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Volume 29, Issue 4
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January 2015
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Workshops for January

Saturday, January 3, 2015
Fort Worth, TX 8:30-10a

Luby's Near Forest Hill Drive
 3312 Southeast Loop /120
 Please RSVP:
 817-703-7768 Barbara
 Come have Breakfast and
 Training! We always have a great
 time!

Thursday, January 8, 2015
South Austin, TX 7p

Childcare Professional of Greater
 Austin
 (ALL ARE WELCOME!)
 Zion Rest Missionary Baptist
 Church
 3326 Paisano Trail
 Austin, TX 78745
 If you have any questions, please
 contact me by phone
 512-263-4002 or email
sandy@swhuman.org Sandy

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!

Saturday, January 10, 2015

Frisco, TX 10-11:30a

10 Tips
 Rebecca Wallace's house
 10804 Amber Gate Ln 75035
 Directions: 214-732-0078
 Registration: 972-398-9398 Renee

Monday, January 26, 2015

Plano, TX 7-8:30p

The Two Bite Club
 Jetzamany Velazquez's home
 3408 Glenable Ct 75023
 Directions: 972-943-9603
 Registration: 972-398-9398 Renee

Saturday, January 31, 2015

Mesquite, TX 10a-12p

Yes, Whole Grains Can Taste
 Yummy!
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 972-279-8963 Shirley
 Registration: 214-679-9257 Wend'e

Missouri City, TX 12-2p

Nutrition and Wellness
 Missouri City Library
 1530 Texas Parkway
 Questions: 713-816-4851 Carol
 No need to register for the
 workshops. See you there!

ANSWERS TO DECEMBER QUIZ

- | | |
|------------------|----------------------|
| 1. TRUE | 6. FALSE |
| 2. CROSS | 7. YELLOW,
ORANGE |
| 3. TRUE | 8. TRUE |
| 4. GREENS | 9. GARLIC, ONIONS |
| 5. SOLUBLE FIBER | 10. ANTIOXIDANT |

Workshops for February

Tuesday, February 11, 2014

Duncanville, TX 7-8:30p

Kid Friendly Fruits and Veggies
 Spring Creek BBQ
 2827 Wheatland Rd
 Dallas, TX 75237
 Directions only: 972-296-1211
 Please RSVP: 214-679-9257
 Wend'e

Duncanville, Desoto, Cedar Hill, and
 Lancaster! If you plan to eat, please
 purchase your food before the class
 and meet in the back room at 7p.

Saturday, February 21, 2015

Garland, TX 10-11:30a

Happy Mealtimes for Healthy Kids
 Barbara Dean's house
 409 Stanton Dr.
 Directions: 214-994-0549
 Registration: 972-398-9398 Renee

Flower Mound, TX 9-11a

Kid Friendly Veggies and Fruits
 Sharon Bazan's home
 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Registration: 214-679-9257 Wend'e

Saturday, February 28, 2015

Houston, TX 12-2p

Nutrition and Wellness
 Lake Jackson Library
 250 Circle Way
 Questions: 713-816-4851 Carol
 No need to register for the
 workshops. See you there!

Slow Cooking Month

Kids love adding ingredients to a pot and seeing how it turns out. This is a great opportunity to talk about using healthy ingredients to create a nutritious meal. Also can be a lesson in working together to build something larger and more wonderful than the individual parts. Preschoolers are fascinated by the transformation of cooking and are more likely to eat what they help prepare. Slow cooking can be a way to involve them and stimulate their innate interest in cooking without spending the entire day in the kitchen. A couple recipes are included on this page but also feel free to get creative and have fun!

Slow-Cooked Beans

By cooking your own dried beans, you save money, reduce sodium and get better flavor along with, surprisingly, more vitamins and minerals. If you can't use the whole batch, freeze surplus cooked beans for later use in soups, salads and dips. The range of time for cooking beans is wide and varies with the age and the type of beans selected.

1 pound dried beans, such as cannellini beans, black beans, kidney beans, black-eyed peas, great northern beans or pinto beans

1 onion, chopped

4 cloves garlic, minced

6 sprigs fresh thyme, or 1 teaspoon dried

1 bay leaf

5 cups boiling water

1/2 teaspoon salt

Soak beans in enough cold water to cover them by 2 inches for 6 hours or overnight.

Drain the beans and place them in a slow cooker. Add onion, garlic, thyme and bay leaf. Pour in boiling water. Cook, covered, on high until beans are tender, 2 to 3 1/2 hours. Add salt, cover, and cook for 15 minutes more.

Combine ingredients into a crock pot. Add salt and pepper to taste. Turn it on low and walk away for eight hours. Add a quarter of a cup of water for every additional two hours you intend to cook it.

