



Volume 28, Issue 5
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February 2014
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Workshops for February

Saturday, February 1, 2014

Houston, TX 12-2p
 Cent\$ible Meals & More
 Parker Williams Library
 10851 Scarsdale Blvd
 Directions: 281-484-2036
 Registration: 713-816-4851 Carol

Saturday, February 8, 2014

Kyle, TX 10-11:30a
 Lori Wimberly's home
 200 Pimlico
 Registration and Directions:
sandy@swhuman.org
 or 512-263-4002 Sandy

Garland, TX

10-11:30a

Happy Meals for Healthy Kids
 Barbara Dean's house
 409 Stanton Dr.
 Directions: 214-994-0549
 Registration: 972-398-9398 Renee

Tuesday, February 11, 2014

Duncanville, TX 7-8:30p

Fresh, Fast, Fabulous
 Spring Creek BBQ
 2827 Wheatland Rd
 Dallas, TX 75237
 Directions only: 972-296-1211
 Please RSVP: 214-679-9257 Wend'e
 If you plan to eat, please arrive early enough to purchase your dinner before the workshop begins!

Wednesday, February 12, 2014

McKinney, TX 7-8:30p
 Making Nutrition Count
 Amy Bergland's home
 404 Dolomite Dr
 Directions: 972-529-8465
 Registration: 972-398-9398 Renee

Saturday, February 15, 2014

Katy, TX 3-5p
 Cent\$ible Meals & More
 Katy Branch Library
 5414 Franz Rd
 Registration: 713-816-4851 Carol

Monday, February 17, 2014

Tomball, TX 7-9p
 Cent\$ible Meals and More
 Tomball Community College
 30555 State Highway 249
 Tomball, TX 77375
 Directions: 281-351-3300
 RSVP to Laurie Ramos by text 281-808-1137 or email laurie.belle@yahoo.com for seating and material availability
 Please be prompt!

Saturday, February 22, 2014

Flower Mound, TX 9-11a
 Fast, Fresh, and Fabulous
 Sharon Bazan's home
 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Please RSVP to Wend'e 214-679-9257 by 2/17/2014. We must have 6 planning to attend or the workshop will be cancelled!

Arlington, TX 9:30-11a

Annual Training
 Paula Beckerman's home
 2104 Tretorn 76017
 Please call or text:
 817-703-7768 Barbara
 817-468-7061 Paula



Calendars are still available!

Please contact the main office to receive your copy ASAP.

Call: 1-800-369-9082
 Email: info@swhuman.org
 Fax: 1-888-467-1455

Hope your new year in childcare continues to be great!

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!

January quiz answers

1. True
2. million
3. true
4. water
5. decisions
6. true
7. family-style
8. true
9. adults
10. lifetime



Let's Move! Child Care Strive for 5: Goals for a healthier future

First Lady Michelle Obama's initiative to
"change the way a generation of kids thinks about food and nutrition."

Strive for 5: Goals for a Healthier Future

1. Physical Activity: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
2. Screen Time: No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
3. Food: Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods
4. Beverages: Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
5. Infant Feeding: For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

Workshops for March

Saturday, March 1, 2014

Houston, TX 1:30-3:30p
Cent\$ible Meals & More
Scenic Woods Library
10677 Homestead Rd 77016
Registration: 713-816-4851 Carol

Lampasas, TX 9:30a

Crediting Handbook
Lisa Davis's home
4229 Fm 580 East Lampasas
Directions: 512-525-6121
Registration: 512-556-6651 Veronica

Tuesday, March 4, 2014

Mesquite, TX 7-8:30p

Fresh, Fast, Fabulous
Spring Creek BBQ
3939 W. Emporium Cir at Town East
Mesquite, TX 75150
Directions only: 972-682-3770
Please RSVP: 214-679-9257 Wend'e
If you plan to eat, please arrive early enough to purchase your dinner before the workshop begins!

Thursday, March 6, 2014

La Grange, TX 7-9p
Cent\$ible Meals and More
Mt. Calvary Lutheran Church
Fellowship house next to the church
800 N. Franklin
RSVP requested:
laurie.belle@yahoo.com or
text 281- 808-1137 Laurie

Saturday, March 8, 2014

Bonham, TX 10-11:30a
Planning Low Cost Menus
Connie Alexander's home
112 W Russell 75418
Directions: 214-491-8033
Registration: 972-398-9398 Renee

Tuesday, March 11, 2014

Garland, TX 7-8:30p
My Kids Won't Eat That!
Buckingham Church of Christ
3630 West Buckingham Rd 75042
Registration: 972-398-9398 Renee
For the Garland Daycare Home
Association and Southwest.

Saturday, March 15, 2014

Little Elm, TX 11a-12:30p
Building for the Future
Los Charros
2765 El Dorado Crossing Ste 105
Directions: 972-292-1855
Registration: 972-398-9398 Renee

Saturday, March 15, 2014

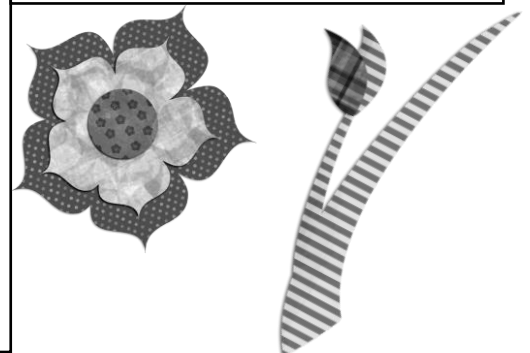
Richmond, TX 1:30-3:30p
Cent\$ible Meals & More
George Memorial Library
10011 Golfview Dr.
Registration: 713-816-4851 Carol

Saturday, March 22, 2014

Northwest Austin, TX 10-11:30a
Spicewood Spring Library
8637 Spicewood Springs Rd
Austin, TX 78759
Please RSVP: sandy@swhuman.org
or 512-263-4002 Sandy

Saturday, March 29, 2014

Houston, TX 12-2p
Cent\$ible Meals & More
Young Neighborhood Library
5260 Griggs Rd
Registration: 713-816-4851 Carol



Let's Move! Childcare: Questions and Answers Part 1

Last month the newsletter focused on the Let's Move! Childcare initiative. A brief recap of goals are on page 2 of this newsletter in case you missed last month or you are welcome to look at our website for the archived version of the newsletter. This month we start talking about common questions involved with the program and some answers.

