



Volume 25

Sponsors of the Child and Adult Care Food Program

January 2011

Issue 4

Blake Stanford, President








Brenda Baldwin, Program Director

Liz Curtis, Compliance Officer

Martin North, Website/MM Kids Specialist

Lindsey Seybold, Editor

In this Issue:

-  Workshops
-  Mystery Provider
-  Provider's Spotlight
-  CACFP Update
-  10 Ways to Raise Food Smart Kids
-  January Calendar
-  Rainy Day Craft



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! 057-0123

Workshops for January

Saturday, January 8, 2011
Richland Hills, TX 11a
 Portions and Staying in Compliance
 El Chico 7621 Baker Blvd
 Registration and Directions:
 817-536-4514 Barbara
 Please call to let Barbara know you are coming!

Victoria, TX 9:30-11:30a
 Annual Nutrition Training
 Victoria Public Library
 302 N. Main
 Directions and Registration:
 361-241-4446 Eileen

Tuesday, January 11, 2011
Plano, TX 7-8:30p
 My Kids Won't Eat That!
 Sandie Loo's home
 8601 Clear Sky Dr
 Directions: 972-727-7216
 Registration: 972-398-9398 Renee
 No kids, please!

Thursday, January 13, 2011
South Austin, TX 7:30p
 Food Program Workshop with
 Special Guest Kelly Waterman
 Seventh Day Adventist Church
 132 Eberhart Ln. Austin, TX 78745
 Registration: 512-263-4002 Sandy
 This workshop is in conjunction with
 the Childcare Professionals of
 Greater Austin with special guest
 Kelly Waterman from the Capital Area
 Food Bank. Please feel free to
 support the food drive and bring a
 canned good! This meeting is in
 South Austin but everyone is
 welcome!

Saturday, January 15, 2011
Missouri City, TX 12-2p
 Menu Planning for Child Care
 Missouri City Library
 1530 Texas Pkwy, 77515
 Directions: 281-499-4100
 Registration 979-864-1519 Shegala

Brenham, TX 9a
 Nancy C. Roberts Library
 100 W. Academy St, Brenham, TX
 Registration required:
laurie@swhuman.org or
 281-808-1137 Laurie

Saturday, January 22, 2011
Lubbock, TX 10a-12p
 Building for the Future
 Della Avila's home
 4608 28th Street
 Registration and Directions:
 806-777-3907 Della
 Bring one of your healthy recipes to
 share!

Wichita Falls, TX 11a
 Nutrition Program
 El Chico on Southwest Parkway
 2801 Southwest Parkway
 Registration and Directions:
 817-536-4514 Barbara
 Please call to let Barbara know you
 are coming!

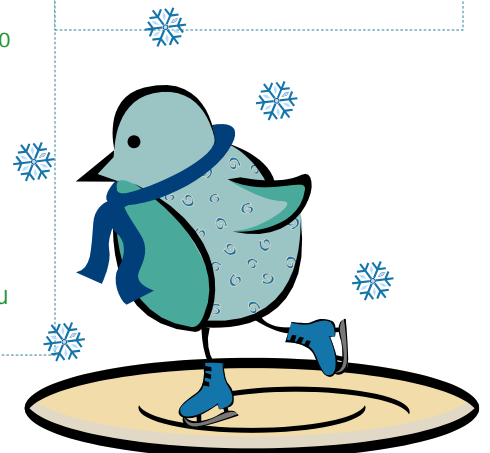
Saturday, January 22, 2011
Mesquite, TX 10a-12p
 The Perfect Monitor Visit
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 972-279-8963
 Registration 972-243-3237 Wend'e
 Start the New Year out right by
 getting your training early! Please
 RSVP by Jan 17th.

Tyler, TX 9:30a
 Nutritional Workshop and Training
 Debbie Martin's Home
 8422 Castleton Way
 Registration: 903-570-0417 Debbie

Saturday, January 29, 2011
Frisco, TX 10-11:30a
 Happy Meals for Healthy Kids
 Maricruz Warren's home
 10815 Spring Lake Rd, Frisco, TX
 Directions: 972-712-9122
 Registration: 972-398-9398 Renee

Corpus Christi, TX 9:30-11:30a
 Annual Nutrition Training
 Corpus Christi Public Library
 Downtown
 805 Comanche
 Directions and Registration:
 361-241-4446 Eileen

Arlington, TX 9:30-11a
 Two Bite Club
 Paula Beckerman's home
 2104 Tretorn Ct
 Registration and Directions:
 817-536-4514 Barbara



