



Volume 29, Issue 5
 Blake Stanford, President
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program
 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

February 2015
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

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All providers may check our website swhuman.org for updates about when the **claim** has been **submitted** and when **reimbursements** have been **sent**, including direct deposits. Thank you!

Answers to January quiz

1. false
2. Picking
3. true
4. 4
5. anaphylaxis
6. true
7. skin
8. true
9. milk, peanuts
10. epinephrine auto-injector



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!

Workshops for February

Tuesday, February 10, 2015
Duncanville, TX 7-8:30p
 Kid Friendly Fruits and Veggies
 Spring Creek BBQ
 2827 Wheatland Rd
 Dallas, TX 75237
 Directions only: 972-296-1211
 Please RSVP: 214-679-9257 Wend'e
 Duncanville, Desoto, Cedar Hill, and Lancaster! If you plan to eat, please purchase your food before the class and meet in the back room at 7p.

Thursday, February 12, 2015
South Austin, TX 7p
 Childcare Professional of Greater Austin (ALL ARE WELCOME!)
 Zion Rest Missionary Baptist Church
 3326 Paisano Trail
 Austin, TX 78745
 If you have any questions, please contact me by phone 512-263-4002 or email sandy@swhuman.org Sandy

Wednesday, February 16, 2015
McKinney, TX 7-8:30p
 Healthy Movement and Active Play
 Amy Bergland's home
 404 Dolomite Dr
 Directions: 972-529-8465
 Registration: 972-398-9398 Renee

Saturday, February 21, 2015
San Antonio, TX 1-3p
 Fun and Nutritious Snacks
 Molly Pruitt Library at Roosevelt High School
 5110 Walzem Rd 78218
 Registration:
Rachelle@SWHuman.org
 or 210-289-5451 Rachelle

New Annual Training Workshops!

Please look over these dates for February and March or look on our website www.swhuman.org for an updated list for the whole 2015 year. 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 21, 2015
Flower Mound, TX 9-11a
 Kid Friendly Veggies and Fruits
 Sharon Bazan's home
 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Registration: 214-679-9257 Wend'e
Garland, TX 10-11:30a
 Happy Mealtimes for Healthy Kids
 Barbara Dean's house
 409 Stanton Dr.
 Directions: 214-994-0549
 Registration: 972-398-9398 Renee

Tuesday, February 24, 2015
Ennis, TX 7-8:30p
 Kid Friendly Veggies and Fruits
 Buba's BBQ
 210 W I45 Service Rd
 Directions: 972-875-0036
 Registration: 214-679-9257 Wend'e
 Please come to our 1st Annual Ennis and Corsicana Workshop!

Saturday, February 28, 2015
Houston, TX 12-2p
 Nutrition and Wellness
 Lake Jackson Library
 250 Circle Way
 Questions: 713-816-4851 Carol
 No need to register for the workshops. See you there!

CACFP Proposed Meal Changes!

The U.S. Department of Agriculture (USDA) released a proposed rule today (January 9, 2015) with new science-based nutrition standards for meals provided through USDA's Child and Adult Care Food Program (CACFP). With over 3 million children receiving meals from the CACFP each day, the proposed meal patterns will help ensure children have access to healthy, balanced meals throughout the day. The rule will also provide older adults and adults in nonresidential daycare settings greater access to nutritious foods.

Under the proposed rule, meals served to children and adults in day care will include a greater variety of vegetables and fruits, more whole grains, and less sugar and fat. These changes support the ongoing efforts of numerous parents, and the many public and private organizations that serve children, to solve the current obesity crisis. Today's proposal is the first major update of the CACFP meal patterns since the program's inception in 1968.

USDA designed meal pattern changes that would not increase cost for providers. The proposal focuses on incremental changes that reflect the science behind the nutritional needs of CACFP's diverse participants, and are practical and achievable for the program's varied service providers to implement. Along with the updated meal patterns, USDA is proposing best practices as a guide for providers when choosing to take additional steps to offer high-quality and nutritious meals in their program.

"With over one in five children under the age of five being overweight or obese, the proposed improvements to the CACFP meal patterns will help safeguard the health of children early in their lives," Agriculture Undersecretary Kevin Concannon said. "Providing children access to nutritious food early in life helps instill healthy habits that can serve as a foundation for a lifetime of healthy choices."

