

A HAPPY NEW YEAR



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Volume 27, Issue 4
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January 2013
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Saturday, January 19, 2013
Mesquite, TX 10a-12p
Healthy Snacks and Beverages
(with free samples!)
Shirley Edward's Home
3122 Eastbrook, 75150
Directions: 972-279-8963 Shirley
Registration: 972-243-3237
Wend'e

Richmond, TX 12:30-2:30p
Menu Planning
George Memorial Library
1001 Golfview Dr
Directions: 281-342-4455
Registration: 713-816-4851 Carol

Saturday, January 26, 2013
Kyle, TX
Mandatory Training
Sylvia Brown's Home
362 Paddington Dr 78640
Registration and Directions:
512-263-4002 Sandy
Class size limit is 15.... Don't wait to register!

Workshops for February

Wednesday, February 6, 2013
McKinney, TX 7-8:30p
Nibbles for Health
Amy Bergland's home
404 Dolomite Dr
Directions: 972-529-8465
Registration: 972-398-9398 Renee

Saturday, February 9, 2013
Houston, TX 12:30-2:30p
Parker Williams Library
10851 Scarsdale Blvd
Directions: 281-484-2036
Registration: 713-816-4851 Carol

Thursday, February 14, 2013
South Austin, TX
Childcare Professional of Greater Austin (Everyone is welcome!)
Seventh-Day Adventist Church
132 Eberhart Ln
Austin, TX 78745
Information: 512-263-4002 Sandy

Saturday, February 23, 2013
Garland, TX 10-11:30a
Making Nutrition Count
Barbara Dean's house
409 Stanton Dr.
Directions: 214-994-0549
Registration: 972-398-9398 Renee

Workshops for March

Saturday, March 2, 2013
Missouri City, TX 12:30-2:30p
Missouri City Library
1530 Texas Parkway 77489
RSVP: 713-816-4851 Carol

Saturday, March 9, 2013
Little Elm, TX 11a-1p
My Kids Won't Eat That!
Mexi-Go Restaurant
2831 El Dorado Pkwy
Directions: 972-668-4994
Registration: 972-398-9398 Renee
You are welcome to eat lunch if you would like to!

Saturday, March 23, 2013
Bonham, TX 10-11:30a
Happy Meals for Healthy Kids
Connie Alexander's home
112 W Russell 75418
Directions: 214-491-8033
Registration: 972-398-9398 Renee

Workshops for January

Saturday, January 5, 2013
Fort Worth, TX 8:30a
Luby's on the South Loop
Please call or text:
817-703-7768 Barbara
Breakfast workshop in Southeast Fort Worth!

Tuesday, January 8, 2013
Plano, TX 7-8:30p
Tackling Childhood Obesity
Shaeena Zariwala's home
4200 Pinewood Dr
Directions: 214-4738466
Registration: 972-398-9398 Renee

Saturday, January 19, 2013
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



Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods

Part 4 of 5 When Flooding Occurs — Keep Water Safe

Follow these steps to keep your WATER SAFE during — and after — flood conditions.

Use **bottled water** that has not been exposed to flood waters if it is available.

If you don't have bottled water, you should **boil water** to make it safe. Boiling water will kill most types of disease-causing organisms that may be present.

✓ If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water for boiling.

✓ Boil the water for one minute, let it cool, and store it in clean containers with covers.

If you can't boil water, you can **disinfect it using household bleach**. Bleach will kill some, but not all, types of disease-causing organisms that may be in the water.

✓ If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water for disinfection.

✓ Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach per each gallon of water. Stir it well and let it stand for at least 30 minutes before you use it.

✓ Store disinfected water in clean containers with covers.

If you have a well that has been flooded, the water should be **tested and disinfected** after flood waters recede. If you suspect that your well may be contaminated, contact your local or state health department or agriculture extension agent for specific advice.

