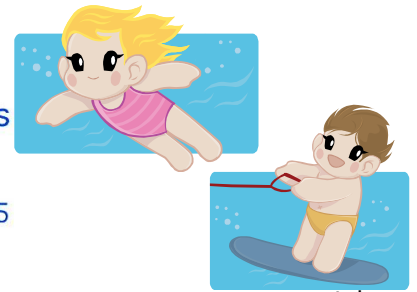




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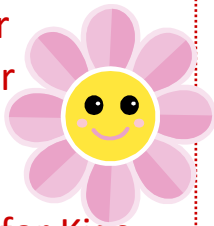
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July 2013
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Eligibility Guidelines New Income Eligibility Guidelines Effective July 1, 2013 - June 30, 2014

The new income eligibility guidelines, effective July 1, 2013, 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

Household Size	Yearly	Monthly	Weekly
1	21,257	1,772	409
2	28,694	2,392	552
3	36,131	3,011	695
4	43,568	3,631	838
5	51,005	4,251	981
6	58,442	4,871	1,124
7	65,879	5,490	1,267
8	73,316	6,110	1,410
For each additional household member, add	+ 7,437	+ 620	+ 144

Annual Training... Online Training

If you were unable to attend a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training at this link swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2013. Failure to meet the training will begin the serious deficiency process.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you. Thank you!

Answers to June's quiz

- | | |
|-----------------------|--------------------|
| 1. false | 6. true |
| 2. 75 | 7. 6-8 |
| 3. true | 8. false |
| 4. humidity, activity | 9. Gradual |
| 5. total | 10. water, flavors |

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!



Check out this Bubble Art Craft and Patriotic Flag Recipe on Page 2 of this newsletter!!



Bubble Art!

This summer season of sprinkler fun is a great opportunity for messy, outdoor crafts. Set up easels in the yard or tape large sheets of paper to the fence/house/shed/tree. After the kids finish with their art fun, they can clean themselves and the art area with the sprinkler!

- Bottles of bubbles
- Food coloring
- Large pieces of art paper (freezer paper works is an inexpensive alternative and great for painting since it is wax on one side)

Pour about one half bottle of food coloring into a small bottle of bubbles. The kids can then use the wands to blow the colored bubbles. The goal is to blow bubbles aimed at the paper, and when the bubble pops it leaves a great design. (See page 1 of this newsletter for an example of this crazy artwork!) *kidsactivitiesblog.com

Patriotic Flag: A Food Craft

(as pictured on Page 1 of this newsletter)

Directions:

1. Cut and cube half of a seedless watermelon.
2. Cube 8 ounces of feta.
3. Rinse off 1 pint of fresh blueberries.
4. Pour blueberries into a bowl, preferably square and place in the top left corner of a rectangle (or oval) platter.
5. Assemble watermelon and feta into rows, starting with the watermelon.

Serve with a side of toothpicks (if age appropriate) for easy and healthy handling of the food.

Another serving suggestion: Encourage each child to make his/her own flag on their plate. Pass around separate bowls of each of the 3 foods for the kids to spoon their own serving. Then have them play with their food! Line up the feta and watermelon in rows and contain the blueberries in the corner. This also might be a good meal to serve outside with a sprinkler handy for cleanup! Enjoy summertime fun and food!

*wenderly.com



The Q & A Corner: Questions asked and Answers received!



We have recently received some popular questions and answers from providers with the food program. A few will be posted each month in this new newsletter section.

If one of the Q & As sparks one of your own questions, please call 1-800-369-9082 or email info@swhuman.org to ask the main office!

Q: At what age can children start serving themselves and still get balanced nutrition?

A: Remember that an adult should be present to give the children guidance. Adults reassure the children that there is always more for seconds, and they can suggest children try some other foods as well as what they seem to like so much of. So, children can start serving themselves from the beginning, with guidance from the adults.

Q: When you eat with the children, is it okay to be in the same room with them, but not at the same table? Or do I need to be sitting with the children the whole time?

A: It is ideal to be at the same table with them, but not always practical. It is second best to just be paying close attention to what the children are eating, their internal cues, etc. Sit as much as you can, however.

Q: Two children choose to eat bread and milk all the time. Is it okay that they never choose to eat anything else?

A: Adults decide what is offered. Children choose how much and whether to eat. Eventually they'll decide to eat more. Keep offering a variety of foods. Occasionally offer bread, or offer it later in the meal. Adults model behavior, so help the children become comfortable with new foods. Don't push them, but offer variety. Remember short term vs. long term effects.

Q: What do you think about a "no thank you" bite? Shouldn't children try a variety of foods?

A: We discourage a "no thank you" bite because the children are very subtly being forced to eat something that they don't like, which reinforces their dislike for the food. Hesitancy to try new foods is a stage that most children go through and it will be outgrown. Remember that adults are modeling for children, and they will be more willing to try new things as they see others doing it as well.

