

Volume 25
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The new income eligibility guidelines, effective July 1, 2011, have been published. If you are currently participating as a Tier Two home and believe you may qualify for Tier One benefits on the basis of your current household income, OR if you are currently receiving Tier One benefits on the basis of School or Census Data and believe you may qualify to claim your **own** residential children, please contact our offices or your Program Coordinator for the appropriate income eligibility application. These applications are also available on our website on the Forms tab at www.swhuman.org

New Milk Guidelines!

-  For children over two years of age, only fat-free (skim) milk or low fat (1%) should be served.
-  No whole milk or reduced fat milk (2%) for children **over** two years of age.
-  There is no guidance on children ages 1-2 years. Whole milk is recommended but not required.
(*see Milk Facts on Page 2 of this newsletter)

INCOME STANDARDS FOR DETERMINING PROGRAM ELIGIBILITY

Effective July 1, 2011 through June 30, 2012

FAMILY SIZE	ANNUAL	MONTHLY	WEEKLY
1	20,147	1,679	388
2	27,214	2,268	524
3	34,281	2,857	660
4	41,348	3,446	796
5	48,415	4,035	932
6	55,482	4,624	1,067
7	62,549	5,213	1,203
8	69,616	5,802	1,339
or each additional family member, add	+ 7,067	+ 589	+ 136

Citrus Green Beans with Sugared Almonds

Ingredients:

- 🍋 Sliced or chopped almonds
- 🍋 Tablespoon of sugar
- 🍋 Green beans
- 🍋 Lemon

Directions:

1. Place 1/2 c sliced or chopped almonds in a lined saucepan with 1 Tbsp sugar. Stir constantly on medium heat until sugar begins to melt and stick to the almonds. Once all the sugar is melted to the almonds, pour onto a plate immediately to ensure the almonds do not burn.
2. Steam green beans for 5 min or until crisp tender.
3. Pour green beans into serving bowl or platter and squeeze 1/4 to 1/2 of a lemon on top. Additionally top with small amount of olive oil and salt/pepper to taste. Mix together to ensure even coating.
4. Sprinkle cooled sugar almonds over top of the green beans.

Green bean facts

- 🌱 The presence of carotenoids in green beans is comparable to their presence in other carotenoid-rich vegetables like carrots and tomatoes. The only reason we don't see these carotenoids is because of the concentrated chlorophyll content of green beans and the amazing shades of green that it provides.
- 🌱 You can enjoy green beans while supporting food sustainability! Recent surveys have shown that 60% of all commercially grown green beans are produced in the United States.
- 🌱 Green beans may be a particularly helpful food for providing us with the mineral silicon. This mineral—while less well known than minerals like calcium and magnesium—is very important for bone health and for healthy formation of connective tissue.
- 🌱 If possible, purchase green beans at a store or farmer's market that sells them loose so that you can sort through them to choose the beans of best quality. Purchase beans that have a smooth feel and a vibrant green color, and that are free from brown spots or bruises. They should have a firm texture and "snap" when broken.
- 🌱 Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days.
- 🌱 Just prior to using the green beans, wash them under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.
- 🌱 To retain the maximum number of health-promoting phytonutrients and vitamins and minerals found in green beans, we recommend steaming them for just 5 minutes. This also brings out their peak flavor and provides the moisture necessary to make them tender, and retain their beautifully bright green color. It is best to cook green beans whole to ensure even cooking.

Workshops for July

Tuesday, July 12, 2011

Garland, TX 7-8p

Planning Low Cost Menus

Church of Christ

3630 W Buckingham

Directions: 972-398-9398

Registration: 972-398-9398 Renee

For Garland Daycare Home

Association and Southwest Providers

246-0193

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!

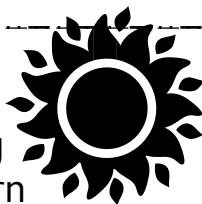
Fresh Ideas

Sylvia Gonzales in Corpus Christi has the dream backyard. Her backyard/play area is like a sanctuary! She works very hard to maintain the grounds for the kids to play in. Lush plants and colors abound certainly creating a relaxing and fun atmosphere for the kids.

