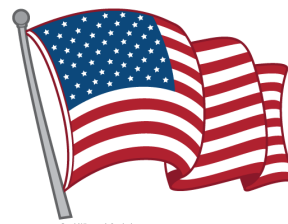




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Volume 31, Issue 9

Sponsors of Child and Adult Food Program

July 2017

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 Kelsey Garrett; Editor**

**Brenda Baldwin; Program Director Martin
 North; Website/ KidKare Specialist**

**Liz Curtis; Training &
 Compliance Officer**

HAPPY 4TH OF JULY!

Mystery Provider

Each month a mystery provider will be featured in the newsletter. If your provider ID number is within this newsletter call our office at 1-800-639-9082 to claim your free prize!

Do you have Direct Deposit?

If you do not currently have direct deposit for your reimbursements, follow the posted link and fill out the required paperwork. Once the paperwork has been completed, please send your information to the P.O Box for Southwest Human Development Services listed at the top of the newsletter.

<http://www.swhuman.org/content/Forms/DirectDeposit.pdf>

JULY WORKSHOPS

**TUESDAY, JULY 11
 ARLINGTON, TX AT 6:30 PM
 NEW MEAL PATTERN
 SPAGHETTI WAREHOUSE; 1255 W
 INTERSTATE 20
 MAXIMUM OF 25 PEOPLE, PLEASE CALL OR
 TEXT BARBARA AT 817-703-7768**

Attention Providers:

Beginning October 2017, any providers that makes claims online will need to switch from Minute Menu to KidKare. KidKare will be used for enrollment, meal records, submitting claims, and much more! Go to WWW.Kidkare.com, use your provider ID number as your username and the password you use for Minute Menu to login. If you use the bubble forms to record your meals you may continue submitting paper claims. Please contact your program coordinator with any questions you have.

AUGUST WORKSHOPS

**SATURDAY, AUGUST 12
 FOREST HILL, TX AT 8:30 AM
 NEW MEAL PATTERNS
 LUBY'S; 3312 SE LOOP 820
 PLEASE CALL OR TEXT BARBARA TO RSVP
 817-703-7768**

What's in this Issue?

- Mystery Provider
- Switching to KidKare
- June Quiz Answers
- Upcoming Workshops
- National Berry Month
- 4th of July craft and recipe
- July Calendar

June Quiz Answers

- 1) 1937
- 2) It can be any three of these foods: cheese, cream, sour cream, cream cheese, milk, yogurt, condensed milk, evaporated milk, ice cream
- 3) True
- 4) Osteoporosis
- 5) True
- 6) Calcium
- 7) The National Dairy Council
- 8) 9
- 9) Healthy skin, lower cholesterol, fueling your body with energy
- 10) Vitamin G

**Please Complete and
 Submit the Summer
 Survey!!!**

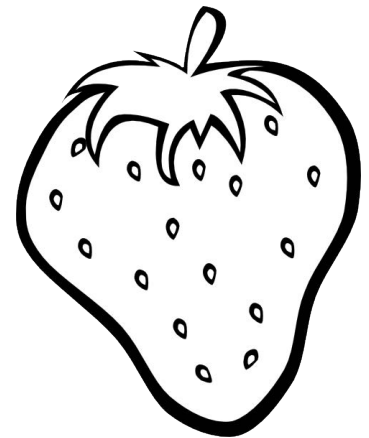


National Berry Month

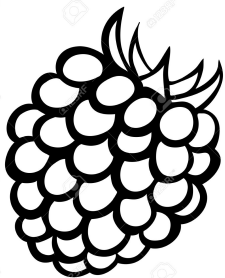
July is National berry month! This month is the month to enjoy all those delicious berries, such as strawberries, blueberries, blackberries, and raspberries. Berries are enjoyed in many different foods and dishes, but they also has tons of health benefits! Berries are known for being very good sources of anti-oxidants, which are able to remove any potentially damaging oxidizing agents in the human body. Anti-oxidants are also known to prevent diseases, such as cancer and heart disease and can help increase the immunity function in our bodies. Berries have even more health benefits, so what better fruit to have on a hot summer day than some mixed berries!