Answers to December's quiz

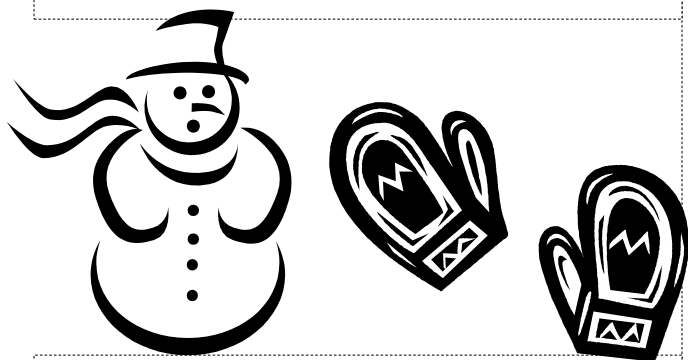
1. stay, healthy
2. true
3. true
4. olive
5. peppery
6. true
7. Kale
8. true
9. soup
10. true

Spotlight Providers

Shondra Douglas lives in Glen Rose, Texas and is a licensed child care home. She has only been in business for a year now but is working with a good group of families. She has a great area for the kids to play outside and lots of bikes for them to ride. She also cooks homemade meals and her children love to help set the table and clean up afterwards.

Debra Anderson lives in East Fort Worth and has been doing childcare for over a year. Her back yard has lots of bikes and areas for the kids to run and jump and play. She and her husband take the kids on daily walks around the neighborhood. She also serves home cooked meals and has some great eaters.

Thanks, ladies, for making your homes such great places for kids to grow and learn!



This December President Obama signed the Healthy, Hunger-Free Kids Act of 2010!

Also called the Child Nutrition Reauthorization 2010, this act takes several steps forward to ensure that low-income children can participate in child nutrition programs and receive the meals they need, including:

- ✓ Expanding the Afterschool Meal Program to all 50 states;
- ✓ Supporting improvements to direct certification for school meals and other strategies to reduce red tape in helping children obtain school meals;
- ✓ Allowing state WIC agencies the option to certify children for up to one year;
- ✓ Mandating WIC electronic benefit transfer (EBT) implementation nationwide by October 1, 2020;
- ✓ Improving area eligibility rules so more family child care homes can use the CACFP program;
- ✓ Enhancing the nutritional quality of food served in school-based and preschool settings; and
- ✓ Making "competitive foods" offered or sold in schools more nutritious

Workshops for February

Saturday, February 5, 2011

Laredo, TX 9:30-11:30a

Annual Nutrition Training

Laredo Public Library

1120 E. Calton

Directions and Registration:

361-241-4446 Eileen

Arlington, TX 9:30-11a

Portions and Staying in Compliance!

Karen Munoz's home

7600 Amsterdam

Registration and Directions:

817-536-4514 Barbara

Desoto, TX 9-11a

Zobey: Preventing Childhood Obesity

Myrtle William's Home

305 Crystal Lake Dr, 75115

Directions: 972-230-0399

Registration 972-243-3237 Wend'e

This workshop is for all the providers

in Desoto, Lancaster, Cedar Hill and

anyone else who wants to join us!

Please RSVP by Feb 1st.

Wednesday, February 9, 2011

Allen, TX 7-8:30p

Sanitation and Health

Debra Roberson's home

1228 Waterdown

Directions: 469-675-8585

Registration: 972-398-9398 Renee

Right on the border of Plano/Allen

Saturday, February 12, 2011

Lubbock, TX 10a-12p

Building for the Future

Della Avila's home

4608 28th Street

Registration and Directions:

806-777-3907 Della

Come ready to eat Valentine goodies!

Saturday, February 19, 2011

Flower Mound, TX 9-11a

The Two Bite Club

Sharon Bazan's Home

1212 Spring Ridge Rd.

Directions: 972-948-2686

Registration 972-243-3237 Wend'e

This workshop is for providers in Flower

Mound, Lewisville, Denton, Lake Dallas,

and anyone who would like to join us!

Please RSVP by Feb 12th.

Justin, TX 9:30-11a

Portions and Staying in Compliance!

Alison McCann's home

16560 Jasmine Springs

Registration and Directions:

817-536-4514 Barbara

Denton County Girls!

Garland, TX 10-11:30a

Making Nutrition Count

Sandra Power's home

1606 Lake Land Park

Directions: 978-240-8349

Registration: 972-398-9398 Renee

Saturday, February 26, 2011

Tyler, TX 9:30a

Nutritional Workshop and Training

Debbie Martin's Home

8422 Castleton Way

Registration: 903-570-0417 Debbie

Specifically this Act affects the Child and Adult Care Food Program (CACFP) in great ways. Over the next couple years, the Act calls to:

- ✓ Revise the nutrition standards for meals, snacks and beverages served through CACFP to make them consistent with the most recent U.S. Dietary Guidelines.
- ✓ Provide education and encouragement to participating child care centers and homes to provide children with healthy meals and snacks and daily opportunities for physical activity, and to limit screen time.
- ✓ Increase USDA training, technical assistance and educational materials available to child care providers, helping them to serve healthier food.
- ✓ Authorize ongoing research on nutrition, health and wellness practices, as well as the barriers and facilitators to CACFP participation, in child care settings.
- ✓ Require interagency coordination focused on strengthening the role of child care licensing in supporting good nutrition, health and wellness and maximizing the value of CACFP.
- ✓ Provide \$10 million in funding to USDA for training, technical assistance and materials development.
- ✓ Expand eligibility, reduce paperwork and simplify program requirements.