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Fiber-rich Foods for Kids

Most kids don't get enough fiber in their daily diet -- and that can lead to a host of digestive problems, the most obvious of which is constipation. Fiber doesn't get digested by the human body, so it moves through your digestive tract and cleans up the pipes -- allowing a smoother, easier passage for waste products. So one of the best ways to keep your child regular and promote his digestive health is to feed him plenty of fiber. Instead of sitting him down at the counter with a big bowl of bran flakes, try these dietitian-approved, kid-friendly snacks and lunch items that will go down easy in every way.

Homemade Trail Mix

Help kids make their own trail mix by putting out bowls of dried fruit, nuts, or seeds along with a higher-fiber cereal, and mixing them up into to-go containers or plastic bags, recommends Louise Goldberg, RD, LD, owner of An Apple A Day Nutrition Consulting in Houston. (Just be sure to minimize the sugary "treat" ingredients, like chocolate chips or other candies.)

Flavorful Fruits and Veggies

Many fruits and vegetables are high in fiber -- particularly with the skin on. If your child resists them, try making them fun by spearing fruit and veggie slices onto a kebab, or making a face with sliced-up fruits and veggies, suggests Beth Pinkos, MS, RD, LDN, a dietitian for the department of pediatric gastroenterology, hepatology, nutrition, and liver diseases at Hasbro Children's Hospital in Rhode Island. "You can use raisins for eyes, baby carrots for a nose, and celery for eyebrows, and an apple slice for a smile," she says. Remember not to give carrots to children younger than 3 or raisins to kids younger than 4 as they can be a choking hazard.

Creamy Dips

Kids who resist fiber-rich fruits and veggies may also be more adventurous if they can dip them in something first -- like yogurt, peanut butter, salad dressing, or hummus.

Mixed-Up Cereals

Having trouble getting your child to try that whole-wheat fiber cereal? Try mixing up a couple of high-fiber cereals with a small amount of one of the less good-for-you options that your child may be drawn to in the cereal aisle. "Kids like to mix and match cereals like little chemists," says Pinkos. "Look for a high-fiber cereal that has 3 to 5 grams of fiber per serving, and then let them mix it up with just a little bit of one of the junkier ones."

Sandwich in Some Fiber

Just as with cereal, the whole-grain breads or wraps you're using for your kids' sandwiches should have at least three grams of fiber per serving. "Check the package -- just because it's called 'whole grain,' that doesn't always translate to fiber," says Goldberg. "And don't be fooled by red- and green-colored wraps -- that doesn't necessarily translate to fiber either."

Add Color With Berries

In addition to being colorful and sweet, "berries with seeds are very high in fiber, and kids usually love them," says Goldberg. Perhaps the highest-fiber berry is the little raspberry. They can be expensive, but it doesn't take much to amp up the fiber. "Just a quarter cup has about the same amount of fiber as almost an entire apple," she says.

Grab Some Granola

The granola bar aisle at your local supermarket is probably packed with high-fiber bars. They're easy to pack and often appealing to kids. "Kids really like some of the flavors they have now," says Pinkos. But take care if your child starts treating the bars like candy. "Don't let them go crazy and go from eating a low-fiber diet to three high-fiber bars a day, because they'll become gassy and uncomfortable."

'Secret' Ingredients

Some kids may not mind -- they may even enjoy it -- if you stir some high-fiber granola into their yogurt. Others may rebel against the unexpected crunch. But Goldberg says you can often sneak a little flaxseed into yogurt, applesauce, or a smoothie without your child noticing.

3 Snacks to Skip

There are some foods that tend to cause, rather than ease, constipation in children. Two particularly "binding" snacks that are often a big hit among kids are bananas and cheese. There's no problem with either in moderation, but if your child is having trouble in the bathroom these days, you might try cutting back on the cheese sticks.

Another barrier to good digestive health: heavily processed foods. "For good digestive health, minimize your reliance on refined foods like white sugar, white flour, and white breads and pastas," advises Goldberg.

*WebMD

July



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14 Bastille Day	15	16	17	18	19	20
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28 Parent's Day	29	30	31			

Colorful Rice Crafts

Dyeing Rice is quite simple and not as messy as you'd think. The kids love the bright colors and the playful possibilities are infinite.

- 8 cups uncooked rice
- Food colors
- White vinegar
- Baggies



Add 1 cup rice to a baggie. In a small bowl combine 1-2 T. vinegar along with one of the food colors. The intensity of the color will depend on how many drops you put in. Add the vinegar mixture to the rice and seal the bag. Make sure to let out as much air as possible before sealing. Squish the vinegar mixture all over the rice. This is a great time for the kids to get involved. They love squeezing all the color around. Once the color is disbursed on all the rice, pour out onto some wax paper and let air dry.

- ~ Fill jars in different color rows similar to the colored sand bottles from the fair.
- ~ Create pictures using a glue stick.
- ~ Use as a sensory technique with young or older kids.
- ~ Play, pretend, explore!

*momtastic.com

