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Sponsors of the Child and Adult Care Food Program  
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January 2010

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## 10 Cheap Kids Activities for Indoor Fun

### #1. Head to the Library for Free Entertainment

Our local library has all kinds of options for kids' activities. There are drop-in storytimes, a drop-in craft table with a weekly craft for kids to do, great programs for all ages, free DVD rentals, story bags with puppets and a related book and a great kid's computer with lots of educational games on it.

\*bistree.com



## Workshops in January

### Saturday, January 9, 2010

**Tyler, TX** 9:30a  
 Nutritional Workshop and Training  
 Debbie Martin Home  
 8422 Castleton Way  
 For registration and directions:  
 903-570-0417 Debbie

### Tuesday, January 12, 2010

**Tomball, TX** 7p  
 A Perfect Monitor Visit/Mandatory  
 Tomball College Library – Children's  
 Section Meeting Room  
 RSVP required, email preferred:  
[ramoszooshds@yahoo.com](mailto:ramoszooshds@yahoo.com) or  
 281-808-1137 Laurie

### Saturday, January 16, 2010

**Lubbock, TX** 10a-12p  
 Building Blocks  
 Della Avila Home  
 4608 – 28<sup>th</sup> St. Lubbock, TX 79410  
 For registration and directions:  
 806-777-3907 Della

Start the New Year the right way  
 by building a bright future for your  
 daycare!

### Tuesday, January 19, 2010

**Plano, TX** 6:30 – 8:30p  
 Tackling Childhood Obesity  
 Sandy Loos Home  
 8601 Clear Sky Drive, 75025  
 Registration: 972-727-7216 Renee  
 Directions: 972-398-9398  
 Come Hungry! No kids please.



### Saturday, January 23, 2010

**Corpus Christi, TX** 9:30-11:30a  
 Cent\$ible Meals  
 Corpus Christi Downtown Public  
 Library – Retama Room  
 805 Comanche  
 For registration:  
 361-241-4446 Eileen

### Frisco, TX

10 – 11:30a  
 Sanitation and Health  
 Maricruz Warren's Home  
 10815 Spring Lake Road, 75035  
 Directions: 972-712-9122  
 Registration: 972-398-9398 Renee

### Saturday, January 30, 2010

**Taylor, TX** 10a  
 Ernestine Valdez Home  
 501 Drake Lane  
 Directions: 512-352-5877  
 Registration: 512-263-4002 Sandy  
 For Taylor, Round Rock, Hutto,  
 Georgetown, Pflugerville, and those  
 who like Saturday mornings. Space  
 limited. Call Sandy to RSVP!

### Mesquite, TX

10a-12p  
 Calendar Training: Sandwiches  
 Under Construction  
 Shirley Edwards Home  
 3122 Eastbrook, 75150  
 Directions: 972-279-8963  
 Registration: 972-243-3237 Wend'e  
 Come get your training completed  
 early this year!



## 10 Cheap Kids Activities for Indoor Fun

### #2. Grab Your Goodwill Bag and Have a Dress Up Contest

All those old clothes that were destined for the thrift store can get a second life right there at home. Let the kids create the most generous or the strangest outfit and give out award certificates that you made using your computer's word processing software.

### #3. Hold a Pet Show

We used to spend hours on our own family pet shows. You may be thinking you can't do this activity because you don't have a pet. Not true! Kids will have imaginary pet shows where they draw and color a picture of their pet or will happily organize a stuffed animal or Littlest Pet Shop show just as eagerly as they'll put together a show for real pets. \*bistree.com



## To keep you posted . . . . .

- \* We have a new program coordinator in town! Shegala Hurst-Smith 281-491-9326 is now covering the Houston Area. Welcome, Shegala!!
- \* We have a new person in the office as well. Sheena Walter will be replacing Lindsey Seybold as a part time program coordinator. Lindsey is taking time to raise her baby and return to school but will still be editing the newsletter. Good luck, Lindsey, and welcome, Sheena!
- \* For all providers who care for infants.. Remember that the child's 13<sup>th</sup> month can be a transition period from formula to milk. The child will be claimed on the regular menus (not infant menus) on their 1<sup>st</sup> birthday but can continue taking formula instead of milk for up to 1 month. Call the office with any questions 1-800-369-9082
- \* Archived newsletters can be found on the website <http://swhuman.org/newsletter.html> You can print off the quizzes and certificates for state licensing credit from past months to help meet your yearly requirements! 071-0129

## 10 Cheap Kids Activities for Labor Fun

### #4. Have a Card Making Marathon

Siders, people in nursing homes, people in hospitals. The world is filled with people who would love receiving a hand made card. Have the kids pull out the cardstock, glitter glue, siders, decoups, the pretty insides of junk mail envelopes, etc and make some beautiful winter themed cards. Then stamp or write a snowy message inside. You can be serious and send it with your message, but, if you want the kids to have fun with their messages, let them go a bit crazy instead. Our guys think things like the word "Snow" on the cover and "What's new?" inside are just hilarious.   
\*distreecom

## \*SPOTLIGHT PROVIDERS\*

Terri Dent from Levelland really helps her daycare children get ready for school. Her older children settle down to read age appropriate books while the younger children participate in activities geared towards them. Terri loves buying books for them and the effort really shows. Her coordinator remarked that it was a joy to watch the children read.