10 Ways to Raise Food-Smart Kids

Want your children to eat healthy foods? Create a nutritional home. Begin here.

Creating a nutritional home is one of the most important steps you can take to ensure the health of your child. To start, make smart food choices, and help your child develop a positive relationship with healthy food. Your children will learn their food smarts from your example.

Here are the top 10 tips for getting children to eat healthy food, offered by Melinda Sothorn, PhD, co-author of *Trim Kids* and director of the childhood obesity prevention laboratory at Louisiana State University:

1. Do not restrict food. Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development.
2. Keep healthy food at hand. Children will eat what's readily available. Keep fruit in a bowl on the counter, not buried in the crisper section of your fridge. And have an apple for your own snack. "Your actions scream louder than anything you will ever tell them," says Sothorn. Remember, your child can only choose foods that you stock in the house.
3. Don't label foods as "good" or "bad." Instead, tie foods to the things your child cares about, such as sports or appearance. Let your child know that lean protein such as turkey and calcium in dairy products give strength to their sports performance. The antioxidants in fruits and vegetables add luster to skin and hair.
4. Praise healthy choices. Give your children a proud smile and tell them how smart they are when they choose healthy foods.
5. Don't nag about unhealthy choices. When children choose unhealthy food, ignore it. Or if your child always wants fatty, fried food, redirect the choice. You might try roasting potato sticks in the oven (tossed in just a bit of oil) instead of buying french fries. Or, if your child wants candy, you might make fresh strawberries dipped in a little chocolate sauce. Too busy? Then keep naturally sweet dried fruit at home for quick snacks.
6. Never use food as a reward. This could create weight problems in later life. Instead, reward your children with something physical and fun – perhaps a trip to the park or a quick game of catch.
7. Sit down to family dinners at night. If this isn't a tradition in your home, it should be. Research shows that children who eat dinners at the table with their parents have better nutrition and are less likely to get in serious trouble as teenagers. Start with one night a week, and then work up to three or four, to gradually build the habit.
8. Prepare plates in the kitchen. There you can put healthy portions of each item on everyone's dinner plate. Your children will learn to recognize correct portion sizes. And you may find your slacks fit better as well!
9. Give the kids some control. Ask your children to take three bites of all the foods on their plate and give it a grade, such as A, B, C, D, or F. When healthy foods - especially certain vegetables – get high marks, serve them more often. Offer the items your children don't like less frequently. This lets your children participate in decision making. After all, dining is a family affair.
10. Consult your pediatrician. Always talk with your child's doctor before putting your child on a diet, trying to help your child gain weight, or making any significant changes in the type of foods your child eats. Never diagnose your child as too heavy, or too thin, by yourself.

"It's all about gradual changes, it's not overnight, and it's an uphill battle for parents," Sothorn tells WebMD.

"Everything outside of the home is trying to make kids overweight. The minute they walk out of the home, there are people trying to make them eat too much and serving them too much."

But the food smarts your children will learn from you can protect them for a lifetime.



January



						1 New Years Day
2	3 Send in Claim!	4 	5	6 Feast of Epiphany	7 	8 Richland Hills, Victoria Workshops
9 	10	11 Plano Workshop Amelia Earhart Day	12	13 South Austin Workshop	14	15 Missouri City, Brenham Workshops
16	17 Martin Luther King, Jr.	18	19	20  AUSTRALIA	21	22 Lubbock, Wichita Falls, Mesquite, Tyler Workshops
23	24	25	26 Australia Day	27	28	29 Frisco, Corpus Christi, Arlington Workshops
30	31					

Create a beautiful picture ... with rain!

A very simple craft for all ages - toddlers to school agers.

1. Take a pack of watercolors and pop each wafer out into a mortar/pestle or thick plastic baggie.
2. Crush each wafer individually with the pestle or hammer or rolling pin to create a rough powder.
3. Sprinkle or rub the colored powders onto large sheets of paper.
4. Set the papers outside during a light rain.
5. Watch carefully from indoors to see when your rain painting is just right.
6. Lay the paintings flat indoors to dry.

Enjoy your nature made painting!