Thank you Miss Sylvia for going above and beyond for your kiddos' outdoor fun!

Answers to quiz in June

1. true
2. creative, shapes
3. greens, vegetables
4. true
5. in season
6. dessert
7. seeds, picking
8. nutrition, learn
9. true
10. foundation



Milk Facts

A cup of whole milk contains three times as much saturated fat as the same amount of low-fat (1%) milk (4.6 grams of saturated fat in whole milk vs. 1.5 grams in low-fat milk).

- 1 c whole (244g) = 276 milligrams calcium
- 1 c 2% (244g) = 293 milligrams calcium
- 1 c 1% (244g) = 300 milligrams calcium
- 1 c non-fat (245 g) = 301 milligrams calcium

** USDA Nutrient Data Base

Childhood Nutrition: Hey, What's to Eat?

Unless you've been totally out of the loop, it's likely you've heard about the childhood obesity epidemic. Nearly 1 in 3 children in America is overweight or obese. It's talked about on television, radio, the Internet, and in books, newspapers, and magazines. Yet, with all this focus on kids being overweight and obese, many parents are still confused, especially when it comes to what kids eat. How much does your child need? Is he getting enough calcium? Enough iron? Too much fat? Whether you have a toddler or a teen, what he eats is important to both his physical and mental development. Here's what children need — no matter what the age.

Infants: During this stage of life, it's almost all about the milk — whether it's breast milk, formula, or a combination of the two. Breast milk or formula will provide practically every nutrient a baby needs for the first year of life, says Jennifer Shu, M.D., FAAP, a pediatrician at Children's Medical Group in Atlanta and co-author *Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insights, Humor, and a Bottle of Ketchup*, published by the American Academy of Pediatrics (AAP). From about four months to six months most babies are ready to start solid foods like iron-fortified infant cereal and strained fruits, vegetables, and pureed meats, Dr. Shu says. Because breast milk may not provide enough iron and zinc when babies are around six to nine months, fortified cereals and meats can help breastfed babies in particular, she explains. Once you do start adding foods, don't go low-fat crazy. Although the AAP recently released updated guidelines stating fat restriction in some babies is appropriate, in general, "you don't want to restrict fats under age two because a healthy amount of fat is important for babies' brain and nerve development," says Dr. Shu.

Toddlers and Preschoolers: "Toddlers and preschoolers grow in spurts and their appetites come and go in spurts, so they may eat a whole lot one day and then hardly anything the next," says Loraine Stern, M.D., FAAP, a clinical professor of pediatrics at the UCLA School of Medicine. It's normal, and as long as you offer them a healthful selection, they will get what they need, she says.

One area parents should probably keep under watch is calcium. Calcium, the body's building block, is needed to develop strong, healthy bones and teeth. Children may not believe or care that milk "does a body good," but it is the best source of much-needed calcium. Still, there's hope for the milk-allergic, lactose-intolerant, or those who are just impartial to milk. Lactose-free milk, soy milk, tofu, sardines, and calcium-fortified orange juices, cereals, waffles, and oatmeal are some calcium-filled options. In some cases the doctor may recommend calcium supplements.

Fiber is another important focus. Toddlers start to say "no" more and preschoolers can be especially opinionated about what they eat. The kids may want to stick to the bland, beige, starchy diet (think chicken nuggets, fries, macaroni), but this is really the time to encourage fruits, vegetables, whole grains, and beans, which all provide fiber, Dr. Shu says. Not only does fiber prevent heart disease and other conditions, but it also helps aid digestion and prevents constipation, something you and your child will be thankful for.

Elementary School: Don't be surprised if your child quits meat. "It isn't uncommon for a 6- or 7-year-old to suddenly decide to be a vegetarian once they understand animals and where food comes," Dr. Stern says. This doesn't mean she won't get enough protein. "Animal tissue isn't the only place we get protein," Dr. Stern says. Rice, beans, eggs, milk, peanut butter — all have protein. So whether your child goes "no-meat" for a week or for life, she'll likely still get sufficient amounts of protein.

