

Volume 25  
 Issue 9

Sponsors of the Child and Adult Care Food Program

June 2011

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Blake Stanford, President

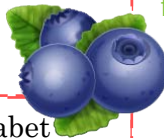
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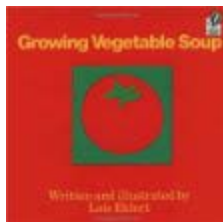
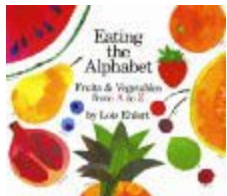
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### Eating the Alphabet

by Lois Ehlert Ages: 1-3  
 This colorful alphabet book shows fruits and vegetables juicy and alive. A great way to get the children interested in eating their veggies and introducing the alphabet. Available in board book edition for toddlers.



### Growing Vegetable Soup

by Lois Ehlert Ages 3.5+  
 Wonderful colorful collage illustrations. Father and child share the simple joys of planting, watering, and watching seeds grow in their garden. Then they cook them all up into a delicious vegetable soup, the recipe for which is included.

**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!

## Important reminders for all providers!

Please always call or email the main office or your program coordinator with any questions or concerns. Updated program coordinator information on Page 2 of this newsletter.

To satisfy the State recordkeeping requirement, please keep all paperwork including menus, attendance, and enrollment forms for a minimum of 3 years.

Every child present in the childcare home (including children living in the home) must have an enrollment form on file even if they are not participating with the food program. Additionally all children – participating or not – must be accounted for in the attendance ratio.




### To all providers using paper forms:

Please keep all infant and all toddler forms separate when mailing them into Southwest. Please **DO NOT** stagger them Toddler, Infant, Toddler, Infant. Thank you!



## Summer Surveys

Provider and children's schedules can change drastically when school is out for the summer. These schedule changes may mean temporary closures for holidays, vacations or varying meals times that affect your program monitoring for the Program. We wanted to remind everyone of some important rules that may affect your claim:

-  You can still claim meals for the month even if you serve only one meal in any month to one non-residential child.
-  Remember that school-age children that will be in your care all day may be claimed along with pre-school children's meals (for example, AM snack or lunch in the summer). Be sure to note the date of school closures on your yellow Claim Information Form sheet for May and June 2011 and school opening dates for August 2011.
-  Summertime is a great time for picnics. Meals eaten on field trips are allowable if they meet the program meal requirements. Please give your Program Coordinator advance notice of any field trips or outings so she can avoid missing your meal service if you are not planned to be serving at your childcare home. This advance notice policy is a federal requirement for the Program.







With all these reminders, we also realize that your day care home's summer schedule and meals claimed may change. Please take time to fill out the Summer Survey previously mailed to you to make us aware of your schedule changes to avoid us visiting your home when you are gone.

Please return your Summer Survey as soon as you know your schedule by mail, fax 1-888-467-1455, or email [info@swhuman.org](mailto:info@swhuman.org) to the main office.

You may also contact your Program Coordinator directly. Please see Program Coordinator contact information on Page 2 of this newsletter. Thank you!

# Veggie Puppets!



-  Peel a carrot & cut off both ends.
-  With a paring knife (adults only), make a slit in the bottom of the larger end and insert a craft stick.
-  Using the peanut butter as "glue," affix raisins or olives for eyes and a nose, a slice of celery for the mouth and parsley sprigs for the hair. Let the kids be creative with the different vegetables.
-  For the arms & legs, cut green beans in half & affix with generous amounts of peanut butter (cut the legs at an angle).
-  For a veggie puppet show, the puppeteers need to hide below the table, holding the puppets above the edge.
-  Yummy puppets to eat when the show is over!

## Ingredients:

- large carrots
- Popsicle sticks (craft)
- peanut butter
- raisins and/or olives
- celery
- parsley
- green beans
- any other creative veggies!!

## -- Fresh Ideas --

### Fundamentals and Good Old Fashioned Repetition!
















Theresa (Tracy) Svrcek of LaGrange, TX has been a licensed home since 1975 when her husband became seriously ill and needed her to leave her job as a hairdresser to care for him. She has been with SHDS since 2003 and provides amazing home cooked meals for her children. Tracy is now caring for a 2nd generation of children (kids of her original kids). She lives across the street from the house that she grew up in and is probably the most active 'grandma' that I know (she is huge 'LaGrange Leopards' baseball fan!).

Each morning she leads the children in a time honored ritual. It goes like this: Prayer, Pledge of Allegiance, Sing 'My Country 'Tis of Thee', Exercise. They go over fire safety and stranger danger scenarios. Next, they recite the names of the months, days & seasons, the alphabet and numbers 1 thru 10 & colors, the names of parts of their bodies, the 5 senses and uses of each as well as how to care for their bodies and teeth. By the time the children reach school age, all the teachers can discern which children are Mrs. Tracy's.

