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Volume 26

Sponsors of the Child and Adult Care Food Program

January 2012

Issue 4

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## Workshops for January

Saturday, January 7, 2012

**East/Southeast Fort Worth, TX**

8:30a

Milk Training

Luby's 3312 South East Loop 820

Fort Worth, TX 76140

Please call or text:

817-703-7768 Barbara

Breakfast Training!



**Nederland, TX**

10a

Got Milk! Useful Resources

Nederland High School

Family and Consumer Science Dept

Foods Lab

2101 18<sup>th</sup> St. 77627

Please call or text: 409-344-3817

Nanette

Friday, January 13, 2012

**Plano, TX** 7-8:30p

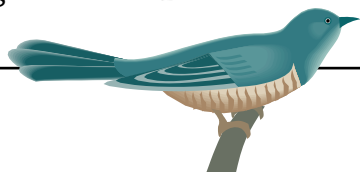
Happy Meals for Healthy Kids

Jetzamani Velazquez's home

3408 Glenable Ct 75023

Directions: 972-943-9603

Registration: 972-398-9398 Renee



Saturday, January 14, 2012

**Mesquite, TX** 10a-12p

Nutritious Snacks and new Milk

Requirements

Shirley Edward's Home

3122 Eastbrook, 75150

Directions: 972-279-8963 Shirley

Registration: 972-243-3237

Wend'e

Attendance is limited to the first 20 people who RSVP to Wend'e.

Call soon to reserve your spot!

Saturday, January 21, 2012

**Wichita Falls, TX** 11a

Milk Training

Jalapeño Tree

2927 Southwest Pkwy

Please call or text:

817-703-7768 Barbara

Lunch Training!

**Frisco, TX** 10-11:30a

Tackling Childhood Obesity

Maricruz Warren's home

10815 Spring Lake Rd, Frisco, TX

Directions: 972-712-9122

Registration: 972-398-9398

Renee

**Lubbock, TX** 10a-12p

Zobey – Fighting Childhood

Obesity

Della Avila's home

4608 28<sup>th</sup> Street

Registration and Directions:

806-777-3907 Della

January 5<sup>th</sup> is Bird Day so celebrate with bird activities! Use this oatmeal clay to create bird nests. Encourage the kids to find small sticks, hay, ribbon, etc to stick into the clay nests.

Find creative "eggs" (jelly beans, candy coated chocolate) to place in the nest. \*\* See page 2 of this newsletter for the Bird Binoculars Craft!

Saturday, January 21, 2012

**Austin, TX** 10-11:30a

Healthy Choices

Debbie Wood's home

173 Mesa Verde Dr.

Cedar Creek, TX 78612

Directions and registration:

512-263-4002 Sandy

Bastrop County, East Austin this is your workshop!

Monday, January 23, 2012

**Bryan/College Station, TX**

7-9p

Back to Basics & Helpful Food Tips

Larry Ringer Library

1818 Harvey Mitchell Pky S

Directions: 979-764-3416

Registration required:

[laurie@swhuman.org](mailto:laurie@swhuman.org) or

281-808-1137 Laurie



Saturday, January 28, 2012

**Arlington, TX** 9:30-11a

Milk Training/ Snack Ideas

Paula Beckerman's home

2104 Tretorn 76017

Please call or text:

817-703-7768 Barbara

**Missouri City, TX** 12:30-2:30p

Back to the Basics

Missouri City Library

1530 Texas Parkway

Directions: 281-499-4100

Registration: 713-816-4851 Carol

## Oatmeal clay

- 1 part flour
- 2 parts oatmeal
- 1 part water

Mix ingredients together, form into shapes and let dry. Pieces can be painted when dry. \*kinderart.com

## Workshops for February

Thursday, February 2, 2012

**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

Saturday, February 4, 2012

**Arlington, TX** 9:30-11a

Milk Training

Karen Munoz's home

7600 Amsterdam 76002

Please call or text:

817-703-7768 Barbara

Mansfield, South Arlington, and

Grand Prairie Providers!

**Desoto, TX** 9-11a

Nutritious Snacks and New Milk Rules

Myrtle Autry's home

305 Crystal Lake Dr. 75113

Directions: 972-230-0399

Registration: 972-243-3237 Wend'e

Desoto, Duncanville, Lancaster, and

Cedar Hill Providers – we hope to see you!

Thursday, February 9, 2012

**Austin, TX** 7p

Healthy Choices

Seventh-Day Adventist Church

132 Eberhart Ln

Austin, TX 78745

Questions: 512-263-4002 Sandy

Childcare Professionals of Greater

Austin....All are Welcome!

This is a South Austin location.

Saturday, February 18, 2012

**Garland, TX** 10-11:30a

Happy Meals for Healthy Kids

Sandra Power's home

1606 Lake Land Park 75043

Directions: 972-240-8349

Registration: 972-398-9398 Renee

**Katy, TX** 10:30-12:30p

Back to the Basics

Maud Marks Library

1815 Westgreen Blvd

Directions: 281-492-8592

Registration: 713-816-4851 Carol



Saturday, February 18, 2012

**Flower Mound, TX** 9-11a

Nutritious Snacks and New Milk Rules

Sharon Bazan's home

1212 Spring Ridge 75028

Directions: 972-948-2686

Registration: 972-243-3237 Wend'e

Calling all Lewisville, Flower Mound,

Corinth, and Lake Dallas Providers -

this workshop is for you!