The Health Benefits of Fiber in Berries:

- Helps reduce cholesterol
 - which helps prevent narrowing of arteries
- Risk of heart disease is lowered when cholesterol is lowered:
 - less chance of developing cardiac disease, stroke, or a heart attack



Tasty ways to enjoy berries



- Try cutting up berries and adding them to your cereal or oatmeal for breakfast
- Add some strawberries to your ice cream, instead of other items that might have extra sugar
- Cut up your favorite berry and add it to a salad with your favorite vegetables
- Add a dollop of Cool Whip on top of a small bowl of berries and enjoy!
- Make a smoothie using your favorite berries, other favorite fruits, and vanilla yogurt

How do I know I am buying the ripest berries???

- First look at the berries at the bottom of the container, then next make sure that the berries are not oozing or bruised
- Look for berries that are plump
- To keep the berries fresh as possible refrigerate the them until they are eaten
- ENJOY!

4TH OF JULY FUN!

4TH OF JULY POKE CAKE

Ingredients:

- 1 Box of Super Moist Betty Crocker White cake mix
- 1 Box of strawberry flavored Jell-o 1
- Cup boiling water
- 1/2 cold water
- 1 Box of white chocolate pudding or pie filling mix
- 1/3 Cup of milk
- 1 container of frozen whipped topping (thawed)
- 1 Cup of sliced fresh strawberries
- 1/2 Cup of fresh blueberries <https://www.bettycrocker.com/recipes/red-white-and-blue-poke-cake/7af74df2-39af-425c-a93f-6b8efcec47b9>

Directions:

1. Heat the oven to 350 degrees and bake the cake as directed. After the cake is done baking allow it time to cool.
2. Use a fork to poke holes throughout the top of the cake. Stir the Jello-o and 1 Cup of boiling water.
3. Next stir in the 1/2 Cup of cold water, then pour on top of the cake.
4. Allow the cake to set for about 3 hours.
5. Mix the pudding and milk together, until blended well. Stir in the whipped topping and spread over the cake. Next arrange the berries to look like the stripes of the flag.

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PAINT FIREWORKS

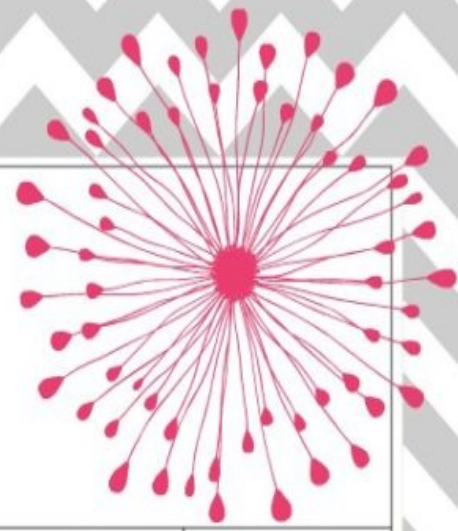
WHAT SUPPLIES DO I NEED?

- ✓ RECYCLED TOILET PAPER OR PAPER TOWEL ROLLS
- ✓ SCISSORS
- ✓ PAPER PLATES
- ✓ PAINT
- ✓ LARGE PIECES OF PAPER

DIRECTIONS:

1. CUT THE PAPER TOWEL OR TOILET PAPER ROLL INTO 2 INCH FRINGES. OPEN THE FRINGES SO THEY WILL LAY FLAT.
2. PLACE THE FRINGES IN THE ACRYLIC PAINT BEING USED ON THE PAPER PLATE
3. NEXT DIP AND STAMP THE PAPER WITH YOUR RED, WHITE, AND BLUE FIREWORKS!

July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Submit Claim	4  Independence Day	5	6	7	8 National Blueberry Day 
9	10	11 Workshop w/ Barabara 6:30 Arlington, TX	12	13	14	15
16 National Ice Cream Day 	17	18	19	20	21	22
23	24	25	26	27	28 National Chocolate Milk Day 	29
30	31	Notes				

A PERSON'S a PERSON,

NO MATTER HOW SMALL

~ DR. SUESS