One of the most peaceful childcare homes belongs to Kim Walker in Frisco. Her kids thrive in the calm, quiet atmosphere. Kim has great eaters in her home as well. She gives the kids lots of attention and they love being there with her.

Excellent examples of great childcare homes!

## 10 Cheap Kids Activities for Labor Fun

### #5. Set Up a Board Game Tournament

Remember Monopoly competitions with your family and friends? What about Scrabble or Uno? Pull out those old board games, dust them off and set up five or six of them on different tables. Have the kids play every game once and give the child who wins the most games an old bowling trophy or some other silly commemorative prize.

### #6. Have a Repair and Recycle Session

Have the kids gather up every broken and battered toy or article of clothing in the house and sit down with them to set up a family repair shop. Anything that is deemed irreparable should be recycled. If they're anything like my family, the kids will find some toys they forgot they had and will play with them for hours, even if they're broken.   
\*distreecom

### All Minute Menu Users...

To see your claim summary you must upgrade your MM Kids program: 1) after signing in and while on the main screen, click on the File menu in the top left hand corner of the program 2) choose the option "Check for Updates..." 3) click "Yes" so that the MM Kids update can be downloaded and installed. Any problems call the office 1-800-369-9082.



## Workshops in February

Tuesday, February 2, 2010

Allen, TX 7-8:30p

Nibbles for Health  
Deborah Roberson's Home  
1228 Waterdown Dr.  
Directions: 469-675-8585  
Registration: 972-398-9398 Renee  
For Plano, Allen, Custer, McDermott

Thursday, February 4, 2010

Humble, TX 7p

A Perfect Monitor Visit/Mandatory  
Humble Association Library  
19520 Pinehurst Trail Drive 77346  
RSVP required, email preferred:  
[ramoszooshds@yahoo.com](mailto:ramoszooshds@yahoo.com) or  
281-808-1137 Laurie

Georgetown, TX 7p

Sandra Culbertson's Home  
431 Berry Ln  
Directions: 512-869-1972  
Registration: 512-263-4002 Sandy  
For Taylor, Round Rock, Hutto,  
Georgetown, Pflugerville or if you  
like week night workshops. Space  
limited so register early!

Saturday, February 6, 2010

Lubbock, TX 10a-12p

Happy Meals for Healthy Kids  
Della Avila Home  
4608 - 28<sup>th</sup> St. Lubbock, TX 79410  
For registration and directions:  
806-777-3907 Della  
Come learn how to make Valentine  
treats for your childcare kids!

Duncanville, Desoto, Cedar Hill

9 - 11a  
Two Bite Club  
Myrtle Williams Home  
305 Crystal Lake Dr, Desoto, 75115  
Directions: 972-230-0399  
Registration: 972-243-3237 Wend'e  
This new location replaces the  
Duncanville Workshop usually held  
at Cassandra Harris's Home!

Mansfield, & Arlington 9:30-11a

Karen Munoz's Home  
7600 Amsterdam, Arlington 76002  
For registration and directions:  
817-536-4514 Barbara

Wednesday, February 17, 2010

Wylie, TX 7 - 8:30p

Happy Meals for Healthy Kids  
Lisa Pennington Home 1902 E Fork  
Directions: 214-474-0017  
Registration: 972-398-9398 Renee

Saturday, February 20, 2010

East, South Ft. Worth 9:30-11a  
Cheryl Bobo's Home  
7240 Wild Wing, Ft. Worth 76120  
For registration and directions:  
817-536-4514 Barbara

Tyler, TX 9:30a

Nutritional Workshop and Training  
Debbie Martin Home  
8422 Castleton Way  
Registration: 903-570-0417 Debbie

Wednesday, February 24, 2010

Northeast San Antonio 7 - 9p

Nutrition Program Training  
Clyde Ford Community Center  
Schertz, TX  
For registration and directions:  
210-233-8453 Patricia

Saturday, February 27, 2010

Garland, TX 10-11:30a

Calendar Training: Sandwiches!  
Doris Maittre's Home  
2406 High Hollows Dr.  
Directions: 972-325-2396  
Registration: 972-398-9398 Renee

