




Southwest Human Development Services
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February 2017

Liz Curtis, Compliance Officer
 Sheena Walter, Training

Quiz Answers for January

- | | |
|------------------|---------------|
| 1) True | 2) Mini goals |
| 3) True | 4) True |
| 5) Encouragement | 6) Positive |
| 7) Patience, Fun | 8) True |
| 9) Tracking | 10) Process |

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!

February Workshops

Saturday, February 6

Bryan-College Station 7-9 PM
 Where: Larry Ringer Library
 1818 Harvey Mitchell
 College Station, Texas
 (Across from College Station High School)
 Who: RSVP to Laurie by text or phone at 281-808-1137 or by e-mail at laurieramos58@gmail.com

Wednesday, February 8, 2017

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 9, 2017

Duncanville, TX 7-8:30 PM
 Updated USDA Guidelines
 Spring Creek BBQ 2827
 Wheatland Rd Dallas, TX 75237
 Directions only: 972-296-1211
 Please RSVP: 214-679-9257 Wend'e
 Please let me know if you will attend.

Thursday, February 9, 2017

Austin, TX 7p
 Zion Missionary Baptist Church
 3326 Paisano 78745
 Questions: 512-467-7916 Ext 201
 Sheena

Saturday, February 18, 2017

Flower Mound, TX 9-11a
 Updated USDA Guidelines
 Sharon Bazan's home 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Registration: 214-679-9257 Wend'e
 Please let me know if you will attend.

Sherman, TX 10-11:30a

10 Tips: Kid Friendly Veggies and Fruits
 Barbara Reyna's home
 107 S Maxey 75090
 Directions: 903-868-1289
 Registration: 972-398-9398 Renee

March Workshops

Saturday, March 11

Reno, TX 10:30-12
 Happy Mealtimes for Healthy Kids
 Braums: 3561 ne loop 286 Paris, TX
 Directions: 903-784-0707
 Registration: 972-398-9398 Renee

Thursday, March 23 Mesquite, TX 7-8:30p
 Updated USDA Guidelines Spring Creek BBQ
 3939 W. Emporium Cir Across Town East Blvd from the mall Mesquite, TX 75150
 Directions only: 972-682-3770 Please RSVP: 214-679-9257 Wend'e Please let me know if you will come to this workshop.

What is in this Issue:

- Heart Healthy Recipes
- Calendar
- Workshops
- Mystery Provider
- Keeping a healthy heart

Thursday, March 23

Mesquite, TX 7-8:30p
 Updated USDA Guidelines
 Spring Creek BBQ
 3939 W. Emporium Cir
 Across Town East Blvd from the mall
 Mesquite, TX 75150
 Directions only: 972-682-3770
 Please RSVP: 214-679-9257 Wend'e Please let me know if you will come to this workshop.

Saturday, March 25

The Colony, TX 10-11:30a
 10 Tips: Cut Back on Sweet Treats
 Marilyn Jackson's home
 4916 N Colony Blvd 75056
 Directions: 214-277-9199
 Registration: 972-398-9398
 Renee

April Workshops

Thursday, April 6

Ennis, TX Workshop
 Updated USDA Guidelines
 7-8:30 PM
 Bubba's BBQ
 210 S. Hwy I-45
 Wend'e

Monday, April 10

Plano, TX 7-8:30p
 Guideline for selecting creditable foods Into My Garden Tea Room
 1726 K Ave
 Directions and Registration: 972-398-9398
 Renee
 Please feel free to eat dinner there.

Keeping a Healthy Heart at Any Age

February is the American Heart Month, during February heart health tips and heart disease is promoted all across the United States. Heart disease is the leading causes of death in Americans, both men and women at any age. However, heart disease can be prevented and when found can be treated early and effectively with medications and change of lifestyle habits. Heart disease comes in many different forms, but most commonly found is known as coronary heart disease. This is when the arteries have a large build up of plaque and do not allow the blood to flow freely as it should. When this build up becomes too thick it can prevent oxygen rich blood from getting to the heart, which can then lead to more serious health problems, such as chest pain which is commonly known as angina. When this occurs platelets can then start to stick to the walls of the arteries and cause blood clots, which can then lead to a heart attack. Although it is scary knowing that heart disease can be a very serious health problem, it is less overwhelming when you know the steps in which you can take to prevent heart disease. Preventing heart disease can be an easy transition for you and your family and can even be a fun change. Making small changes in everyday activities, such as healthier meals and exercising on a more regular basis, can make a huge difference in your health. Children learn from the habits of their parents and care providers, taking that first step in teaching them how to become healthier at a young age will help them keep these healthy habits as they mature and become older.

