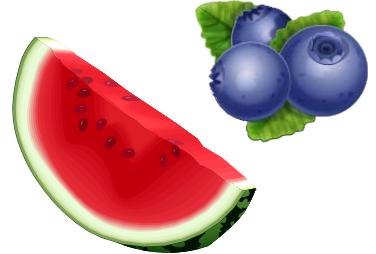




Volume 26, Issue 10  
Blake Stanford, President  
Lindsey Seybold, Editor



July 2012

Liz Curtis, Compliance Officer  
Sheena Walter, Training

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### 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!

## Workshops for July

**Thursday, July 12, 2012**

### El Paso, TX

My Kids Won't Eat That!  
Nancy's Home  
213 Foster Dr. El Paso, TX 79907  
Registration and Directions:  
915-383-3663 Nancy  
Please call to RSVP. Thank you!

**Saturday, July 21, 2012**

**Houston, TX** 2:30-4:30p

Back to the Basics  
Spring Branch Memorial Library  
930 Corbindale  
Directions: 713-464-1633  
Registration: 713-816-4851 Carol



## Saturday, July 28, 2012

### El Paso, TX

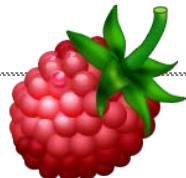
Live Well, Food Allergies, Mandatory Training  
Nancy's Home  
213 Foster Dr. El Paso, TX 79907  
Registration and Directions:  
915-383-3663 Nancy  
Please call to RSVP. Thank you!

## Workshops for August

**Tuesday, August 14, 2012**

### Garland, TX

7-8:30p  
Happy Meals for Healthy Kids  
Buckingham Church of Christ  
3630 W. Buckingham Rd  
Directions and Registration:  
972-398-9398 Renee  
Garland Day Care Home Association and Southwest.



## New Upgrade to MM Kids HX!

### Benefits:

- New and intuitive user interface.
- Meals and attendance are recorded in one place.
- No more having to create your own foods – all foods are selected from a pre-approved chart.
- No more forgetting to submit your claim – any new month can only be started after submitting the previous month.
- Access to smart phone and browser based versions of MM Kids HX. Although please note that smart phone versions cannot submit claims.

### Let's Do This!

We will be upgrading alphabetically over the next several months. When it's time for your upgrade, we will send you an email to help walk you through the new process. Since providers cannot claim half of the month with the old program and half with the new program, you will be upgraded at the start of a new claim month. Please be sure to submit your claim on time to avoid any confusion with the old and new systems.

### Remember:

- All provider information will transfer over to the new system **except** for any menus or meal counts so please print out any old meal plans that you'd like to keep. This also means that you will need to recreate any planned or rotating menus in the new system.
- Your program coordinator will be available to help train you and the main office is always available by phone to answer any questions that may come up.
- Let's begin!!

# Income Standards for Determining Program Eligibility

Effective July 1, 2012 through June 30, 2013

FAMILY SIZE	ANNUAL	MONTHLY	WEEKLY
1	<b>20,665</b>	<b>1,723</b>	<b>398</b>
2	<b>27,991</b>	<b>2,333</b>	<b>539</b>
3	<b>35,317</b>	<b>2,944</b>	<b>680</b>
4	<b>42,643</b>	<b>3,554</b>	<b>821</b>
5	<b>49,969</b>	<b>4,165</b>	<b>961</b>
6	<b>57,295</b>	<b>4,775</b>	<b>1,102</b>
7	<b>64,621</b>	<b>5,386</b>	<b>1,243</b>
8	<b>71,947</b>	<b>5,996</b>	<b>1,384</b>
For each additional family member, add	<b>+ 7,326</b>	<b>+ 611</b>	<b>+ 141</b>

## ANNUAL TRAINING ONLINE

Federally required mandatory training is available on our website at [www.swhuman.org](http://www.swhuman.org). If you did not make it to one of our free workshops there is a Self-Instructional Training Packet and Civil Rights Guide that you can do at home. Go to the website, download the materials, take the tests and mail them in along with a completed certificate. We only need the signed certificate and tests for our file, not the whole packet. Please feel free to call the office with any questions 1-800-369-9082. Your coordinator might have extra packets or printed tests so ask at your next visit!

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## July: National Berries Month

July is the month known as National Berries Month because so many berry holidays represent the month of July. This includes everything from blackberries to blueberries to raspberries. Berries are bursting with vitamins and minerals, many of which are classified as antioxidants. Researchers from the United States Department of Agriculture (USDA) found that blueberries, cranberries, blackberries, raspberries, and strawberries were among the top 11 foods for antioxidant activity. Antioxidants may help increase our immune function and protect against cancer and heart disease. Check out these tips to increase your berry consumption. Tips on how to include more berries into your diet:

Add berries to foods you already eat.

- Try adding sliced strawberries to a bowl of whole grain cereal, stir raspberries into vanilla yogurt, or sprinkle blueberries on a salad.
- If you like to grill, try making fruit kabobs that incorporate berries with other fruits such as pineapple chunks, bananas and grapes.
- If you like ice cream, try cutting your portion size in half and add different berries to make your cool treat higher in fiber, vitamins, and minerals.

Keep berries on hand in different forms.

- Most berries are naturally sweet and require little effort to prepare.
- They do not always have to be fresh; you can keep a variety on hand in frozen form to throw in yogurt or smoothies! Blend fat-free or low-fat milk or yogurt with fresh or frozen fruit for a smoothie.
- Dried fruit is a great alternative to keep in your desk or bag. Often you can find dried cranberries and blueberries.

What to look for when shopping.