**San Saba, TX**

Nutrition Program Topic: Milk

Zelda Campbell's home

Directions and registration:

254-690-8107 Veronica

More info to come soon!

Thursday, February 23, 2012

**Northeast San Antonio** 7-9p

Clyde Ford Community Center

Schertz, Texas

Directions and registration:

210-233-8453 Patricia

Saturday, February 25, 2012

**Justin, TX** 9:30-11a

Milk Training

Allison McCann's home

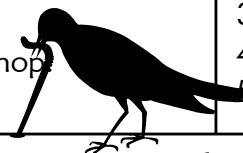
16560 Jasmine Springs 76247

Please call or text:

817-703-7768 Barbara

Denton County Workshop

780028



## FRESH IDEAS

These ladies in the Dallas area provide more than just CHILDCare in their homes – they care for the whole family!

Vanessa Wyatt takes food orders and fixes to-go plates for her childcare families once in a while. She provides up to 4 plates per family.

Pictra Payne asks for suggestions from families to do little lessons on topics (for example, potty training, biting etc.) She provides dinner while she does that lesson for the parents.

Margaret Chapman does parent appreciation dinners for her childcare parents.

Thanks for all these great examples of how to provide care and service to families!

### Answers to December quiz

1. true
2. protein, fiber
3. false
4. raw
5. whole, fresh
6. Peanut
7. Pecan
8. true
9. Almond
10. true

## 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!

## Binocular Bird Watching!

Children can recycle cardboard rolls to create some make-believe binoculars for bird watching.

### Supplies:

- 2 paper rolls (about 4" - 5" long) per student
- single hole punch
- glue or stapler
- yarn or string
- Paint or paper and glue for decorating

### What You Do:

- Give each student 2 paper rolls and have them glue together on the sides. Let dry. Alternatively, staple the rolls together before craft time for younger children.
- Help students put a hole in each side of the binoculars.
- Tie the ribbon/yarn through the holes.
- Decorate the binoculars with paint or glue and paper.
- Bring children outside to look for birds and have them look through their own creations.
- Talk about the birds from your area. Refer to books and see if you can spot different types of birds.



# Winter Fruit and Vegetables

Give your cold-weather menus a kick with interesting winter fruits and veggies!

It may seem like slim pickings in the produce section in the wintertime. But if you look a little closer, you'll find a cornucopia of winter fruit and vegetable choices. We all know the winter holiday season is prime time for produce like cranberries and yams. But have you considered persimmons, kiwi, oranges, pears, or rutabagas? And here's the kicker: All these winter choices have notable nutritional attributes, including scores of healthful phytochemicals.

Here are some fruits and vegetables that tend to be available during the winter season, including some year-round favorites. Keep in mind that no matter which fruit you're buying, choose fruit that feels heavy for its size and has no sign of molding, deterioration, or bruising.

## **Asian Pear** (October-March for Korean type)

**Storage Tip:** These fruits are picked when they are almost ripe, so handle them gently. Use quickly after purchase or refrigerate for one to two months.

**Prep Tip:** Use them raw in salads, as a snack with cheese, or as a dipper for fondue. Use them cooked in crisps and other desserts, muffins, and entrees.

**Cooking Tip:** The thin-skinned Korean pears don't have to be peeled before cooking. They can be cut into round slices or wedges, chopped, or even grated. The center core can be removed with an apple corer.

## **Green Beans** (Available all year)

**Storage Tip:** Refrigerate green beans, unwashed, in a plastic bag for up to four days.

**Prep Tip:** Snap or cut off the ends, cut longer beans crosswise into the length desired, and rinse before cooking.

**Cooking Tip:** The key is to cook green beans only until tender-crisp. If stir-frying, cut the beans in 1-inch pieces so they will cook quickly along with the other ingredients.

## **Guava** (September-March)

**Nutrition Tip:** One guava contains 5 grams of fiber (a combination of soluble and insoluble), and 10% of the recommended daily amount of vitamin A, Vitamin B6, and 220% of the recommended daily amount of vitamin C.

**Storage Tip:** Ripen at room temperature, if needed. You can store guavas at room temperature for up to one week, or refrigerate for up to two weeks.

**Prep Tip:** Guavas have sturdy skin, so you can cut them in half and scoop out the semi-soft inside flesh with a teaspoon (discard the shell). They're ready to eat when the fruit gives slightly to gentle pressure.

**Cooking Tip:** Use uncooked guavas in recipes in place of strawberries and kiwi. Use them cooked in pies, breads, or preserves, or cold or hot in sauces, juices, or sorbets.

## **Kiwi** (October-March)

**Nutrition Tip:** One kiwi contains 3 grams of fiber (mostly the insoluble type), and 76% of the recommended daily amount for vitamin C.