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*fda.gov

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 quiz

1. false
2. check, neck
3. true
4. brown
5. hands
6. true
7. 100
8. Oregon
9. Organic
10. true

January 6th is Bean Day! If one of your New Year's healthier resolutions is to incorporate more vegetarian dishes into your diet, then hooray for beans! Check out this Black Bean Fiesta Salsa or any other great recipe on *beaninstitute.com ☺

Black Bean Fiesta Salsa

2 15.5-ounce cans black beans, drained and rinsed
1 cup frozen corn, rinsed under warm water and thawed

½ pound jicama, peeled and diced (two 8-ounce cans of water chestnuts rinsed and diced may be substituted for jicama)

1 sweet red pepper, remove seeds and dice

5 whole green onions, cleaned and chopped

2 fresh tomatoes, diced

2 teaspoons minced garlic (refrigerated or fresh)

½ or whole bunch fresh cilantro, finely chopped

Dressing:

½ cup lemon juice (fresh or bottled)

¼ cup lime juice (fresh or bottled)

½ cup sugar

1 teaspoon salt

3 tablespoons olive oil

PREPARATION:

1. Combine vegetables, garlic and cilantro in 2-quart covered bowl. 2. Measure dressing ingredients into a pint jar. Cover jar tightly, shake until sugar is dissolved. Pour dressing over vegetables and stir thoroughly. 3. Marinate in refrigerator overnight or at least 2 hours to blend flavors. 4. Use a slotted spoon to move vegetables to serving bowl to reduce amount of dressing. Serve, with slotted spoon, as a salad or as a condiment with chips, tacos, or fajitas. 5. Salsa may be refrigerated up to 2 weeks.

YIELD: 7-8 cups

*beaninstitute.com

Constructive January Resolutions: 12 More Little Changes

To add to the experts' list, here is a list of small, sustainable resolutions that -- along with the above suggestions -- should help you reach your weight loss goals:

1. Switch from higher-fat to lower-fat products. Instead of cream, use milk in your coffee.
2. No eating after 8 p.m., except when you go out for dinner or when it's a calorie-controlled healthy snack.
3. Get some kind of physical activity each day, even if it's only for 20-30 minutes. No excuses.
4. Eat at least five servings a day of fruits and vegetables.
5. Start each day with a nourishing breakfast.
6. Eat only from a plate, not the bag or container.
7. Pack healthy snacks when you are on the go.
8. Watch one hour less of television each day.
9. Get a dog for companionship and to help you get daily activity.
10. Add strength training to your fitness routine at least two days a week.
11. Journal your meals at least once a day.
12. Allow yourself occasional treats, in moderation, so deprivation does not lead to a binge.

Constructive January Resolutions

When it's resolution time, the first thing on your list may be to lose weight and eat more healthfully. But how exactly do you go about doing that -- and how do you keep yourself from becoming a resolution dropout before long? Children look to their parents and caregivers as a role model in nutrition and health. How do you show them in practice the best path to a healthy lifestyle?

Here are their suggestions for some tried-and-true -- and very doable -- behavior changes that will help you lose weight.

1. Stack the odds in your favor. We all have our own particular strengths and weaknesses. Katherine Tallmadge, MA, RD, advises playing up your strengths and making a plan to avoid getting sidetracked by your weaknesses. Don't simply wish you could do better this time -- take concrete steps to ensure that you do, says Tallmadge, author of *Diet Simple*. For example:

If you reach for high-calorie foods because they're convenient, make sure you have healthy alternatives available. Go grocery shopping at least weekly to stock up on wholesome foods. Keep a list so you have enough for the week.

If you're a social eater, plan non-food events with your friends. Take walks, go sightseeing, go to a movie or take a hike.

2. Get the rest you need. Susan Moores, MS, RD, a nutrition consultant from St. Paul, Minn., is excited about recent research on the hormonal effects that sleep deprivation can have on appetite. Hers is a resolution you don't see often -- and one most people will welcome hearing.

3. Give yourself permission to be human. Anne Fletcher, MS, RD, author of the *Thin for Life* books, suggests a resolution that allows you to slip up without going into a slide. People who lose weight and keep it off know how to pick themselves up after they slip. Gained some weight on vacation? No problem. Just get right back into healthy eating and exercise to lose the extra pounds.

4. List the eating and exercise habits you'd like to change, and select one to work on. Don't try to change a second habit until the first one has become a habit, says Boston-based nutrition consultant Elizabeth Ward, MS, RD. A list of habits is easier to tackle than sweeping resolutions, she says. "Resolutions imply major changes that appear doable and seem downright insurmountable by two to three weeks out, largely because most people are not ready to make a change but think they should because of the New Year," says Ward, author of *Healthy Foods, Healthy Kids*.

