



  
**Southwest Human Development Services**  
 P.O. Box 28487 • Austin, Texas 78755-8487  
 (512) 467-7916 • Toll Free (800) 369-9082  
 Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)



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 Blake Stanford, President  
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program  
 Brenda Baldwin, Program Director  
 Martin North, Website/MM Kids Specialist

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 Liz Curtis, Compliance Officer  
 Sheena Walter, Training




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### Answers to June quiz

- |                |                  |
|----------------|------------------|
| 1. true        | 6. true          |
| 2. dressing    | 7. peel          |
| 3. true        | 8. true          |
| 4. hands       | 9. shorten       |
| 5. organically | 10. Unperforated |

### An important reminder for those using Minute Menu:

-  Foods for meals may be recorded ahead of time or on the day they are served.
-  Attendance may be recorded anytime during or after that meal is served but never ahead of time.
-  All foods and attendance must be entered by the end of the day to be reimbursed.

Since this information you enter on MM has a timestamp, you may be disallowed for meals not recorded properly. If you cannot record meals/attendance or if you have any questions, please contact your program coordinator directly. You are also welcome to contact the main office with any concerns or questions by email [info@swhuman.org](mailto:info@swhuman.org) or phone 1-800-369-9082

### **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](http://swhuman.org). These tests need to be returned to us no later than **August 31, 2015**. 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!

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### **New Income Eligibility Guidelines Effective July 1, 2015 - June 30, 2016**

The new income eligibility guidelines, effective July 1, 2015, 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](http://www.swhuman.org)

Household Size	Yearly	Monthly	Weekly
1	21,775	1,815	419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,225	5,022	1,159
7	67,951	5,663	1,307
8	75,647	6,304	1,455
For each additional household member, add	+ 7,696	+ 642	+ 148

## Food Safety: Prevent food poisoning in 4 steps

### Step Four - CHILL Refrigerate Promptly

**Refrigerate promptly.** Did you know that illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them? (And if the temperature is 90 °F or higher during the summer, cut that time down to one hour!) But by refrigerating foods promptly and properly, you can help keep your family safe from food poisoning at home.

- Refrigerate perishable foods within two hours. Cold temperatures slow the growth of illness causing bacteria. So it's important to chill food promptly and properly.
- Pack your refrigerator with care. To properly chill food (and slow bacteria growth), cold air must be allowed to circulate in your fridge. For this reason, it's important not to over-stuff your fridge. Your fridge should be between 40 °F and 32 °F. Appliance thermometers help you know if the fridge is cold enough.
- Get perishable foods into the fridge or freezer within two hours. In the summer months, cut this time down to one hour. Remember to store leftovers within two hours as well. By dividing leftovers into several clean, shallow containers, you'll allow them to chill faster.

**Freezing.** You can freeze almost any food. That doesn't mean that the food will be good to eat – or safe. Freezing does not destroy harmful bacteria, but it does keep food safe until you can cook it. Your freezer should be 0 °F or below. Appliance thermometers help you know if the freezer is cold enough.

**Never thaw or marinate foods on the counter.** Many people are surprised at this tip. But since bacteria can multiply rapidly at room temperature, thawing or marinating foods on the counter is one of the riskiest things you can do when preparing food for your family.

- Thaw in the refrigerator. This is the safest way to thaw meat, poultry, and seafood. Simply take the food out of the freezer and place it on a plate or pan that can catch any juices that may leak. Normally, it should be ready to use the next day.
- Thaw in cold water. For faster thawing, you can put the frozen package in a watertight plastic bag and submerge it in cold water. Be sure to change the water every 30 minutes. Note: If you thaw this way, be sure to cook the food immediately.
- Thaw in the microwave. Faster thawing can also be accomplished in the microwave. Simply follow instructions in your owner's manual for thawing. As with thawing in cold water, food thawed in the microwave should be cooked immediately.
- Cook without thawing. If you don't have enough time to thaw food, just remember, it is safe to cook foods from a frozen state—but your cooking time will be approximately 50% longer than fully thawed meat or poultry.
- To marinate food safely, always marinate it in the refrigerator.  
<http://www.foodsafety.gov/keep/basics/chill/index.html>

## Remember... Provider Notification of Absences

Providers must notify SHDS whenever they plan to be out of their day care home during a meal service period or when there are no children in care. Providers do not need to notify SHDS if the day care home will be open with an assistant or a substitute serving the meal(s). (Please note that all assistants and substitutes must be informed about CACFP visiting policies and trained on CACFP requirements so they will allow SHDS, the Texas Department of Agriculture, Food and Nutrition Division, or USDA, Food and Nutrition Services representatives into the daycare home.)

If a review by a SHDS field monitor is attempted when children are not present in the day care home, the meal(s), and/or snack(s) that would have been served during the review will not be reimbursed.

Providers must follow the procedures below for notification of their absence or closure as soon as they know they will be out of their home and/or no children in attendance (e.g. going on a field trip, picnic, vacation or appointment, are ill, or the day care program is going to be closed for any other reason):

- a. Call 1-800-369-9082.
- b. When the automated service picks up, press extension 202.
- c. At the tone, leave your name, provider number, the city in which you live and the date(s) and time(s) you will be away. (Example: Susan Star; provider number 999999; I live in Austin; I will be out from 11:30 am until 4:00 pm on Monday, August 26th.)
- d. Providers do not need to notify SHDS of the reason for an absence or closure unless they are going on a field trip and want to claim a meal for the children while on the trip. Providers wanting to claim a meal while on a trip, must state the meal(s) they plan to serve on the trip.