**Storage Tip:** They're ready to eat when they give slightly to gentle pressure. Really soft kiwi fruit is too ripe to eat. Ripen at room temperature, or refrigerate in the crisper drawer for three to five days.

**Prep Tip:** The skin on kiwi fruit can be eaten if desired. But if you want to peel them, cut in slices and then peel; use a paring knife to cut off the ends and then remove the skin; or cut in half and scoop out the flesh with a spoon.

**Cooking Tip:** Kiwi is usually enjoyed raw. Kiwi is a beautiful addition to desserts and salads.

## **Kumquat** (November-July)

**Storage Tip:** Store kumquats in a cool area for up to 7 days, or refrigerate unwashed, wrapped in plastic, and in the crisper drawer up to two weeks.

**Prep Tip:** Kumquats look like tiny oval oranges. Here's the fun part - the entire kumquat is edible (peel and all!) Roll the fruit gently between your palms to release the fragrant oils. Eat them whole, chopped, sliced, or halved.

**Cooking Tip:** Add them raw to all sorts of salads, or cook them (bake, broil, sautee, or simmer). Kumquat's flavor works well with fish, pork, or game or in marmalade or relish.

## **Pear** (Fall/winter months for most varieties)

**Nutrition Tip:** One pear (D'Anjou type) contains 5 grams of fiber (mostly insoluble), and 11% of the recommended daily amount of vitamin C.

**Prep Tip:** Pears go from ripe to overripe very quickly at room temperature, so they are often sold hard. Let them ripen at room temperature for a couple of days before serving. They're ripe when they give in to gentle pressure at the neck. To serve, cut in quarters and remove the core and stem. The skin is usually tender, and can be included in most recipes.

**Cooking Tip:** They're great raw as a snack (try them with a delicate cheese). Some crisps and other dessert recipes call for pears. They have a more delicate texture and sweeter taste than apples, and may require a bit less cooking time and sweetening.

## **Rutabaga** (Year-round)

**Nutrition Tip:** One cup of uncooked rutabaga cubes contains 3.5 grams fiber (a combination of soluble and insoluble); around 12% of the recommended daily amount of magnesium, vitamin B1, B6, potassium, and vitamin A and 47% of vitamin C; and about 0.1 grams of plant omega-3 fatty acids.

**Storage Tip:** Refrigerate unwashed rutabagas in a plastic bag for up to three weeks.

**Prep Tip:** Rutabagas have a yellowish and purple skin and are about the size of a softball. Wash them under running water and cut off the ends. Use a potato peeler to take off the skin, then cut them into whatever shape you desire.

**Cooking Tip:** Rutabagas have an earthy, peppery flavor and can be part of a raw veggie platter. They can also be cooked -- in slices, cubes, or wedges -- until just tender by roasting, steaming, or microwaving.

## **Tangerine:** (December-February, some varieties)

**Nutrition Tip:** One tangerine (2.5-inch diameter) contains 2.3 grams fiber (mostly soluble), 13% of the recommended daily amount of vitamin A, and 40% of vitamin C

**Cooking Tip:** Tangerines are less acidic than most citrus fruits. Use them as you would oranges in fruit or green salads, stirred into yogurt or cottage cheese, or as a topping for dessert. [\\*webmd.com](http://webmd.com)

A HAPPY  
NEW YEAR

# JANUARY

|   |   |                     |   |  |                      |  |
|---|---|---------------------|---|--|----------------------|--|
| 1<br>New Year's Day   | 2   | 3<br>Send in Claim! | 4   | 5<br>Bird Day!<br> | 6                    | 7<br>Fort Worth, Nederland Workshops                   |
| 8<br>    | 9   | 10                  | 11  | 12   | 13<br>Plano Workshop | 14<br>Mesquite Workshop                                |
| 15  | 16<br>Martin Luther King, Jr. Day   | 17                  | 18<br>  | 19   | 20                   | 21<br>Wichita Falls, Frisco, Lubbock, Austin Workshops |
| 22  | 23<br>Bryan/College Station Workshop<br><br>Chinese New Year                              | 24                  | 25<br> | 26<br>Australia Day  | 27                   | 28<br>Arlington, Missouri City Workshops               |
| 29<br> | 30<br> | 31                  |   |  |                      |  |

## Rutabaga Fries

- 1 large rutabaga (1 lb.), peeled and cut into French fry-sized sticks
- 1-2 tbsp olive oil
- 1 1/2 tsp smoked sweet paprika
- 2 tsp onion granules
- 1 tsp garlic granules
- 1/2 tsp sea salt
- 1 tsp freshly cracked black pepper



1. Preheat oven to 400°F.
2. Place the peeled and sliced rutabaga in a large bowl and add the remaining ingredients, tossing everything together until the fries are thoroughly coated with the seasonings and olive oil.
3. On a parchment-lined baking sheet, spread the fries out in a single layer and place the sheet in the oven for 25 minutes, or until the fries have turned a golden color with browned edges. Flip the fries once halfway through cooking with a spatula or fork.
4. Remove from the oven and serve immediately with optional dipping sauces. Enjoy!