5. Choose brightly colored fruits and vegetables plus the brown of whole grains. Your diet should look like a rainbow with a complement of brown, says Connie Diekman, MEd, RD, director of university nutrition at Washington University in St. Louis and the voice of the syndicated radio show *Eating Right Minute*.

6. Practice low-calorie evening relaxation traditions. Instead of an after-work cocktail, drink a "virgin Mary" in a wine glass after a long day, suggests Dawn Jackson, RD, a weight-loss dietitian at Northwestern Memorial Hospital Wellness Institute in Chicago. Or unwind with a hot cup of herbal or no-calorie flavored tea instead of reaching for sweets.

7. Aim for lighter forkfuls. Another suggestion from Jackson: Putting less on each fork will help you eat more slowly. This, in turn, helps you enjoy your food more -- and, ultimately, to eat less.

8. Eat when you're eating. Try not to multitask (reading, watching television, answering emails, driving) while you eat, says Jackson. Instead, sit at a table and enjoy what you are eating.

9. Escape food cravings. When cravings strike, Christine Palumbo, MBA, RD, an *Allure* magazine columnist, suggests trying one of the following tricks:

- Chew intensely flavored gum.
- Brush your teeth.
- Drink a large glass of water or sugar-free soda, or a cup of tea.
- Take a brisk, 5-minute walk.
- Wait 20-30 minutes. If the craving persists, satisfy it with a small portion.

10. Stop eating before you're stuffed. The time to stop eating is when you reach "5" on a hunger scale of 1-10, where 1 is famished and 10 stuffed to the gills, suggests Ellie Krieger, MS, RD, host of *Food Network's Healthy Appetite* and author of *Small Changes, Big Results*. Pushing your plate away at a 5 is a natural way to control portions without measuring, and it helps you cue into your body's needs.

Making Them Stick

You've heard from the pros; now it's up to you. Make your own personal best list of resolutions that will help you lose weight and improve your health. Keep the list with you, as a screen saver on your computer or posted in a highly visible spot. It will serve as a motivator to help you make healthful changes each day.

Some other ways to make sure you stay with the program:

- Reward yourself. To reinforce your success, build in a reward system. Make a commitment that, for example, you get to the gym five times a week, you will treat yourself. The best treats are not food-related. Celebrate your success with a manicure, a trip to see a hot new movie, or whatever feels special to you.
- Control your surroundings. Spend time with people who support and encourage you. Stock your house with nutritious foods and throw out the empty-calorie temptations. Avoid buffets, and choose restaurants that offer healthy options.
- Seek support. Finding an exercise pal or an online diet buddy, especially one with goals similar to yours, is one of the best ways to ensure success. It's easier to get out of bed on those cold mornings when you know someone is counting on you to exercise with them. And buddies are lifesavers when you need someone to talk you off the ledge. One suggestion: Buy your buddy a pedometer, and work together to meet 10,000 steps a day.

No matter how committed you are, you will occasionally overeat. Simply accept that these things happen, and get right back on track. Remember that losing weight is more like a slow and steady marathon than a sprint. Good luck!

HAPPY NEW YEAR

January

		1 New Year's Day	2	3 Send in Claim!	4	5 Ft. Worth Workshop
6 Bean Day	7	8 Plano Workshop	9	10 Save the Eagles Day	11 Amelia Earhart Day	12
		15	16	17 Ben Franklin's Birthday		19 Frisco, Mesquite, Richmond Workshops
20	21 Martin Luther King, Jr. Day	22	23	24	25	26 Kyle Workshop
27	28	29	30	31		Australia Day
						

Mexican Bean Bracelets

Materials:

- ◆ toilet paper roll
- ◆ construction paper or tinfoil (tinfoil looks more like silver, but it's a bit more difficult to glue things to it)
- ◆ dried beans and/or lentils
- ◆ sequins
- ◆ scissors
- ◆ glue
- ◆ hole punch and ribbon



Instructions:

1. Glue construction paper or tinfoil around your toilet paper roll (or you could paint it if you prefer).
2. Slit toilet paper roll so it isn't a roll anymore.
3. Cut toilet paper roll shorter to fit the child's arm – typically 3 bracelets per roll.
4. Glue beans onto the bracelet. You can also add sequins for extra sparkle if you like.
Let dry.
5. For smaller kids, punch holes in either side of the bracelet and thread a ribbon through. Use this to tie the bracelet on the child's arm so it doesn't fall off as easily.

*dltk-kids.com