Aren't healthy foods expensive? How am I supposed to incorporate fresh fruits and vegetables into our program? That just doesn't seem practical or affordable.

Here are a few tips to incorporate healthy foods as an affordable part of your childcare menus!

- Buy fresh fruits and veggies when they're in season. They're cheaper and tastier. And when you buy from your local area (instead of picking up produce that's imported or shipped cross-country), you don't have to worry about paying for the built-in costs of fuel to get the foods to the store.
- Consider creative ways to get groceries. Be innovative in your shopping, like coordinating farm-to-childcare food distribution and working out partnerships with other providers to get access to affordable fresh fruits and vegetables.
- Buy in bulk. When appropriate, purchasing in bulk can be a good way to save money on food. And wholesale club memberships offer access to special sales.
- Think about "cycling" menus. With cycling, you plan healthy meals for a scheduled period of time, usually about four to six weeks, and then repeat the schedule of menus again.

What if the kids just won't eat or drink the new nutritious options we offer?

The good news is most children won't even notice small changes in their diet. But for those that do, be prepared — children might reject some new-to-them foods as many as 20 times before accepting them. But the more you keep offering the new, healthy options, the more likely they'll be to eventually accept them.

Young kids can, of course, be picky eaters. And they often assert their independence through eating, or not eating, what they're offered. So it's easier to serve foods you know they will like and actually eat, without all of the meltdowns and frowns. But what's easiest isn't always what's best. As a child care provider, you have a powerful opportunity to teach kids' taste buds to appreciate wholesome foods — before they can learn differently. And with a little patience, even the fussiest young diners can learn to like healthy foods. Try a few tips below to help make transitioning to healthier alternatives a little easier on you and the youngsters.

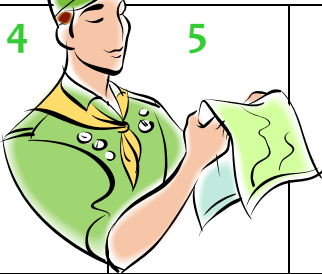
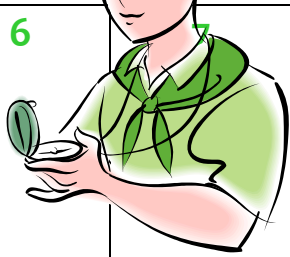
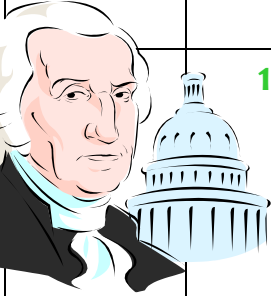


- Mix it up — serve a variety of nutritious choices.
- Opt for healthier alternatives. Try offering wholesome snack options in place of traditionally less-nutritious snacks. (for crunch, freeze dried bananas instead of chips; for sweet, raisins instead of gummy snacks)
- Let children participate in preparing food, if possible. When kids have a hand in helping to make their own foods, they're more likely to try and eat new, nutritious things. Giving them special jobs (like stirring and adding ingredients) makes them feel helpful.
- Have kids create their snacks.
 - ants on a log (celery topped with peanut butter and raisin "ants")
 - egg boats (hard-boiled egg wedges topped with a cheese sail)
 - veggie faces (like cucumber eyes, tomato nose, green bean mouth, and shredded carrot hair)
 - friendship fruit salad (every child brings in a whole or cut-up fruit and it all gets mixed together)
- Do the dip. Toddlers and preschoolers love dipping, so try serving veggies with yogurt, hummus, low-fat dressing, or low-fat melted cheese.
- Learn about how food grows. Take a field trip to the local farmers' market or pick-your-own-farm. Or grow a garden with the kids to talk about where food comes from and to pique their interest in trying the new produce they see.
- Don't use food as a reward or punishment. Avoid forcing children to finish the "healthy foods" to get to their dessert or sweets. That can just make the healthy food seem like punishment and force kids to eat when they're already full.
- Reinforce nutrition messages with classroom activities. 400023.



February

1
Houston
Workshop

National
Freedom
Day

2 Groundhog Day	3	4 	5	6	7 	8 Kyle and Garland Workshops Boy Scout Day
	10	11 Duncanville Workshop	12 McKinney Workshop	13	14 Valentine's Day	15 Katy Workshop
16	17 Tomball Workshop President's Day	18 	20			22 Flower Mound and Arlington Workshops
23	24	25	26	27	28	

Valentine's Day

Celebrate with a little **red!**

- ♥ Place all red, bite sized fruits and veggies in a muffin tin and let the kids dig in.
- ♥ For a snack, pair with strawberry yogurt or almond butter for festive dipping.
- ♥ For lunch, add heart shaped PBJ's, steamed asparagus and a serving of milk. (as always when serving buffet or family style, be sure there is enough food in total to satisfy the serving size of each child combined)



A few suggestions:

Apples, cherries, gogi berries, radishes, raspberries, red peppers, cranberries, watermelon, pomegranates, tomatoes, grapes, strawberries.

*superhealthykids.com