She also teaches through practical life experiences. For example, the children gathered at Tracy's bedroom window to have a safe, front row observation of a tree service removing a tree next door. They all squealed with delight when the limbs were fed into the 'chipper.' Of course, now all of the boys are considering growing up to be 'tree cutters.'

We all congratulate Mrs. Tracy on a job well done!

## Contact Information for the Program Coordinators

-  Symony Morris 806-354-0243 Amarillo
-  Della Avila 806-795-0169 Lubbock
-  Janet Hemmingson 432-620-0074 Midland/ Abilene
-  Barbara Price 817-536-4514 Fort Worth/Wichita Falls
-  Wende Pittmon 972-243-3237 Dallas
-  Renee Comley 972-398-9398 Plano
-  Debbie Martin 903-561-4341 Tyler
-  Nanette Voight 409-334-3817 Groves/Port Arthur/Beaumont
-  Shegala Smith 281-491-9326 South Harris County/Fort Bend/Brazoria
-  Laurie Ramos 936-372-3534 North Harris County/ Montgomery/ Navasota/ Brazos Counties
-  Sandy Wikelius 512-263-4002 Austin and surrounding areas
-  Veronica White 254-690-8107 Killeen/Waco
-  Pat Underdahl 210-2332-8453 San Antonio and surrounding areas
-  Nancy Lopez 915-820-2461 El Paso
-  Eileen Dodds 361-241-4446 Corpus Christi/ Webb County/ Lower Rio Grande Valley



## Workshops for June

Saturday, June 4, 2011  
**Killeen, Temple, Belton** 9-11:30a  
 Live Well  
 Lion's Park  
 1700 Stan Schlueter Lp  
 Directions and Registration:  
 254-690-8107 Veronica

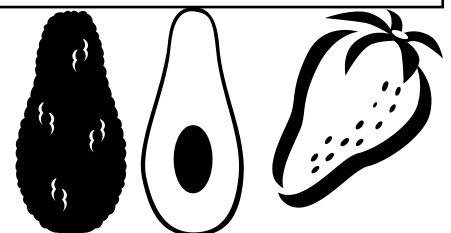
Saturday, June 11, 2011  
**Waco, TX**  
 Live Well  
 Lillian Robertson's Home  
 13603 Victoria St, Waco, 76705  
 Directions: 254-867-0435  
 Registration: 254-690-8107  
 Veronica

**Conroe, TX** 9:30a  
 Perfect Monitor Visit/Civil Rights  
 Montgomery County Library  
 104 I-45 N. Conroe, TX 77310  
 Directions: 936-539-7814  
 Registration required:  
[laurie@swhuman.org](mailto:laurie@swhuman.org) or  
 281-808-1137 Laurie

Tuesday, June 14, 2011  
**Columbus, LaGrange, Schulenburg, Brenham, Weimer**  
 7p  
 Perfect Monitor Visit/Civil Rights  
 Mt Calvary Lutheran Church  
 Meeting in educational building  
 behind church  
 800 N. Franklin, LaGrange, TX  
 Registration required:  
[laurie@swhuman.org](mailto:laurie@swhuman.org) or  
 281-808-1137 Laurie

## Workshops for July

014-0388  
 Tuesday, July 12, 2011  
**Garland, TX** 7-8p  
 Planning Low Cost Menus  
 Church of Christ  
 3630 W Buckingham  
 Directions: 972-398-9398  
 Registration: 972-398-9398 Renee  
 For Garland Daycare Home  
 Association and Southwest  
 Providers




# June: Fresh Fruit and Vegetable Month!

We all know that kids need to eat plenty of fruits and vegetables. We heard this as kids and we certainly hear this as parents. Most of the vitamins and minerals children need to develop, grow, think and fight disease are found in fruits and vegetables. But getting kids to eat enough fruits and vegetables seems to be a very challenging task. Most kids, in fact, more than 85% of elementary school children, do not get the recommended amount of fruits and vegetables.

## Increasing Vegetable Consumption Throughout the Day

You may be surprised to learn that in the United States french fries is the most common vegetable eaten by kids. Unfortunately, french fries are not a very healthy choice as their main source of vegetables.

Here are some tips to help you move vegetables front and center in your child's daily meal.

-  Keep vegetables in bite size on the table in plain view
-  Try adding some cut up vegetables with a dip for a dinnertime
-  Have some crunchy vegetables in a baggie for on the go snacks
-  Pair vegetables with foods that your child enjoys. Sometimes being a little creative with the vegetables peaks their interest
-  Mix up some greens with their baked potato, noodles or rice
-  Have the kids help make a salad and then give it a special name and let them proudly serve it
-  Add vegetables to pasta sauces
-  Add vegetables to soups, beans and casserole dishes
-  Try to always have at least one or two vegetables at dinner time
-  Green leafy vegetables are very rich in nutrients, try different green leafy vegetables in salads, sautéed or steamed
-  Encourage your child to color their plate with their vegetables, they come in so many colors and can be cut in different fun shapes













Keeping fruits and vegetables interesting and fun will help kids become more curious about their taste. Find ways to have them interact with these healthy foods in fun ways!

