

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 30, 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 2016  
 Liz Curtis, Compliance Officer  
 Sheena Walter, Training

### In this Issue:

- ♥ Email Changes
- ♥ Workshops
- ♥ Mystery Provider
- ♥ Dietary Guidelines for Americans 2015-2020
- ♥ February Calendar
- ♥ Chinese New Year Celebration



### Change of Email:

If your email has changed please send your new address to [emailupdate@swhuman.org](mailto:emailupdate@swhuman.org) with your Name and Provider ID

### Passport to Adventure

The 2016 Nutrition Calendar and Record Keeping System is available!

A 56-page calendar with everything you need to keep records for your home child care! Monthly Attendance & Payment, Business Expenses & Income, Utilities & Home Expenses, and Federal Income Tax Worksheets Also included:

- 2 hour training module with certificate
- Parent Provider Connection monthly newsletters to send home with the kids

Call the office 1-8003699082 or request on our website [swhuman.org](http://swhuman.org) to get yours today!

### Answers to January quiz

- |              |                 |
|--------------|-----------------|
| 1. true      | 6. true         |
| 2. slight    | 7. conversation |
| 3. true      | 8. true         |
| 4. sensory   | 9. seconds      |
| 5. satisfied | 10. overeat     |

## Workshops in February

### Saturday, February 6, 2016

**Missouri City, TX** 1-3p  
 Annual Training  
 Missouri City Library  
 1530 Texas Parkway 77489  
 Questions: 713-816-4851 Carol

### Sunday, February 7, 2016

**McKinney, TX** 7-8:30p  
 My Kids Won't Eat That!  
 Amy Bergland's home  
 404 Dolomite Dr  
 Directions: 972-529-8465  
 Registration: 972-398-9398 Renee

### Thursday, February 11, 2016

**Duncanville, TX** 7-8:30p  
 10Tips: Liven Up Your Meals  
 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.

### Saturday, February 20, 2016

**Garland, TX** 10-11:30a  
 Tackling Childhood Obesity  
 Barbara Dean's house  
 409 Stanton Dr.  
 Directions: 214-994-0549  
 Registration: 972-398-9398 Renee

**Flower Mound, TX** 9-11a  
 10Tips: Liven Up Your Meals  
 Sharon Bazan's home  
 1212 Spring Ridge 75028  
 Directions: 972-948-2686

Registration: 214-679-9257  
 Wend'e



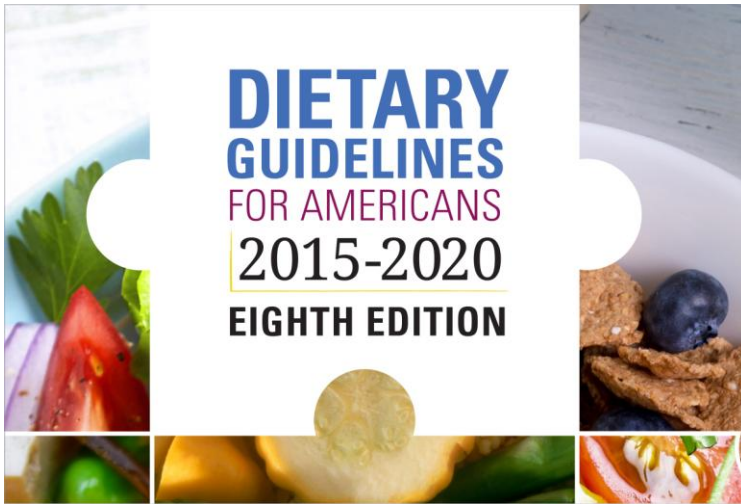
**Houston, TX** 12-2p  
 Annual Training  
 Parker Williams Library  
 10851 Scarsdale Blvd 77089  
 Room D 080528  
 Questions: 713-816-4851 Carol

## Workshops in March

### Saturday, March 12, 2016

**Sherman, TX** 10-11:30a  
 Making Nutrition Count  
 Barbara Reyna's home  
 107 S Maxey 75090  
 Directions: 903-868-1289  
 Registration: 972-398-9398 Renee

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!



Secretary of Health and Human Services Sylvia M. Burwell and Secretary of Agriculture Tom Vilsack released updated nutritional guidelines that encourage Americans to adopt a series of science-based recommendations to improve how they eat to reduce obesity and prevent chronic diseases like Type 2 diabetes, hypertension, and heart disease. While they do not directly impact the Child and Adult Care Food Program (CACFP) meal patterns, the 2015-2020 Dietary Guidelines for Americans is the nation’s trusted resource for evidence-based nutrition recommendations and serves to provide the general public, as well as policy makers and health professionals with the information they need to help the public make informed choices about their diets at home, school, work and in their communities.

“Protecting the health of the American public includes empowering them with the tools they need to make healthy choices in their daily lives,” said Secretary Burwell. “By focusing on small shifts in what we eat and drink, eating healthy becomes more manageable.”