Flower Mound, TX 9 - 11a

Calendar Training: Sandwiches!  
Sharon Bazan's Home  
1212 Spring Ridge Ln, 75028  
Directions: 972-948-2686  
Registration: 972-243-3237 Wend'e

North, West Ft. Worth 9:30-11a

Rosa Leimann's Home  
8117 Gran Junction, Ft. Worth 76179  
Off of Boat Club Rd.  
For registration and directions:  
817-536-4514 Barbara

Victoria, TX 9:30-11:30a

Cent\$ible Meals  
Victoria Public Library  
302 North Main  
For registration and directions:  
361-241-4446 Eileen

## 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 December's quiz

1. standardized
2. true
3. number, servings
4. false
5. true
6. serving sizes
7. true
8. true
9. balanced
10. sucrose, dextrose

## Tip of the Month:

For all providers using Forms only!  
Remember to include your yellow CIF (claim information form) with your claim every month. This helps the office to organize and grade your claims every month. Thank you!

# Homemade Baby Foods:

## Good for babies and inexpensive, too!

There are lots of healthy, baby-friendly foods out there, but some stand out from the pack. These ten culinary superheroes are loaded with essential nutrients, reasonably priced, easy to prepare, and delicious.

What's more, now's the perfect time to introduce them. While the very word "nutritious" can start a food strike among older kids, babies' opinions, and palates, are still relatively open. Many parents are surprised to discover that their babies really enjoy these foods, either from the very first bite or after a few exposures.

Here are ten of our absolute favorites. After introducing any new food, wait three days before moving on to the next new food to identify any possible allergic reaction.

❄️ **Squash** is an excellent source of vitamins A and C, is naturally sweet, and has a pleasing, creamy texture. **Serving idea:** Sprinkle parmesan cheese and a little chili seasoning on half a squash, roast it, and scoop out a serving for your baby, suggests pediatrician Susanna Block, owner of World Baby Foods, an ethnic baby food line. "Cooked squash with a little cilantro, mild chiles, and garbanzo beans are another great combination," she says.

❄️ Grammed with protein and fiber, **lentils** pack a powerful nutritional punch. They're also one of the cheapest healthy foods you can buy. **Serving idea:** Combine cooked lentils with mixed vegetables, rice, and seasonings of your choice. "Try basil and oregano," suggests dietitian Karin Hosenfeld of North Dallas Nutrition. "Or toss in a bay leaf, which works really well with lentils." (Remove the bay leaf before serving.)

❄️ **Leafy greens vegetables** boast high amounts of iron and folate. While spinach is perhaps the best known of this group, there are many other varieties, including kale, chard, and collard greens. **Serving idea:** Steam and puree a batch of greens, then mix with iron-fortified cereal to give your baby a double dose of iron. Experiment with the proportions to see what your baby likes: Hosenfeld suggests starting with two parts veggie to one part cereal.

❄️ Brimming with folate, fiber, and calcium, **broccoli** is also known for its cancer-fighting properties, says dietitian Kate Geagan, author of *Go Green, Get Lean*. And thanks to its sulfur compounds, it has a unique flavor that can help expand your baby's tastes. **Serving idea:** Steam pieces until soft, then chill. "Steaming takes the bite out of broccoli," says Hosenfeld. "And chilled broccoli is sometimes better accepted by babies. It can also be soothing during teething."

❄️ The deep, brilliant blue of these **blueberries** comes from flavonoids called anthocyanins, which are good for your baby's eyes, brain, and even urinary tract, says Stephen Gass, co-author of *Mix and Mash: Adventures in the Kitchen for Baby and You*. **Serving idea:** Gass suggests this easy blueberry soup: Combine 1 cup of blueberries with one-quarter cup of water in a bowl, microwave for one minute, and let cool. Then swirl some plain yogurt on top.

❄️ "**Avocados** are a rich source of unsaturated fats," says nutritionist Leanne Cooper, author of *What Do I Feed My Baby: A Step-by-Step Guide to Solids*. "In fact, the fat composition is somewhat similar to that of breast milk." Concerned about your baby eating fatty food? Don't be. "Unsaturated fat is the good kind of fat, and babies need it for brain development," says pediatrician Ari Brown, co-author of *Baby 411: Clear Answers and Smart Advice for Your Baby's First Year*. **Serving idea:** When it's playgroup time, ditch the crackers and take an avocado along instead. "Avocados can travel in your bag at room temperature and you can offer them in slivers or spread on toast fingers while you sip coffee with your friends," she says.