USDA is seeking input on the proposed rule from the public. Those interested in reviewing the proposal and offering comments during the 90 day period are encouraged to do so once it is published at www.regulations.gov, a Web-based portal to make it easy for citizens to participate in the federal rulemaking process. All comments received will be considered carefully in finalizing the rule before it is implemented.

Southwest Human Development Services will be commenting as an organization and be contributing to NCA's response. All of you are encouraged to comment, if you wish, as well by April 12, 2015.

A summary of the proposed changes is below. Here is the link to the 90 page report: http://www.fns.usda.gov/sites/default/files/CACFP_Meal_Pattern_Rule_010915.pdf

Let me reiterate, **no changes have been made in the meal pattern – these are only proposed changes from USDA. The meal patterns remain the same.**

SUMMARY OF PROPOSED CHANGES TO CACFP MEAL PATTERN

- Revise the infant age groups from three age groups to two age groups;
- Introduce solid foods to infants beginning at 6 months of age;
- Eliminate the service of fruit juice to infants of any age;
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility;
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group;
- Allow additional grain options for infant snacks;
- Add a fourth age group (13 through 18 years) to the meal pattern for children;
- Separate the fruit and vegetable component for children and adults;
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich;
- Require breakfast cereals to conform to WIC requirements;
- Prevent grain-based desserts from counting towards the grains component;
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains;
- Allow tofu to be counted as a meat alternate;
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day; and
- Disallow frying as an onsite preparation method for day care institutions and facilities.

Workshops for March

Tuesday, March 3, 2015

Mesquite, TX 7-8:30p

The Two Bite Club

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 purchase your dinner before and meet in the back room at 7p!

Saturday, March 7, 2015

Bonham, TX 10-11:30a

Cent\$ible Meals

Connie Alexander's home

112 W Russell 75418

Directions: 214-491-8033

Registration: 972-398-9398 Renee

Tuesday, March 10, 2015

Garland, TX 7-8:30p

Buckingham Church of Christ

3630 West Buckingham Rd 75042

Registration: 972-398-9398 Renee

For the Garland Daycare Home

Association and Southwest.

Saturday, March 21, 2015

Little Elm, TX 10-11:30a

My Kids Won't Eat That

Kathy Thomas's home

1444 Sunbreeze Ln 75068

Directions: 469-888-9507

Registration: 972-398-9398 Renee

North Austin, TX

10a

Spicewood Spring Library

8637 Spicewood Springs Rd

Austin, TX 78759

Contact: sandy@swhuman.org

or 512-263-4002 Sandy

San Antonio, TX

3-5p

Fun and Nutritious Snacks

Maverick Branch Library

8700 Mystic Park

San Antonio, TX 78254

Registration: Rachelle@SWHuman.org

or 210-289-5451 Rachelle

Saturday, March 31, 2015

Houston, TX 2-4p

Scenic Woods Library

10677 Homestead Rd 77016

Questions: 713-816-4851 Carol

No need to register for the workshops.

See you there!

ChooseMyPlate.gov for Preschoolers!

Use MyPlate to help your preschooler eat well, be active, and be healthy.

Copy and paste these links to explore ways to help your preschooler:

- Grow up healthy. Complete a growth chart especially for your child to find out more about normal development.
<http://www.choosemyplate.gov/preschoolers/growth.html>
- Develop healthy eating habits. Raise a healthy eater by setting a good example and practicing positive habits.
<http://www.choosemyplate.gov/preschoolers/healthy-habits.html>
- Try new foods. Help for picky eaters.
<http://www.choosemyplate.gov/preschoolers/picky-eaters/new-foods.html>
- Play actively every day. Add physical activity into your preschooler's day.
<http://www.choosemyplate.gov/preschoolers/physical-activity.html>
- Follow food safety rules.
<http://www.choosemyplate.gov/preschoolers/food-safety.html>

Here are a couple excerpts from [chooseMyPlate.gov](http://www.choosemyplate.gov) for preschoolers:

Get creative in the kitchen:

- Name a food your child helps create. Make a big deal of serving “Dawn’s Salad” or “Peter’s Sweet Potatoes” for dinner.
- Cut a food into fun and easy shapes with cookie cutters
- Encourage your child to invent and help prepare new snacks or sandwiches. For example, make your own trail mixes from dry cereal and dried fruit.
- Have your child make towers out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.
- Jazz up the taste of vegetables with low-fat dressings or dips. Try hummus or bean spread as a dip for veggies.

Kitchen Activities!

Having your preschooler help you in the kitchen is a good way to get your child to try new foods.

Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

At 2 years:

- ✓ Wipe tables
- ✓ Hand items to adult to put away (such as after grocery shopping)
- ✓ Place things in trash
- ✓ Tear lettuce or greens
- ✓ Help “read” a cookbook by turning the pages
- ✓ Make “faces” out of pieces of fruits and veggies
- ✓ Rinse vegetables or fruits
- ✓ Snap green beans

At 4 years:

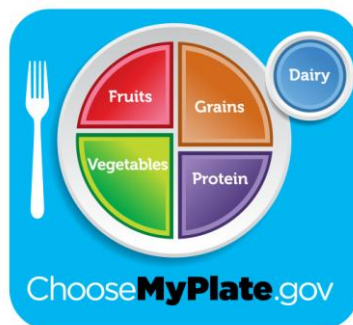
All that a 3 year old can do plus.

- ✓ Peel eggs and some fruits, such as oranges and bananas
- ✓ Set the table
- ✓ Crack eggs
- ✓ Help measure dry ingredients
- ✓ Help make sandwiches and tossed salads

At 3 years:

All that a 2 year old can do plus.

- ✓ Add ingredients
- ✓ Talk about cooking
- ✓ Scoop or mash potatoes
- ✓ Squeeze citrus fruits
- ✓ Stir pancake batter
- ✓ Knead and shape dough
- ✓ Name and count foods
- ✓ Help assemble a pizza

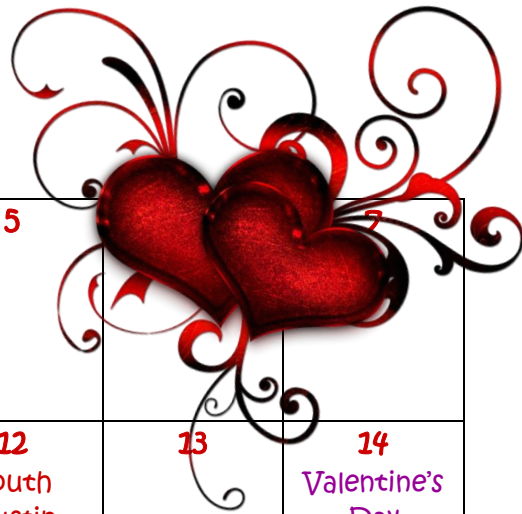


At 5 years:

All that a 4 year old can do plus.

- ✓ Measure liquids
- ✓ Cut soft fruits with a dull knife
- ✓ Use an egg beater

February



1 Super Bowl 	2 Groundhog Day	3 Send in Claim!	4	5	6	7
8 	9 Oatmeal Monday	10 Duncanville Workshop	11 Ash Wednesday 	12 South Austin Workshop	13	14 Valentine's Day
	16 McKinney Workshop Presidents Day	17 Mardi Gras	18 Ash Wednesday	19 Chinese New Year 	20	21 San Antonio, Garland, Flower Mound Workshops
22	23	24 Ennis Workshop	25	26 Pistachio Day Chili Day	27	28 Houston Workshop

[ChooseMyPlate.gov](http://www.choosemyplate.gov) highlights awesome, healthy recipes that are great even on a tight budget. Enjoy this [Brown Rice with Sizzling Chicken and Vegetables](#) and visit the link at the bottom for more excellent recipes!

INGREDIENTS

3 cups hot cooked brown rice
 3 tablespoons low-sodium soy sauce
 ¼ cup water
 1 tablespoon honey
 1 tablespoon cornstarch
 1½ tablespoons canola or corn oil
 1 lb boneless chicken breast, cut into 1-inch cubes
 2 cloves garlic, minced
 1 small white onion, cut into small wedges (about ⅛-inch thick wedges)
 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
 1½ cup small broccoli florets
 1 medium red bell pepper, cut into 1-inch pieces

<http://www.choosemyplate.gov/budget/downloads/MeetingYourMyPlateGoalsOnABudget.pdf>



DIRECTIONS

- Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
- Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden.
- Add chicken; cook until internal temperature registers 165°F on a food thermometer, about 5-6 minutes. Then push chicken to the side.
- Add onions to center of skillet; cook until slightly tender and push to the side.
- Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side.
- Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

CHEF'S NOTES

- Use whatever leftover veggies you have on hand. Or look for veggies in season or on sale.
- Use leftover brown rice from a meal cooked earlier in the week. Or make a big batch on the weekend to use in this dish and for other easy weeknight meals.