provide your child with a nutritious meal without pushing yourself to the point of collapse. The key is to make good nutritional choices, no matter how simple or extravagant the meal is.
- When your child spends time at friends' homes, why not call the parents of your youngster's friends and offer to send over healthy foods or snacks for all the kids? Turkey sandwiches or apples may keep your child from grabbing higher fat choices that her friends might otherwise offer.
- For a youngster who goes to a child care center or after-school program or eats at the school cafeteria, you need to find out what the nutritional environment is like there. If the menu relies too often on cheeseburgers and french fries, your child needs to bring her own meals and snacks from home. At the same time, talk to your school or child care administrator about improving the nutritional choices. Don't forget about the school vending machines, either; if they're weighed down with candy and soft drinks, you and other parents should lobby for an improvement in the available selections.

*Adapted from A Parent's Guide to Childhood Obesity: A Road Map to Health (Copyright © 2006 American Academy of Pediatrics)

Breakfast Ideas:

- * Oatmeal in the slow cooker overnight with apple pieces, chopped nuts, raisins, cinnamon, and nutmeg. Just add a little milk to create the desired consistency.
- * Toasted whole grain waffles with peanut butter sandwiched in between. Add a side of sliced pears to create a perfect low-mess meal to eat in the car or anywhere.

Dinner Ideas:

- * Soup, soup, soup! Nutritious, easy to make, freezer/microwave friendly, and perfect for lunches. (See page 2 of this newsletter for recipe).
- * Brinner – Breakfast for dinner! Use frozen peas and corn to create a unique dinner omelet. Toss peas, corn, salt, pepper, and nutmeg in a small amount of olive oil in the skillet to defrost. Use a fork to whip together eggs and a dash of milk then pour over vegetables. Top with a little shredded cheese. Yum!






February

			1 <i>National Freedom Day</i>	2 McKinney Workshop <i>Groundhog Day</i>	3 Send in Claim!	4 Arlington, Desoto Workshops
5 	6	7	8 <i>Boy Scout Day</i>	9 Austin Workshop	10 	11 Lubbock Workshop
12 	13	14 <i>Valentine's Day</i>	15 	16	17	18 Garland, Katy, Flower Mound, San Saba Workshops
19	20 <i>Presidents Day</i>	21 Tomball Workshop	22 <i>Ash Wednesday</i>	23 San Antonio Workshop	24 <i>Flag Day in Mexico</i>	25 Justin Workshop
26 	27	28	29 <i>Leap Day</i>	 		

Maracas!

Learn how to make maracas using recycled yogurt containers or paper cups.







Instructions:

-  Put the beans or peas into one of the cups or containers
-  Hot glue the 2 containers together.
-  Wrap masking tape around the rims for added support.
-  Paint the shaker with bright colors and glue on fabric strips or ribbons too if you wish.
-  Shake it up!

*kinderart.com



Supplies:

-  2 plastic cups or yogurt containers --- the same size --- clean and dry
-  1/2 cup of coffee beans or dried peas or macaroni, rice or beads.
-  Glue (hot glue will work well but requires adult supervision)
-  Masking tape.
-  Paint (acrylic paint is the best for this type of material but you can also use poster paint or tempera with glue added to it to make it stick to the plastic.)
-  Fabric or ribbons