The newly released 8th edition of the Dietary Guidelines reflects advancements in scientific understanding about healthy eating choices and health outcomes over a lifetime. This edition recognizes the importance of focusing not on individual nutrients or foods in isolation, but on the variety of what people eat and drink—healthy eating patterns as a whole—to bring about lasting improvements in individual and population health.

The specific recommendations fit into five overarching guidelines in the new edition as seen to the right:

**1 Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

**A healthy eating pattern includes:**

- Fruits
- Vegetables
- Protein
- Dairy
- Grains
- Oils

**A healthy eating pattern limits:**

- Saturated fats and trans fats
- Added sugars
- Sodium

**2 Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

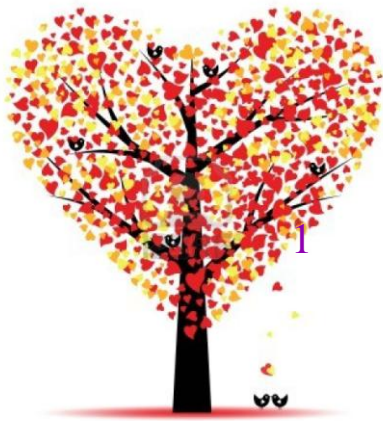
**3 Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

**4 Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

**5 Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

The Dietary Guidelines provides a clear path to help Americans eat healthfully, informed by a critical, and transparent review of the scientific evidence on nutrition. Here is a list of the top 10 takeaways from this new edition:

1. A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
2. Healthy eating is one of the most powerful tools we have to reduce the onset of disease. The Dietary Guidelines recommendations can help you make informed choices about eating for you and your family.
3. The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.
4. A healthy eating patterns includes:
  - A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables
  - Fruits, especially whole fruit
  - Grains, at least half of which are whole grain
  - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
  - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
  - Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.
5. Healthy eating patterns limit added sugars. Less than 10% of your daily calories should come from added sugars. ChooseMyPlate.gov provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.
6. Healthy eating patterns limit saturated and trans fats. Less than 10% of your daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil
7. Healthy eating patterns limit sodium. Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.
8. Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a difference in working toward a healthy eating pattern that works for you.
9. Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health. According to the Department of Health and Human Services' Physical Activity Guidelines for Americans, adults need at least 150 minutes of moderate intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week. Children ages 6 to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening, and bone-strengthening activities.
10. Everyone has a role— at home, schools, workplaces, communities, and food retail outlets – in encouraging easy, accessible, and affordable ways to support healthy choices.
  - At home, you and your family can try out small changes to find what works for you like adding more veggies to favorite dishes, planning meals and cooking at home, and incorporating physical activity into time with family or friends.
  - Schools can improve the selection of healthy food choices in cafeterias and vending machines, provide nutrition education programs and school gardens, increase school-based physical activity, and encourage parents and caregivers to promote healthy changes at home.
  - Workplaces can encourage walking or activity breaks; offer healthy food options in the cafeteria, vending machines, and at staff meetings or functions; and provide health and wellness programs and nutrition counseling.
  - Communities can increase access to affordable, healthy food choices through community gardens, farmers' markets, shelters, and food banks and create walkable communities by maintaining safe public spaces.
  - Food retail outlets can inform consumers about making healthy changes and provide healthy food choices.



# February

		2 Groundhog Day	3 Send in Claim!	4 World Cancer Day	5	6 Missouri City Workshop
7 McKinney Workshop	8 Chinese New Year	9 Mardi Gras	10 Ash Wednesday	11 Duncanville Workshop	12 	13
14 Valentine's Day 	15 President's Day	16 	17 <b>President's Day</b>	18 	19	20 Garland, Flower Mound, and Houston Workshops
		23	24	25	26	27



## Chinese New Year Celebration! 2016 is the year of the Monkey

- Chinese New Year is the most important event in the Chinese calendar and celebrates the start of a new lunar year, rather than a calendar year. Festivities begin with the new moon on the first day of the new year and ends 15 days later on the next full moon.
- Chinese New Year is more than just firecrackers, 'lucky money' and dancing dragons - it honours Heaven, Earth and ancestors, and is a celebration of family and thanksgiving.
- In China, on the Eve of Chinese New Year, supper is a massive feast with family. The festive table includes meats such as pig, duck, chicken as well as Chinese sweet delicacies.
  - Oranges are served for wealth, apples for peace, and tangerines for good fortune. The children can play pretend with these fruits to make a "Hot Pot" to share in togetherness. Read more about the tradition of Hot Pot here:

<http://www.china-family-adventure.com/chinese-hot-pot.html>

Here are two excellent books that highlight the Chinese New Year festivals and traditions:

[China](#) (DK Eyewitness Books)

[Moonbeams, Dumplings and Dragon Boats: A Treasury of Chinese Holiday Tales, Activities and Recipes](#)

