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January 2016
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Important Message for all providers using Minute Menu Kids!!

Next year we will be converting your Minute Menu Kids account to the new Kid Care product by Minute Menu. In order to upgrade your account, we require a valid email address in our system. If your email has changed please send your new address to emailupdate@swhuman.org with your Name and Provider ID. Thank you!

Answers to the December quiz

- | | |
|------------------|-----------|
| 1. true | 6. false |
| 2. kitchen towel | |
| | 7. Paper |
| 3.true | 8. true |
| 4. soap | 9. 165 |
| 5. friction | 10. three |

Workshops for January

Saturday, January 9, 2016
Forest Hill, TX 8:30
 Luby's
 3312 Southeast Loop 820
 Please RSVP:
 817-703-7768 Barbara
 Breakfast and Training!

Monday, January 11, 2016
College Station, TX 7-9p
 BCS/Annual CACFP Workshop
 1818 Harvey Mitchell Pkwy S.
 College Station, TX 787845
 Directions: 979-764-3416
 RSVP to Laurie by
 text 281-808-1137 or
 email laurieramos58@gmail.com

Tuesday, January 12, 2016
Plano, TX 7-8:30p
 Making Nutrition Count
 Vicki Gibson's house
 1809 Lake Side Ln 75023
 Directions: 469-237-7343
 Registration: 972-398-9398 Renee

Saturday, January 16, 2016
Mesquite, TX 10a-12p
 Care Connections: How to Cook
 with Kids
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 462-285-6710 Shirley
 Please RSVP to 214-679-9257
 Wend'e

Saturday, January 30, 2016
Frisco, TX 10-11:30a
 Planning Low Cost Menus
 Ana Gomez's house
 9505 Presthope Dr 75035
 Directions: 469-237-9174
 Registration: 972-398-9398 Renee

Workshops for February

Sunday, February 7, 2016
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

Thursday, February 11, 2016
Duncanville, TX 7-8:30p
 10Tips: Liven Up Your Meals
 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 20, 2016
Garland, TX 10-11:30a
 Tackling Childhood Obesity
 Barbara Dean's house
 409 Stanton Dr.
 Directions: 214-994-0549
 Registration: 972-398-9398 Renee

Flower Mound, TX 9-11a
 10Tips: Liven Up Your Meals
 Sharon Bazan's home
 1212 Spring Ridge 75028
 Directions: 972-948-2686
 Registration: 214-679-9257 Wend'e

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!

January is Fiber Focus Month

Fiber has many health benefits, so focus on adding fiber to your diet during January. Remember when increasing fiber in your diet, start slowly by adding one fiber-rich food daily for one week, then increase to two until recommended levels are reached. Add high-fiber foods gradually, since too much fiber at once produces discomfort.

Here are 10 ideas to help boost fiber intake for children!

1. Stock-up on whole-grain breads, rolls, crackers and cereal. Encourage whole-grain crackers topped with peanut butter or low-fat cheese as a snack, rather than cookies. Or consider pouring them a bowl of their favorite cereal topped with fresh fruit and low-fat milk.
2. Serve whole-grain pasta (look for white whole-grain pasta if your kids get squeamish). When you cook a red spaghetti sauce, throw in onions, mushrooms and peppers. You may even consider mixing in a fiber supplement like Fibersure, a texture-free, flavor-free, natural fiber supplement that can be mixed into most foods and drinks.
3. Encourage your children to eat two to three pieces of whole fruits a day and limit fruit juice to one small glass a day. Most fruit juices have little or no dietary fiber, whereas whole fruit is a good source of fiber.
4. Make sandwiches with whole-grain bread and pile on fixings – lettuce, tomatoes, and even sprouts – for a vegetable serving!
5. Put a dish of colorful raw vegetables on the kitchen table before dinner or dip raw veggies in peanut butter for a snack. This way, hungry children can enjoy a healthy snack while they wait.
6. Try a sweet vegetable snack such as baked yellow plantains. Cut the plantains in half lengthwise, sprinkle them with sugar, cinnamon, and lemon juice, and bake 1 hour at 350 degrees Fahrenheit.
7. Snack on “mini” vegetable pizzas. Toast half an English muffin spread with a tablespoon of tomato sauce and top with low-fat mozzarella cheese and some small pieces of red and green bell pepper.
8. Make raw or grilled vegetable “kabobs.” Thread skewers with small mushrooms, cherry or grape tomatoes, broccoli florets, and chunks of red and green bell pepper. Let the kids design their own kabobs. They might prefer to spear baby carrots, pieces of zucchini, or tender pea pods. Any of these kabobs can be eaten raw or lightly grilled.
9. Keep a variety of soups on hand for snacks and mealtime. Vegetable and bean soups can be high in fiber and leave you feeling full and satisfied. Add your own leftover vegetables to soups and stews to make them fuller meals. Some good add-ins are peas, green beans, sliced carrots and tomatoes.
10. Be creative! Cut raw vegetables or fruit into pretty shapes for young children. You can cut circles, squares, and triangles from green and red bell peppers or pineapple; make curvy snakes from long, thin slices of carrots; and cauliflower faces with raisin eyes and mouth. Or try some broccoli or strawberries on the end of a Popsicle stick and pair it with a fun dipping sauce.

