









Volume 28, Issue 10
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Salad isn't always leafy or green! This wonderful **Tomato-Peach Salad** is one way to celebrate National Salad Week this July! The recipe is included on page 2 of this newsletter. Also included are 15 other recipes representing a variety of salad types. Enjoy!

New Income Eligibility Guidelines Effective July 1, 2014 - June 30, 2015

The new income eligibility guidelines, effective July 1, 2014, 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	21,590	1,800	416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427
For each additional household member, add	+ 7,511	+ 626	+ 145

Tomatoes with Mint:

Sprinkle heirloom tomato chunks with salt, pepper and sliced shallots; set aside 5 minutes. Top with fresh mint; drizzle olive oil, white wine vinegar.



Greek Cucumber Salad:

Mix red onion slices, chopped cucumber, kalamata olive halves, dill and feta. Dress with olive oil and lemon juice; season with salt and pepper

Chicken-Mango Salad:

Whisk 1 tablespoon each lemon juice and honey, some grated ginger and 1/4 cup olive oil; toss with shredded grilled chicken, spinach greens, diced mango, and cashews.



Celebrate salad week this July with all these new salad recipes!

Tomato-Peach Salad: Toss tomato and peach wedges with red onion slices. Drizzle with cider vinegar and olive oil; season with sugar, salt and pepper.

(Pictured on page 1 of this newsletter)

Watercress-Fruit Salad: Toss peach wedges and watermelon cubes with watercress. Drizzle with olive oil and lemon juice; season with salt and pepper.

Pasta Caprese: Mix chilled cooked fusilli, diced mozzarella, chopped tomatoes, basil, toasted pine nuts and minced garlic; season with salt and pepper

Oranges with Mozzarella: Stack mozzarella and orange slices with basil. Drizzle with olive oil; season with salt and pepper

Cantaloupe Carpaccio: Slice cantaloupe extra-thin (a mandoline works best). Drizzle with olive oil and lemon juice; top with pepper and ricotta

Tricolor Salad: Whisk 1 part balsamic vinegar with 3 parts olive oil, and salt and pepper. Toss with arugula, escarole and radicchio.

Cheesy Spinach Salad: Whisk 1 part red wine vinegar with 3 parts walnut oil, shallots, salt and pepper. Toss with baby spinach, goat cheese and walnuts.

Yellow Trio: Cut the kernels off an ear of corn; sauté in olive oil with yellow squash slices. Toss with yellow grape tomatoes, basil, salt and pepper.

Egg Salad with Beans: Toss blanched green beans with sliced radishes and hard-boiled eggs. Drizzle with olive oil; season with salt and pepper.

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!

Answers to the June quiz 011138

- | | |
|---------------|-------------|
| 1. false | 6. true |
| 2. full | 7. approval |
| 3. true | 8. true |
| 4. sad | 9. choices |
| 5. overeating | 10. reward |

Annual Training is due in August!!

If you were unable to make 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 here swhuman.org. These tests need to be returned to us no later than **August 31, 2014**. Failure to meet the training requirement by this date 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!

Firework Science!

- ✓ Large, tall clear glass jar filled with water—half a gallon or more works best!
- ✓ Blue, red and yellow liquid (not gel) food coloring
- ✓ 2 tablespoons cooking oil
- ✓ Spoon or stir stick for mixing
- ✓ Clear Pyrex measuring cup

You Will Need:



Experiment:

- Fill a large clear glass jar—half a gallon or larger—with plain water. Place it on a table where the kids can watch it from several angles.
- Invite the children to pour 2 tablespoons of oil into a clear Pyrex measuring cup. (Remember: measuring is a core science and math skill in elementary school, and there's no such thing as too much practice.)
- Now help a child put in about 5 drops each of red, blue, and yellow food coloring into the oil. Stir each color into the oil.
- Have a child pour the oil onto the water in the jar all at once. At first, the oil will be spread around in globules, but keep watching: right before your eyes, the oil and food coloring will first float to the top, and then the globs will "find" one another and come together.
- Now it's time for even more fun as the "fireworks" begin! The food coloring will begin to separate from the oil and move back into the water, in long streams of each of the three colors. The colors will separate from one another as if they never mixed in the first place, and stream through the water in the three original colors that you began with. For both adults and kids alike, the results can be mesmerizing.

What's Going On:








This experiment is a demonstration of that old scientific truth: "oil and water don't mix." Another important scientific property being demonstrated here is the movement of liquid molecules and the effects of "relative density." Oil molecules like to stick to other oil molecules more than they like to stick to water molecules. Likewise, water molecules are attracted to other water molecules more than they are to oil molecules. Left to their own devices, oil and water will push each other away and try to get as far away from one another as possible.

