



Volume 27, Issue 5
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February 2013
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Workshops for February

Wednesday, February 6, 2013
McKinney, TX 7-8:30p
Nibbles for Health
Amy Bergland's home
404 Dolomite Dr
Directions: 972-529-8465
Registration: 972-398-9398
Renee

Saturday, February 9, 2013
Houston, TX 12:30-2:30p
Parker Williams Library
10851 Scarsdale Blvd
Directions: 281-484-2036
Registration: 713-816-4851
Carol

Thursday, February 14, 2013
South Austin, TX 7-8:30p
Childcare Professional of Greater Austin (Everyone is welcome!)
Seventh-Day Adventist Church
132 Eberhart Ln
Austin, TX 78745
Information: 512-263-4002
Sandy

Training workshop season is in full swing! Please look over these dates for February and March or look on our website www.swhuman.org for an updated list February through September. The program coordinators are excited to present the required training as well as new, interesting information in their workshops. These events are also great networking opportunities. We hope you can attend!!

Saturday, February 16, 2013
Justin, TX 9:30-11a
Strategies for Picky Eaters/New MM Program
Deaun Talbott's home
16100 Shawnee Trail 76247
Harriet Springs subdivision off of FM 156 close to intersection of FM 114 and FM 156
Please call or text:
817-703-7768 Barbara

Tuesday, February 19, 2013
Cedar Hill, TX 7-8:30p
Healthy Snacks for Children
IHOP of Cedar Hill
205 e. FM 1382 75104
Directions only: 972-293-2464
Please RSVP: 214-679-9257
Wend'e

Thursday, February 21, 2013
Flower Mound, TX 7-8:30p
Healthy Snacks and Beverages
Sharon Bazan's home
1212 Spring Ridge 75028
Directions: 972-948-2686
Please RSVP: 214-679-9257
Wend'e

Saturday, February 23, 2013
Garland, TX 10-11:30a
Making Nutrition Count
Barbara Dean's house
409 Stanton Dr.
Directions: 214-994-0549
Registration: 972-398-9398
Renee

Saturday, February 23, 2013
Arlington, TX 9:30-11a
Paula Beckerman's home
2104 Tretorn 76017
Please call or text:
817-703-7768 Barbara
817-468-7061 Paula
Please RSVP! We need to know how many are attending this workshop, Thanks!

Tyler, TX 9:30a
Training Workshop
Debbie's House
8422 Castleton Way 75703
Directions and registration:
903-570-0417 Debbie

Workshops for March

Saturday, March 2, 2013
Missouri City, TX 12:30-2:30p
Missouri City Library
1530 Texas Parkway 77489
RSVP: 713-816-4851 Carol

Saturday, March 9, 2013
Little Elm, TX 11a-1p
My Kids Won't Eat That!
Mexi-Go Restaurant
2831 El Dorado Pkwy
Directions: 972-668-4994
Registration: 972-398-9398
Renee
You are welcome to eat lunch if you would like to!

Saturday, March 9, 2013

Lampasas, TX 9-11a
Lisa Davis's home
4229 Fm 580 East Lampasas
Directions and registration:
512-556-6651 Veronica

Thursday, March 21, 2013

Mesquite, TX 7-8:30p
Healthy Snacks and Beverages
Spring Creek BBQ in Mesquite
3939 W. Emporium Cir at Town East
Directions only:
972-682-3770
Please RSVP: 214-679-9257
Wend'e

Saturday, March 23, 2013

Tyler, TX 9:30a
Training Workshop
Debbie's House
8422 Castleton Way 75703
Directions and registration:
903-570-0417 Debbie

Bonham, TX 10-11:30a
Happy Meals for Healthy Kids
Connie Alexander's home
112 W Russell 75418
Directions: 214-491-8033
Registration: 972-398-9398
Renee

Farmers Branch 10a-12p
Healthy Beverages and Snacks
Farmers Branch Library
13613 Webb Chapel at Golfing Green Farmers Branch, TX 75234
Directions only:
972-247-2511
Please RSVP: 214-679-9257
Wend'e
This is my VERY LAST workshop for 2013! There will be FREE snacks!

Austin, TX 10-11:30a
Spicewood Spring Library
To register, call:
512-263-4002 Sandy

Part 5 of 5 When Flooding Occurs — Keep Food Safe

Follow these steps to keep your FOOD SAFE during — and after — flood conditions.

Do not eat any food that may have come into contact with flood water.

Discard any food that is **not in a waterproof container** if there is *any* chance that it has come into contact with flood water.

- Food containers that are not waterproof include those with screw-caps, snap lids, pull tops, and crimped caps.
- Also, discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with

flood water, because they cannot be effectively cleaned and sanitized.