Recommended Daily Fiber Intake for Children

| Age | Fiber (grams) |
|---------------|---------------|
| 1 –3 | 19 g |
| 4 –8 | 25 g |
| 9 –13 (boys) | 31 g |
| 9 –13 (girls) | 26 g |
| 14 –18 (boys) | 38 g |
| 14 –8 (girls) | 26 g |

January is also Oatmeal Month

Oatmeal is rich in fiber and a perfect breakfast for the kids.

Slow Cooker Oatmeal

- Steel cut oats – 2 cups
 - Water – 6 cups
 - Milk (any type) – 2 cups
 - Butter – 2 tbs.
 - Apples, peeled & chopped (optional) – 2 to 3
 - Brown sugar – ¼ cup
 - Kosher salt – 2 tsp.
 - Cinnamon – 1 tbs.
1. Optional: Give the slow cooker a quick spray of cooking oil or brush with cooking oil to prevent sticking of ingredients
 2. Put all ingredients in a slow cooker
 3. Cover and cook on low for 8 hours or 4 hours on high
 4. For additional fiber and flavor top with nuts, yogurt, fruit, jams, coconut shavings! Or add frozen fruit like blueberries for an extra vitamin boost and to speed the cool down process!
 5. Steel cut oats use a 4:1 liquid to oats ratio. You can use any combination with the liquid – water, soy milk, almond milk, milk all work

If you don't have a slow cooker, bring the ingredients to boil and then simmer for 45 minutes, stirring here and there to make sure it doesn't stick to the bottom of the pan

*cooksmarts.com

Mindful Meals

Mindfulness means deliberately paying attention to the present moment. This seems obvious; don't we all pay attention to what we are doing, especially eating? The answer is a surprising no. We usually do not pay deliberate attention, even when eating our favorite foods.

Brian Wansink, Ph.D., the author of "Mindless Eating," researches how paying only slight attention to hunger, fullness, and food cues leads to unplanned eating, overeating, and weight gain. In one study, Dr. Wansink showed that college students paid more attention to how full/empty a soup bowl was than to actual hunger when deciding they were full. Unbeknownst to them, half of the students ate from a bowl that automatically refilled itself, thus, the level of soup never diminished. Those students ate significantly more than students with a regular bowl, overriding their hunger/fullness cues, mindlessly continuing to eat based on the visual cue that food was available. Dr. Wansink called this "mindless eating" because people tended to eat on the basis of a small amount of information (like the visual cue of soup in the bowl), instead of the whole picture including hunger, taste, and other factors.

Mindful eating is grounded in all of the sensory information available in the present moment. In addition, it is a conscious choice to eat nutritious foods, in moderation, paying attention to feelings of hunger and satisfaction. Research has shown that mindful eating supports weight loss and appropriate weight maintenance. It is a habit that encourages children to eat less and to stop eating when they are satisfied, not stuffed.

- 😊 Mindful eating can begin with a blessing or thankfulness that acknowledges the gift of the food, the earth that provided it and the people who prepared it. A blessing can set the slow pace required for a mindful meal.
- 😊 Engage children in food preparation and presentation; paying attention to these details increases their investment in the meal.
- 😊 Turn off the television and other electronic devices that can distract from the dining experience. Mindful eating takes place when people engage only in eating and conversation at meal time.
- 😊 Put down utensils between bites, chew thoroughly, and swallow deliberately. Make sure that children resist the urge to add more food to their mouths before swallowing. Overloading leads to overeating.
- 😊 As you are eating, identify and discuss food flavors (herbs, spices, other flavors), and teach children to pay attention to the aromas and textures of the food.
- 😊 If children ask for seconds, make sure they take a moment to consider if they are really experiencing stomach hunger.
- 😊 Mindful eating can reduce the tendency to overeat. When people eat slowly they allow time for the hormones that signal fullness to arrive from the stomach to the brain. Receiving the hormone signal helps people stop eating before they are stuffed. Parents can help children eat mindfully when they reduce meal time distractions, encourage a slower eating pace, and increase attention paid to food flavors and textures.

January

A HAPPY
NEW YEAR
New Year's Day

| | | | | | | |
|---|--------------------------------|----------------------|---|----|----|---------------------------|
| 3 Send in Claim! | 4 | 5 | 6  | 7 | 8 | 9 Forest Hill Workshop |
| 10  | 11 College Station Workshop | 12 Plano Workshop | | | 15 | 16 Mesquite Workshop |
| 17 | 18 Martin Luther King | 19 | 20 | 21 | 22 | 23 |
| | | 26 Australia Day | 27 | | | 30 Frisco Workshop |
| 31 | | | | | | |



Let's Grow an Indoor Herb Garden!

While the weather is chilly outdoors, it's a perfect time to start an indoor herb garden with the children. Herbs can add a tremendous amount of freshness and flavor to meals and can be an incredible learning opportunity for the kids. While they are planting the seeds or seedlings, those small fingers are connected to the earth and enjoying the dirt. They can watch the small plants grow and grow while also learning what important nutrients the plants need to flourish. Then at harvest time, each child can pick an herb to contribute to the meal. In the spring, any pots can be placed outside or plants relocated so they can continue to grow all spring and summer. Here are a couple websites to help you get started on bringing this project to life with the kids!

<http://www.kidsgardening.org/node/96404>

<http://www.kidsgardening.org/node/11695>

<http://www.herbsociety.org/resources/t4k/thyme-4-kids.html>

<http://www.superhealthykids.com/beginning-herb-garden-kids-only/>