When you pour the food coloring into the oil and shake it, the two will mix briefly, but the mixture is quite unstable at this point. Then, when you pour the oil onto the water, it will break up at first, but as you continue to watch, you'll see the oil molecules find one another and begin to come back together. Finally, the water-soluble (meaning "water-liking") food coloring finds its way out of the oil, and heads back into the water, one color at a time, offering an extra art lesson in the ways that primary colors combine and separate. In the spirit of adventurous scientists everywhere, you can encourage your child to try this experiment several times, with lots of colors!





*education.com

Celebrate National Salad Week: last week in July

Any way you toss it, a main dish green salad is an easy, nutritious meal -- especially on a hot summer's night. National Salad Week is in July, and summer is a great time to fill up -- and not out -- on fruits and veggies in a lightly dressed salad! Check out these tips on how to make nutritious and delicious salads spectacular this summer.

-  Growing greens. Salad greens are easy to grow in the home garden and an important source of vitamins and minerals. Dark green leaves are good sources of vitamins A and C, iron, folic acid, and calcium. Iceberg is the most popular, but many other lettuces and salad greens such as spinach, arugula, and romaine can add interest and nutrients to meals.
-  Super salad toppers. There are lots of nutritious ways to top a salad. Enhance eye appeal and nutrition by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1½ to 2 cups of greens. Make the flavor pop by adding artichoke hearts, dried fruits, nuts, and/or seeds.
-  Keep fruit from browning. Keep cut fruits, like apples and pears, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Cut fruits as close to serving time as possible. Cover and refrigerate until ready to serve. Refrigerate cut fruits and veggies so the total time at room temperature is less than 2 hours.
-  Fresh herbs. Toss small basil leaves or chopped larger ones in with your greens. Try chopped fresh dill. Add some minced chives or parsley. Start with about a teaspoon of herbs per person and adjust according to taste preference. Herbs boost flavor without increasing calories.
-  Kabob kickers. Try kicking up your salad by adding kabobs! Including protein-rich foods helps promote a feeling of fullness after meals and may help you eat fewer calories throughout the day. Kabobs with grilled chicken, beef, or pork with a combination of vegetables such as peppers, onions, and zucchini would be the perfect topper for a mixed green salad.
-  Food safety with salads. Summer is a great time for salads and it's important to store leafy greens at refrigerator temperatures and rinse well under running water before using. To reduce the risk of foodborne illness, observe "use by" dates printed on bagged leafy vegetables and salad mixes and use within two days after opening.
-  Remember to dress, don't drown, your salad in dressing to keep the calories lower and experiment with different combinations and flavors this summer.

Making Super Salads Using MyPlate Food Groups

-  What could be simpler in the summer time (or anytime) than a main dish salad. With a little planning, it's even possible to include all of the recommended MyPlate Food Groups in your salad, especially if you count avocados as FRUITS!
-  Cooked dry beans can count in either the Protein or the Vegetable group.
-  The following website includes some salad recipes and tips to help you get the most from your summer salads! <http://food.unl.edu/fnh/main-dish-salads>
-  See how many food groups you can include in your salad! Go easy on the dressing (about 1 to 1-1/2 tablespoons per 2 cups of salad) to keep calories and sugar in check.

July



	1 Canada Day 	2	3 Send in Claim!	4 Independence Day	5
	8	9 	10	11 	
13	14 Bastille Day 	15		18	19
20	21	22	23	24	
27 Parent's Day	28 			31	

An addendum to last month's program coordinator's information:

- For South Harris County, Fort Bend, and Brazoria **Carol Bock** can be reached by phone or text at 713-816-4851 or email carol@swhuman.org.
- To be considerate to all program coordinators, please keep calls and texts within day or early evening hours. Any messages received on nights or weekends will typically be replied to during normal business hours.
- Thank you!

More Salads!!

Ambrosia Salad: Whisk coconut milk with grated orange zest and vanilla. Toss with sliced grapes, tangerines and apples; chill. Garnish with toasted coconut and walnuts. (Pictured above)

Tabouli with Pine Nuts: Mix cooked bulgur, toasted pine nuts, lemon juice, scallions, olive oil, salt and pepper; add diced tomatoes, mint and parsley. (Pictured on top right)

Curried Potato Salad: Mix mayo with cider vinegar, curry powder and duck sauce. Fold in roasted sweet potatoes, raisins, cashews, cilantro and scallions; season with salt and pepper. (Pictured on bottom right)

Watermelon-Feta Salad: Whisk 1 part white wine vinegar with 3 parts olive oil, and salt and pepper. Toss with baby arugula, red onion slices, watermelon cubes, crumbled feta, niçoise olives and fresh oregano.

*foodnetwork.com