<https://www.nhlbi.nih.gov/health/health-topics/topics/hdw/causes>

How can I prevent heart disease?

- Choose healthier foods to eat daily
 - Avoid eating foods that are high in saturated and unsaturated fats, such as red meats.
 - Eat more grain rich foods, fish, and eat more fruits and vegetables regularly.
- Live a more active life
 - The American Heart Association suggests that an adults should exercise regularly each week.
 - 75 minutes per week and vigorous workouts or 150 minutes per week of a moderate level exercise for adults and at least 60 minutes of exercise daily for any child.
 - Great ways to be more active could include; walking the dog, taking a family bike ride or walk after dinner, organizing a fun scavenger hunt for the children, or even enrolling your child in an after school sport or activity.
- Try to maintain a healthy weight and a healthy heart
 - Avoid smoking! Even second hand smoke.
 - Limit any alcohol use!
 - Have your cholesterol levels monitored regularly and check your blood pressure regularly to be certain is in the healthy range. A percent blood pressure should be 120/80, but different factors can cause some variations.

https://www.heart.org/HEARTORG/HealthyLiving/How-to-Help-Prevent-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp#

What do signs of a heart attack look like?

- Pain in the jaw, neck, or back
- Feeling a sense of dizziness or light-headed
- Chest pain
- Shortness of breath

https://www.cdc.gov/heartdisease/american_heart_month.htm

Kelsey's Cooking Corner

Heart Healthy Hamburger Buddy



Ingredients




- 3 cloves garlic, crushed and peeled
- 2 medium carrots, cut into 2-inch pieces
- 10 ounces white mushrooms, large ones cut in half
- 1 large onion, cut into 2-inch pieces
- 1 pound 90%-lean ground beef
- 2 teaspoons dried thyme^{3/4}
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups water
- 14-ounce can reduced-sodium beef broth, divided
- 8 ounces whole-wheat elbow noodles, (2 cups)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- 1/2 cup reduced-fat sour cream
- 1 tablespoon chopped fresh parsley, or chives for garnish

Directions to prepare Hamburger Buddy

-Preparation time: 40 Minutes, Yield: 6 servings

1. Cut the carrots, garlic, and mushrooms as directed. Then add into the food processor until minced or finely chopped. Then add onion into the food processor until it is chopped in pieces.
2. Cook the beef in a large skillet until it is no longer pink, or cook to your personal preference. After the meat is cooked, add the vegetables and spices to the pan to cook all the ingredients together. Cook together until the vegetables have started to become soft.
3. Stir in water, 1 1/2 cups beef broth, noodles and Worcestershire sauce, reduce this to a boil. Let these ingredients cook on medium, about 8-10 minutes or until the noodles become soft.
4. Whisk the flour and remaining 1/4 cups of broth in a small bowl until the mixture is smooth. Stir in the hamburger. Next, stir in the sour cream. Simmer until the sauce has become thick, continue stirring while the sauce cooks (about 2 minutes). Sprinkle parsley or chives over the mixture, if desired.

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  National Cake Pop Day	2 Groundhog Day	3	4
5	6 Bryan/ College Station Workshop 7- 9 PM w/ Laurie	7	8 McKinney Workshop, 7-8:30 PM with Renee	9 -Duncanville Workshop 7-8:30 PM w/ Wend'e -Austin- 7 PM w/ Sheena	10  National "Have a Brownie Day"	11
12	13	14  Valentine's Day	15 President's Day	16	17	18 -Flower Mound Workshop 9-11 AM Workshop w/ Wend'e -Sherman Worksop 10-11:30 AM w/Renee
19	20	21	22	23	24	25
26	27	28	Notes: 298030437			