❄️ Many of us don't think of **meat** as a typical baby food, but it's one of Brown's top choices. "Meat is a great source of zinc and iron," she explains. **Serving idea:** Cook stew! "Stew is the ideal baby food — easy to make, easy to chew, and endless in its variety," says Matthew Amster-Burton, author of *Hungry Monkey: A Food-Loving Father's Quest to Raise an Adventurous Eater*. Experiment with adding different veggies and seasonings, such as ginger and parsley. And the best part? Tough, cheap meats (like chuck) work best, says Amster-Burton, whose own family dines on stew almost weekly. Just be sure to cook the stew long enough for the meat to turn soft and tender.

❄️ **Prunes** have lots of fiber and can help relieve constipation — which, notes Brown, your baby may experience after you introduce solids. **Serving idea:** Puree prunes and serve them straight or mixed with other foods, such as cereal or applesauce, for a naturally sweet treat. If your baby is badly constipated, Brown advises adding a teaspoon or two of prune juice to formula or expressed breast milk.



❄️ Like lentils and other beans, **garbanzos** are rich in protein and fiber, says Geagan. They're also inexpensive and versatile. **Serving idea:** Try hummus. You can find it in many grocery stores, or make your own by pureeing cooked garbanzo beans with garlic, lemon, olive oil, and tahini. You can also make a delectable finger food by sautéing or roasting the beans. "I have a 19-month-old daughter who loves chickpeas sautéed in a pan with seasonings and left out for her to munch," says mom Christina.

❄️ High in vitamin C and antioxidants, **mandarin oranges** are a supreme finger food. "Babies really love the flavor," says Hosenfeld. **Serving idea:** This is a particularly easy one to prepare — just cut the segments into bite-size pieces and serve. You can buy mandarin oranges fresh or canned, but make sure the canned version is packed in water, not syrup, which contains added sugar.

### Serving tips

- ❄️ Serve the food no warmer than body temperature.
- ❄️ Use caution if you heat meals in the microwave. Stir microwaved food well and let it sit for a few minutes before serving.
- ❄️ Only dish out the amount of food you think your baby will eat at that feeding. You'll need to toss what's left over because your baby's saliva will get into the mixture and make it easy for bacteria to grow in the food.
- ❄️ Don't sweeten your baby's food. Babies don't need any extra sugar. And never use honey or corn syrup, which can cause botulism — a potentially fatal form of food poisoning — in babies.
- ❄️ Use seasonings. Despite the tradition of feeding babies bland food, they can tolerate and enjoy different flavors.
- ❄️ Refrigerate leftovers in an airtight container and use them up within a couple of days. You can also freeze leftovers in ice cube trays. After the cubes are frozen solid, remove them and store in plastic freezer bags. Fruits and vegetables frozen this way will last six to eight months. Meat (including poultry and fish) will last one to two months.

# January

					1 New Year's Day	2
3 Send in Claim	4 	5	6	7	8	9 Tyler Workshop
10	11 Amelia Earhart Day	12 Tomball Workshop	13	14	15	16 Lubbock Workshop
17 Ben Franklin's Birthday	18 Martin Luther King, Jr. Day	19 Plano Workshop	20	21	22	23 Corpus Christi, Frisco Workshop
24	25 	26	27	28	29 Tu B'Shevat	30 Taylor, Mesquite Workshop
31						

## 10 Cheap Kids Activities for Indoor Fun

### #7. Learn a New Thrifty Hobby

Not all hobbies have to be expensive. Teach the kids to knit or crochet using leftover skeins of yarn or make simple patchwork dolls quilts together from odd fabric scraps and unwanted clothing.

### #8. Bake Up a Storm

Most kids love to bake. Help them make a few dozen cookies and freeze them properly so you'll have emergency treats for lunch saved away. If you have pets, you can make dog treats instead. [\\*distreecom.com](http://distreecom.com)

### Beware of Scammers!

We have heard complaints of scammers showing up on craigslist.org. Unfortunately one of our providers lost hundreds of dollars in one of these scams. A man contacted our provider, sent her a check, and told her to wire the extra money back to him after buying supplies for the children. The check was fraudulent and so all the money she wired "in return" was her own and is now lost. Don't let this happen to you!



## 10 Cheap Kids Activities for Indoor Fun

### #9. Set Up a Toy Swap

If your kids are bored, it is pretty safe to bet that other kids feel the same way. Call up another mom or two and ask them to bring their kids and two or three unwanted toys that are still in nice shape over for a toy swap. Make sure you specify a toy value and that all the toys are in the same condition so no feelings are hurt. The kids will have fun playing with each other and will have new toys to play with after their friends go home.

### #10. Get Ready for Garden Season

Even if snow is on the ground, you can still get ready for garden season. Make newspaper pots that you can use for seedlings in a few months or plan out your garden bed. You can also pull out some of your unused seeds and your leftover soil to do some winter sowing. [\\*distreecom.com](http://distreecom.com)