Inspect canned foods and **discard any food in damaged cans**. Can damage is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener.

Undamaged, commercially prepared foods in **all-metal cans** and **"retort pouches"** (like flexible, shelf-stable juice or seafood pouches) can be saved if you follow this procedure:

- Remove the labels, if they are the removable kind, since they can harbor dirt and bacteria.
- Brush or wipe away any dirt or silt.
- Thoroughly wash the cans or retort pouches with soap and water, using hot water if it is available. Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation.

- Sanitize cans and retort pouches by immersion in one of the two following ways:

Place in water and allow the water to come to a boil and continue boiling for 2 min., or

Place in a freshly-made solution consisting of 1 tablespoon of unscented liquid chlorine bleach per gallon of

drinking water (or the cleanest, clearest water available) for 15 minutes.

- Air dry cans or retort pouches for a minimum of 1 hour before opening or storing.
- If the labels were removable, then re-label your cans or retort pouches, including the expiration date (if available), with a marking pen.
- Food in reconditioned cans or retort pouches should be used as soon as possible thereafter.
- Any concentrated baby formula in reconditioned, all-metal containers must be diluted with clean, drinking water.

Thoroughly wash metal pans, ceramic dishes, and utensils (including can openers) with soap and water, using hot water if available. Rinse, and then sanitize them by boiling in clean water or immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available).

Thoroughly wash countertops with soap and water, using hot water if available. Rinse, and then sanitize by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available). Allow to air dry.

*fda.gov

These two great dishes are great for building healthy bodies – for vegetarian and non-vegetarians!

Fruited Red Cabbage Salad

Adding sweet elements to raw vegetables can be a good way to entice kids to give salads a try. Adults will like this one, too—it provides a nice flavor contrast to spicy dishes.

- 2 cups red cabbage, thinly shredded
- 1 medium sweet crisp apple, thinly sliced
- 1 large stalk celery or bok choy, thinly sliced
- 1/4 cup raisins
- 2 teaspoons sesame seeds
- 1 teaspoon dark sesame oil
- 1 tablespoon agave nectar or maple syrup
- 1 tablespoon lemon juice

Combine all the ingredients in a serving bowl and mix well. Let the salad stand for 15 to 20 minutes before serving to allow the flavors to mingle.

*vegkitchen.com

Taco Salad

Incorporating all the lively flavors of tacos, this tasty salad is quick and easy to prepare, and is a great choice when you'd like a hearty main-dish salad.

- Stone ground tortilla chips
- 2 medium firm ripe tomatoes, diced
- 1 large bell pepper, cut into short strips or hearts for a fun Valentine's Day lunch
- 1 small avocado, diced
- 1/2 cup black olives, chopped
- 1 cup grated cheddar cheese
- 15- to 16-ounce can pinto or black beans, drained and rinsed
- Mixed baby greens or dark green lettuce, torn, as needed

Dressing:

- 1/3 cup tomato sauce or good-quality ketchup
- 1 tablespoon olive oil
- 2 tablespoons lime juice, or more, to taste
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- Freshly ground pepper to taste

Combine the salad ingredients in a serving bowl. Use greens or lettuce as needed, according to the number of servings needed.

Combine the dressing ingredients in a small bowl and stir together until well blended. Pour over the salad, toss well, and distribute to individual serving bowls. Divide the tortilla chips among each serving, scattering them over the top of the salad as a garnish.

*vegkitchen.com



Feeding Vegetarian and Vegan Kids

The Academy of Nutrition and Dietetics and American Academy of Pediatrics (AAP) agree: Well-planned vegetarian and vegan eating patterns are healthy for infants and toddlers as well as older children.

Time and attention are necessary to make certain young children, vegetarian or not, get all the nutrients they need for normal growth and development. For the first four to six months, all babies do best with breast milk. Use iron-fortified formula (soy for vegans) if breast feeding is decreased or stopped. Cow's milk, soymilk, rice milk and homemade formulas are not appropriate for babies during the first year because they have the wrong ratio of protein, fat and carbohydrate. They are also missing important nutrients for health, growth and development. Solid foods can be introduced in the same order as for non-vegetarian infants. Replace meat with beans and/or dairy yogurt and cheese. Since breast milk is such a rich source of nutrients, vegan mothers may want to breast feed for more than one year. Wean vegan infants with soymilk fortified with calcium and vitamins B12 and D. For toddlers, rice milk should not be used as a primary drink because it is low in both protein and energy.

Are you raising a vegetarian grade schooler or teen? Are you worried they may not be getting the necessary nutrients in their diet? There are ways to make sure that your child receives enough protein, calcium, and iron for optimal growth and nutrition.