Shredded Beef Sandwiches

2 pounds beef brisket

1 tablespoon olive oil

2 1/2 cups beef broth or beef stock

2 cloves minced garlic

1 chopped red onion

(Serve this on buns – magnificent!)



Breakfast Apple Cobbler

4 medium-sized apples, peeled and sliced (try Honey Crisps)

1/4 cup honey

1 teaspoon cinnamon

2 tablespoons melted butter

2 cups granola cereal

(Start this one at 10 or 11 PM – ready for breakfast!)

*thesimpledollar.com

One pot cooking and family style serving are excellent ways to feed many hungry mouths during the day. Throughout this process it's important to still meet the requirements of the CACFP. Included here is a quick reference of serving sizes for the kids. They don't need to each eat a certain amount of food, but the required amount of food needs to be present and available during each meal. When serving family style, an appropriate amount of food total needs to be in the serving dish, and each child can choose the amount their body would like to have on the plate. It's a great opportunity for each child to practice how much food their body needs and how much to serve themselves!

Lunch or Supper for Children

Select All Four Components for a Reimbursable Meal

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread³ bread or combread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁴ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds ⁵ or yogurt ⁶	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.

¹ Children age 12 and older may be served larger portions based on their greater food needs.

They may not be served less than the minimum quantities listed

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the

Recognizing and Responding to Food Allergy Symptoms

Basic Facts

- A food allergy is when a child's immune system overreacts to a particular food. Any system, such as cardiovascular, respiratory, gastrointestinal, or skin, can be affected.
- Even consuming a tiny amount of this food can cause symptoms, from mild to severe.
- Picking the offending food out of a dish being served does not eliminate the chance of an allergen response.
- Some food allergens can be airborne, such as in the steam from boiling seafood.
- The only way to prevent a reaction is to avoid the allergenic food.
- A reaction can take up to 2 hours after ingesting, or even as long as 4 hours.
- A reaction is unpredictable and can change from seemingly mild to fatal in minutes.
- A severe reaction is when a child may have a drop in blood pressure, resulting in loss of consciousness and shock, and ultimately death, if not treated. This is called anaphylaxis.
- Anaphylactic reactions (anaphylaxis) must be treated promptly with epinephrine. Seek immediate treatment in an emergency room.

Symptoms of an Anaphylactic Reaction

Mouth:	tingling, itching, or swelling of tongue, lips, and mouth
Gut:	nausea, vomiting, diarrhea, abdominal cramps
Lung:	repetitive cough, wheezing, shortness of breath
Throat:	tightening of throat, hacking cough, hoarseness
Skin:	itchy rash, hives, swelling of the face or extremities
Heart:	low blood pressure; thin, weak pulse; fainting, blueness, paleness



The major food allergens are

- Eggs
- Milk
- Fish
- Tree nuts (such as walnuts, almonds, pecans)
- Peanuts
- Soybeans
- Wheat
- Crustacean shellfish (such as lobster, shrimp, crab)





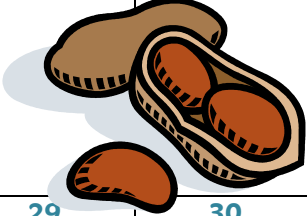



Plan of Action

- Read food labels. The food labeling law of 2004 requires that ingredients must be identified by the major food allergen, such as lecithin (soy) or whey (milk), or the label may have "a contains" statement such as "contains wheat, milk and soy."
- Every child care facility should have an emergency action plan for anaphylactic emergencies.
- The plan must include administering an epinephrine auto-injector and calling 911.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.

January

				1 A HAPPY NEW YEAR	2	3 Send In Claim Ft Worth Workshop
4 	5	6 Epiphany Bean Day	7	8 South Austin Workshop	9 Apricot Day 	10 Frisco Workshop
		13 	14	15		17
18	19 Martin Luther King, Jr Day	20 	21	22 	23	24 Peanut Butter Day
25 	26 Plano Workshop Australia Day	27	28 Blueberry Pancake Day	29	30	31 Mesquite and Missouri City Workshops

Sensory Snow Craft!

This snow is naturally cold, making it feel realistic. It is fluffy and powdery and clean smelling and AMAZING! Only two ingredients needed – baking soda and shaving cream. Have fun!

To make your own Snow:

Add the desired amount of baking soda to a sensory bin or container. Then, slowly mix in shaving cream until desired consistency. Typically one box of baking soda to one average size can of shaving cream.

Added Fake Snow Fun

Add some iridescent white glitter to make it sparkly
Drop your snowballs into a bowl of vinegar to make snow ball bombs!
Store your fake snow in the fridge to make it icy cold just like real snow

*growingajeweledrose.com