Areas that might be a little too sufficient are sugars, fats, and sodium. "This time is when kids first go to school and have a little bit more choice in what they eat, especially if they're getting it in the cafeteria themselves," Dr. Shu says. Cakes, candy, chips, and other snacks might become lunchtime staples. The body needs carbs (sugars), fats, and sodium, but should be eaten in moderation, as too much can lead to unneeded weight gain and other health problems. Packing your child's lunch or going over the lunch menu and encouraging her to select healthier choices can help keep things on track, Dr. Shu says.

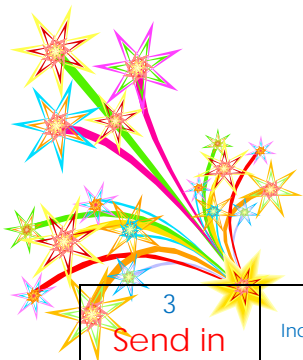
Preteens and Teens: As puberty kicks in, young people need more calories to support the many changes they will experience. Unfortunately, for some, those extra calories come from fast food or "junk" foods with little nutritional value. Some adolescents go the opposite way and restrict calories, fats, or carbs. Adolescence is the time kids start to become conscious of their weight and body image, which, for some, can lead to eating disorders or other unhealthy behaviors, Dr. Stern says. She recommends parents keep an eye on things by being aware of changes in eating patterns and making family dinners a priority once or twice a week.

Like calories, calcium requirements are higher. Calcium is more important than ever during the tween and teen years because the majority of bone mass is built during this time. However, fewer than 10 percent of girls and just more than 25 percent of boys ages 9 to 13 are at or above their adequate intake of calcium. Encouraging kids to have milk, milk products, or calcium-rich alternatives, even if it means they have to add chocolate syrup to their milk to make it more palatable, should help them get more calcium. In addition to more calories and calcium, your child's gender may play a role in whether he or she needs more of a particular nutrient. For instance, teen girls need more iron than their male counterparts to replace what's lost during menstruation, and males need slightly more protein than girls.

Although getting your child to eat healthy — regardless of his or her age — can be a constant battle, it's one well worth fighting. A healthy child becomes a healthy adult, and only with your support and guidance will your child be both.

Quick Tips!

- ★ Water makes up more than half of kids' body weight and is needed to keep all parts of the body functioning properly.
- ★ There's no specific amount of water recommended for children, but it's a good idea to give them water throughout the day — not just when they're thirsty.
- ★ Babies generally don't need water during the first year of life.
- ★ If your child doesn't like the taste of water, add a bit of lemon or lime for flavor.
- ★ Fruits and veggies are also good sources of water.
- ★ Kids should drink more water when ill, when it's hot out, or when engaged in physical activity.



July

					1 Canada Day 	
3 Send in Claim!	4 Independence Day	5 	6 	7 	8 	9 
10	11	12 Garland Workshop	13	14 Bastille Day	15	16
17 	18 	19 	20 	21 	22 	23 
24 Parents' Day	25	26	27	28	29	30
31						

Watermelon the fruit that is really a vegetable

Watermelon can be traced back to Africa and is part of the cucumber and squash family. Early watermelons were mainly rind and seeds. Today's varieties are larger, the flesh sweeter, the seeds smaller and the rind thinner. It is perhaps the most refreshing, thirst quenching fruit of all. Watermelon consists of 92% water and 8% sugar, so it is aptly named. Americans eat over 17 lbs of watermelon each year. The largest one on world record (Guinness Book of World Records) weighed 262 pounds.

There are more than 50 varieties of watermelon. Most have red flesh, but there are orange and yellow-fleshed varieties. Of the 50 varieties of watermelon throughout the United States, there are four general categories: All-sweet, Ice-Box, Seedless and Yellow Flesh. [*fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)

All-Sweet

- 20–25 pounds
- Red Flesh
- Oblong
- Dark green rind, with or without stripes



Seedless

- 10–25 pounds
- Red or yellow flesh
- Oval to round
- Light green rind with dark green stripes



Yellow Flesh

- 10–30 pounds
- Yellow to bright orange flesh
- Oblong to long
- Light green rind with mottled stripes

Ice-Box

- 5–15 pounds
- Red or yellow flesh
- Round
- Dark or light green rind