Some Nutrients Need Special Attention

Proteins: All plant proteins contain some of the essential amino acids. These are the amino acids that our body cannot produce, and which must be consumed over the course of the day to complete our protein intake. While it was once believed that vegetarians had to consume "incomplete proteins" together at one meal -- such as rice and dried beans for lunch -- we now know that various proteins can be consumed over the course of a whole day for an optimal amino acid profile. So the rice consumed at lunch can still match up with the beans consumed at dinner.

Babies need plenty of protein for rapid growth during the first year. Protein needs can be met with breast milk or formula until about 8 months. After that, add plant proteins from beans and cereals and fortified soy milks. Lacto-ovo toddlers can get protein from yogurt and eggs.

Eggs, low-fat milk, and tofu are examples of complete proteins; nuts, dried beans and whole grains are examples of some plant foods that add essential amino acids to our total intake. A one-ounce serving (about one-third of a cup) of nuts provides anywhere from three to six grams of protein and 160 to 200 calories. Young vegetarians not only must meet protein requirements for growth, but activity as well. For example, an active teen vegetarian weighing 140 pounds could require 90 to 100 grams of protein daily.

"Usually teens prefer a meal plan that has five or six smaller meals or snacks. Remember to keep total calories within your needs," said Christine Gerbstadt, MD, RD. "Each of the mini-meals should have 10 to 20 grams of protein — the amount in one-half cup dried beans, and one ounce of cheese, with some pistachios or almonds. Or, they could also try a peanut butter and banana sandwich on whole wheat bread with eight ounces of low-fat Greek yogurt."

Calcium Sources: For vegetarians who consume them, dairy products like low-fat milk and yogurt are also concentrated sources of calcium, which is needed for optimal bone development. Breast and formula-fed babies, as well toddlers who eat milk and dairy foods, usually get plenty of additional calcium from foods such as yogurt and cheese. Other calcium containing options include green leafy vegetables such as collard greens, kale, mustard greens, bok choy and broccoli.

Iron: The iron content of breast milk is low, even if moms are eating well. Babies are born with enough iron for four to six months. After this age, vegetarian and vegan infants need an outside source. Options include iron-fortified cereals or supplements.

Nuts provide a nice dose of heart healthy fats, essential fatty acids, iron and other trace minerals, and certain B vitamins.




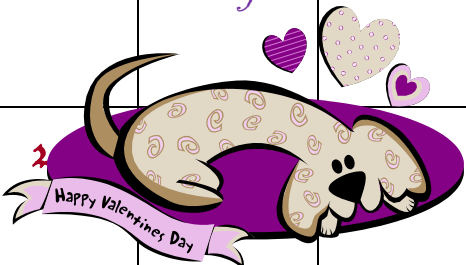
Plant iron sources are not as well absorbed as animal iron, so care must be taken to emphasize good sources such as lentils and dried beans, spinach, iron-enriched breads and cereals, and tempeh and soybeans. Pairing these foods with good sources of vitamins C like orange juice, grapefruit and tomatoes will improve plant iron absorption.

Vitamin B12: Vegetarians can get plenty of B12 from milk products and eggs. Vegans, both breast feeding moms and children, need a good source of B12. Options include a supplement or fortified foods like soy or rice beverages, cereals and meat substitutes.

Fiber: Lots of fiber can fill toddlers up quickly. Provide frequent meals and snacks. Use some refined grains, such as fortified cereals, breads and pasta, and higher-fat plant foods like sunflower butter and avocados to help vegetarian children meet their energy and nutrient needs.



February

					1 National Freedom Day	2 Groundhog Day
3 Send in Claim!	4	5	6 McKinney Workshop	7 	8 Boy Scout Day	9 Houston Workshop
10 Chinese New Year		12 Mardi Gras	13 Ash Wednesday	14 South Austin Workshop	15 Valentine's Day	16 Justin Workshop
17	18 President's Day	19 Cedar Hill Workshop	20	21 Flower Mound Workshop		23 Garland, Arlington, Tyler Workshops
			27	28		

A few notes from your program coordinators..

- ✓ Please call your program coordinators with any questions or concerns that you may have about the food program. But please be respectful of their evenings and weekends and try to keep all your calls and texts within business hours. You can email at any time ☺ Thank you!
- ✓ Remember to save after every input into MM Kids HX. After you input the meal, mark attendance in "Serv 1" and then "SAVE". (Serving 2 is only for shifts for that meal.) For all school age children attending LUN or AM, you must also check either "Sick" or "Sch Out," then "SAVE". Always call your program coordinator or the main office with any questions!
- ✓ 030220

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!

Answers to January's quiz

- | | |
|---------------|-----------------|
| 1. false | 6. false |
| 2. convenient | 7. body's needs |
| 3. true | 8. Reward |
| 4. habits | 9. support |
| 5. brown | 10. true |