- Avoid buying bruised or oozing berries, and make sure you turn the container over to check berries at the bottom.
- Look for firm, plump, full-colored berries. At home, cover and refrigerate until ready to serve.
- Wash fruits before preparing or eating. Under clean, running water, rub fruits briskly with your hands and dry after.

Make July fun and nutritious by celebrating National Berry Month and adding more berries to your diet. Make it a point to find different ways berries can be used in cooking. Remember to be brave and broaden your food horizons, you never know if you will like something unless you try it!



# Garden Fresh



There is no question. Fresh, locally grown produce is more nutrient rich and tastes better than most fruits and vegetables found at your local grocery store. This is simply due to the number of days it takes for the produce to make it from the vine to your grocery basket.

For example, in some cases, a 5 to 10 day lag between production and consumption can cause a 50 percent decrease in an item's nutritional value, such as a deterioration in its antioxidant, vitamin and mineral content. Moreover, when produce is given time to ripen-on the plant-its nutrient value is maximized. But, in the case of supermarket-destined produce, the fruit or vegetable is likely harvested prior to reaching full maturity or ripeness. Therefore, not only is the fruit or vegetable starting out nutritionally disadvantaged, it is ending up even more inferior due to nutrient loses as it travels to the grocer. Produce processing, packing, transportation, and storage all serve as outlets for nutritional losses. And pre-cut, sliced, or chopped items are even at a further disadvantage because they are left without intact skins for protection and prevention of nutrient losses, increasing their susceptibility to spoilage and preventing maximum nutrient retention.

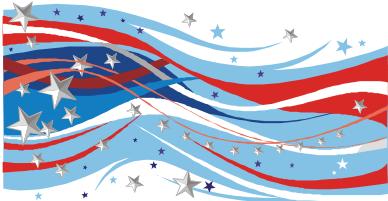
Simply put, freshly harvested produce is better for you nutrient wise, plus it tastes better! And when something tastes better, people are more likely to eat it. This is a good thing for low calorie, nutrient heavy, and fiber filled fruits and vegetables, since eating more fruits and vegetables, in combination with a healthy diet, lowers the risk of many chronic diseases, including stroke, type 2 diabetes, some types of cancer, heart disease, and high blood pressure.

Now that you've heard about the benefits of freshly harvested produce, you may want to start growing your own. You may not be able to grow every fruit and vegetable in your own backyard, but consider starting a small gardening plot and plant some of your favorite veggies. Vegetables are easier to grow than most fruits. If you are a novice gardener, start with your favorite vegetable! And soon you will find that your kids will "want in" on the growing process, which will not only create some family time, but will also provide them with Vitamin D-fulfilling sun exposure, and fun exercise. And it will make your kids more eager to be loading the veggies on their plates. You simply cannot go wrong!

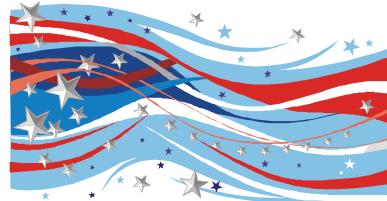
But, if right now is not the best time to start a fruit and vegetable garden, you can still head to your local farmer's market. Besides better tasting and more nutritious food, here are even more reasons to buy local:

- Local food travels fewer miles to land on your plate: "Local food" does not have a specific definition, but these foods have been grown within a 100-mile radius (some even say up to 225 miles). The farther food travels, the more energy and gasoline must be used to get the food to your plate. Buying local will save energy costs and valuable non-renewable resources.
- Local produce stays fresh longer: Since the produce was picked the day before, it will last longer in your refrigerator (if you can hold off from devouring it!).
- Local produce is safe: Local farmers are not anonymous and they take their responsibility to the consumer seriously. The risk for major E. coli outbreaks will be slim to none with locally-grown produce.
- Local food preserves genetic diversity: While conventional farming practices mono-cropping with limited plant varieties, smaller local farms often grow many different varieties and rotate their crops to provide a long harvest season with an array of different colors and flavors.
- Local produce benefit the environment and wildlife: Well-managed farms conserve fertile soil and clean water in our communities. The farm provides a habitat for wildlife.
- Local food connects you to the land through the farmers who grow your food: There is something exciting about engaging in a time-honored connection between eater and grower. Talking to the very farmer who grew and picked your food gives you insight into the relationship between the seasons, the land, and your food.





# July



1 Canada Day	2	3 <b>Send in Claim!</b>	4 Independence Day	5	6	7
		10	11	12 El Paso Workshop	13	14 Bastille Day
				19	20	21 Houston Workshop
22 Parent's Day	23			26	27	28 El Paso Workshop
29	30	31				

## Watermelon Pizza

- Cut a watermelon into large round slices and then cut the slice into pieces like a pizza pie.
- Add appropriate toppings to create a unique summer side dish. Use salt, pepper, and a splash of olive oil to taste.

Suggestions:

4<sup>th</sup> of July pizza – Top with feta, blueberries, and thin sliced sweet onions. Remember to cut the blueberries in half so they don't roll off of the pizza!

Italian pizza – Try sliced mozzarella, fresh chopped basil, and fresh tomatoes.

Olive pizza – Use savory ingredients like kalamata olives, thin sliced red onions, ricotta, and fresh torn basil.

Double melon pizza – Use honeydew or cantaloupe cut into small pieces with fresh herbs like mint or parsley to make a fresh tasting pizza.

Rainbow pizza – Top with mandarin slices, small pieces of yellow garden tomatoes, torn spinach or arugula, cut blueberries, and thin sliced purple onions.



**Answers to June quiz**

- true
- Share
- true
- Whole-wheat chips
- hamburgers
- veggies
- toppings
- false
- true
- Edamame