- ★ Share some fun food facts. The more kids learn about fruits and vegetables, the more interested they may become in it
- ★ Plant your own fruits and vegetables on your deck, large potterly or in your yard
- ★ Having your child plant the seeds and take care of the plant while it grows is a very fun way to help them learn about fruits and vegetables
- ★ Have them pull or pick the vegetable or fruit! You may be surprised at how interested they will become
- ★ Take a trip to the local farm. This is a great outing for the kids and a fun way for them to see first hand food growing on a farm
- ★ Find picking farms that let you pick your fruit or vegetable during harvest time
- ★ Have the kids find recipes that use fruits and vegetables
- ★ Try cutting fruits and vegetables into different shapes and let them make a picture before eating them
- ★ Have them play some online nutrition games that are fun and teach them about healthy choices.

## Increasing Fruits Consumption Throughout the Day

Fruit juice makes up about 40% of the average child's fruit intake. Giving fruit juice may seem like an easy way to get your child to get their fruit intake; but, fruit juice is very high in sugar and calories.

Here are some ways to increase your child's fruit intake throughout the day:

-  Start their morning with fresh fruits every day
-  Add fresh fruits to cereals at breakfast time
-  If your child likes fruit juice, then limit them to one glass a day of 100% fresh fruit juice
-  For children who drink a lot of fruit juice, you can start by cutting the juice with some water and slowly decrease their amount to once a day
-  Mix up their choices, fruits come fresh, frozen and canned. Read the labels and avoid canned fruits that have "added sugar". Fruit comes naturally sweetened and does not need more sugar
-  Avoid canned fruit that is packed in "heavy syrup". Instead look for canned fruits that are packed in their own fruit juice
-  Include some type of fruit at each meal, even a few grapes in a baggie for lunchtime or snack time
-  Keep some fresh fruit cut up in the refrigerator at eye level and ready for a quick snack
-  Use fresh or frozen whole fruits to jazz up their smoothie
-  Look for fruit in season for better prices
-  A handful of dried fruit makes a great snack and is packed with nutrition
-  Fruit is a tasty dessert. But if the kids balk at this, try adding some fruit to their favorite dessert

## Celebrate success even if they are small steps

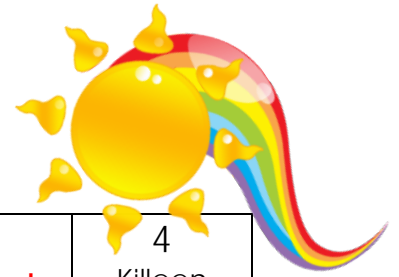
Finding ways to increase your child's fruits and vegetables doesn't have to be a great undertaking. Start with just a few changes and allow your family to gradually become used to it. Then add more healthy changes over time so that it doesn't feel like an abrupt change in lifestyle. Habits take time to develop.

Helping kids develop healthy habits and eat healthier foods is the foundation to their overall health. It is definitely worth the effort. And remember, each change does make a difference!

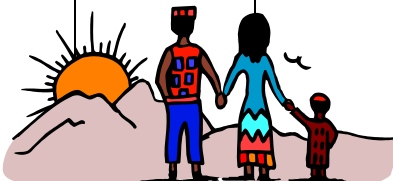
\*nourishinteractive.com



# June



	1 Hurricane Season Begins	2	3 Send in Claim!	4 Killeen Workshop
	7	8 Pentecost	9 	10 11 Waco, Conroe Workshops
5 World Environment Day	6	12 13 LaGrange Workshop	14 15 Flag Day 	16 17 18
19 Father's Day	20	21 First Day of Summer	22 23 24 25 <i>Happy Summer</i> 	26 27 28 29 30








## Answers to May's quiz

1. chew, digest
2. true
3. true
4. amino acids
5. true
6. blindness
7. A, D, E, zinc
8. false
9. true
10. poaching






## Fruity English Muffins

### Ingredients:

-  Toasted whole wheat English muffin
-  Avocado
-  Strawberries
-  Lime and salt (optional)
-  Bite size seasonal fruit – Examples: strawberries, raspberries, blueberries, blackberries, banana, mango, pineapple, peach, nectarine, apricot



### Instructions:

-  Scoop half of an avocado into a plastic ziplock bag. Add 3 -5 ripe strawberries. Add a small squeeze of lime and a pinch of salt.
-  Close the bag tightly and allow the kids to squeeze and mash up the fruity guacamole.
-  Cut a corner off of the plastic bag and spread the guacamole onto the toasted English muffins.
-  Top with bite sized seasonal fruit.
-  Enjoy as a snack or add a glass of milk for a complete breakfast!