Field Trips - An occasional meal may be claimed while taking children on a field trip. At least one day in advance of the field trip, the provider must inform SHDS of the date, location, number of children expected to participate, menu and the method of transporting the meals.

### 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!

# Healthy Summer Eating

Talk of the lazy, hazy days summer doesn't sit well with Sarah Armstrong, MD, a pediatrician at Duke University Medical Center, whose chief concern is pediatric obesity. "Routines go hay wire, and with nothing to do after a few days in the pool, some kids head straight for the refrigerator or snack bar because they think they're hungry when they're actually just bored," she says.

Add in regular ice cream stops on a hot summer night, hot dogs at the ball park, and funnel cake at the fair, and you've got the recipe for a summer-long bad-eating binge. That vicious cycle of poor eating habits leads to weight gain and, ultimately, if left unchecked, the potential for early onset of chronic diseases.

As kids kick back for summer, Dr. Armstrong wants to arm parents with knowledge about the nutritional obstacles that can derail their best efforts. Sweet treats are part of summer's fun, but only when eaten in moderation. Here, more of her advice on how to stay on track over the coming months:

## **Get Enough Sleep.**

Studies already show that late nights and sleeping in are known risk factors for weight gain. "When kids stay up late, they are more likely to watch TV and snack on dense, low-nutrient foods," she says. And, a shorter night's sleep limits the body's production of leptin, a hormone known to promote satiety. That means kids wake up hungrier, and are quicker to reach for high-carb, calorie rich foods.

It's okay for your child to stay up a little bit later during the shorter summer nights, but keep on hand late-night snacks rich in nutrients like creamy, nonfat yogurt, a handful of crunchy roasted nuts or fruit. In the morning, encourage healthy breakfasts like fruit smoothies, high fiber cereal or even a peanut butter and jelly sandwich on whole wheat bread, even if it's close to lunch time. "Breakfast really is the most important meal of the day," she says.

## **Take a fast food vacation.**

Kids crave fast food but that doesn't mean you should park your family at the nearest McDonald's romper room every day to escape the heat. Trade french fries and big macs for picnics at the park or beach. Take a pass on the ball park hot dog and instead, load the cooler with healthy alternatives like turkey sandwiches or light salads. Whatever you choose, "incorporate protein in every meal," Armstrong says. "It releases insulin at a slower rate, and that keeps your blood sugars - and your energy level - constant throughout the day."

## **Check out the summer camp menu.**

Your child's summer camp may not follow the same adherence to nutrition that is being accepted by many public schools these days. Check ahead with the summer program where your child will be eating lunch to find out what types of meals and snacks are served. If you don't like what you find out, pack a healthy lunch including lean lunch meats, raw vegetables, or whole wheat crackers.

## **Limit the sweet stuff.**

Carnivals, fairs, vacations, beaches, they're magnets for candy-coated apples, snowy funnel cakes and slushies. "I would never tell a parent not to give their child cotton candy, but I do tell them to balance the bad with the good." Likewise, when you're hot and thirsty, keep sweetened fruit juices, teas and sodas to a minimum, and opt instead for thirst-quenching water. "It will make you feel full without the calories," she says.

## **Keep active!**

Sure it's hotter than heck, and few kids want to run around outdoors in the heat of the day. But find other ways to stay active. Encourage swim races at the pool and playing Manhunt after dusk. If all else fails, turn on the Wii in an air conditioned room.

Keep exercise a part of your vacation too. Biking, jogging, and signing up for active activities, rather than lazing at the pool or beach, will do everyone's body and brain a whole lot of good.

# July

			1 Canada Day 	2	3 Send in Claim!	4 Independence Day 
5	6	7		8		
12 	13	14 Bastille Day 	15	16	17	18
		21	22	23	24	25
26	27	28	29 			

## Strategies for Smart Summer Snacking

- ☀ Have some throw-in-your-bag snacks prepared. A few things we like are: baby carrots, sliced bell peppers, cherry tomatoes, watermelon cubes, unsweetened applesauce, dried fruit, nuts, and brown rice cakes.
- ☀ Keep on hand healthy snacks that won't go bad quickly. We like Stretch Island fruit leather and bites, whole grain crackers, pretzels, and unsweetened fruit cups.
- ☀ Pair your fruits and veggies with protein to sustain your kids longer. Boil eggs and keep them in your fridge, have pre-shelled nuts in your pantry, measure peanut or almond butter into smaller containers for a single serving, or make your own Greek yogurt to have in the fridge.
- ☀ Have a plan. Being prepared is half the battle and helps keep you from succumbing to packaged foods.

\*100daysofrealfood.com

## Rainbows and Butterflies Pasta Salad

### Ingredients

8 ounces bow tie pasta, preferably whole grain  
 3 tablespoons plus 1 teaspoon extra-virgin olive oil  
 1 cup corn kernels, thawed if frozen  
 1 cup shelled edamame, thawed if frozen  
 1 medium red bell pepper, diced  
 2 medium carrots, shredded (about 1/2 cup)  
 1/3 cup grated parmesan cheese (about 1 ounce)  
 Salt

### Directions

Cook the pasta as the label directs. Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.

In a large bowl, toss the cooled pasta with the corn, edamame, bell pepper and carrots. Drizzle with the remaining 3 tablespoons olive oil and toss to coat. Add the parmesan and 1/4 teaspoon salt; toss again and season to taste.  
 \*foodnetwork.com