



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



Volume 26, Issue 9
 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

June 2012
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

In this Issue:

- 🌟 Workshops
- 🌟 Online Training
- 🌟 Banana Pops
- 🌟 Re-enroll and Inactivate Reminders
- 🌟 Provider Notification of Absences
- 🌟 Mystery Provider
- 🌟 Healthy Summer Foods for Children
- 🌟 June Calendar 150676
- 🌟 Homemade Sidewalk Chalk Activity

Banana Pops



Supplies:

- 🌟 Popsicle sticks
- 🌟 Bananas (cut in half)
- 🌟 Creamy peanut butter or yogurt
- 🌟 Crushed cereal, granola, graham crackers, coconut, chopped nuts or similar

Directions:

1. Cut bananas in half and stick a popsicle stick carefully into banana so it looks like a popsicle
2. Freeze for about 10 min.
3. Coat the bananas with peanut butter or yogurt and then dip into the crushed cereal mixture.
4. Refreeze for 10 min or longer if needed.

Kids love this activity, small children will need a lot of help but they will have fun rolling the banana in the crushed mixture. They will love to eat them too!

*kinderart.com

Workshops for June

Saturday, June 2, 2012

McAllen, TX 10a-12p
 My Kids Won't Eat That!
 McAllen Public Library (Main)
 Conference Room B
 4001 N. 23rd St. 78504
 Directions and Registration:
 361-241-4446 Eileen
 Valley Providers, this one is for you!

Tuesday, June 5, 2012

North Central San Antonio 7-9p
 Brookhollow Branch Library
 530 Heimer
 Directions and registration:
 210-233-8453 Patricia

Saturday, June 9, 2012

Killeen, TX 8:30-10:30a
 Milk Workshop
 Breakfast meeting at the Golden Corral
 1420 Central TX Expressway
 Registration: 254-690-8107 Veronica
 Killeen, Temple, Belton and anyone else needing to attend a workshop for 2012!

Monday, June 11, 2012

Plano, TX 7-8:30p
 Sanitation and Health
 IHOP off Central
 Directions: 972-837-3784
 Registration: 972-398-9398 Renee
 Workshop for Plano Day Care Home Association and Southwest.

Saturday, June 23, 2012

Angleton, TX 12:30-2:30p
 Back to the Basics
 Angleton Public Library
 401 East Cedar
 Directions: 979-864-1519
 Registration: 713-816-4851 Carol



Workshop for July

Saturday, July 21, 2012

Houston, TX 2:30-4:30p
 Back to the Basics
 Spring Branch Memorial Library
 930 Corbindale
 Directions: 713-464-1633
 Registration: 713-816-4851 Carol

Workshop for August

Tuesday, August 14, 2012

Garland, TX 7-8:30p
 Happy Meals for Healthy Kids
 Buckingham Church of Christ
 3630 W. Buckingham Rd
 Directions and Registration:
 972-398-9398 Renee
 Garland Day Care Home Association and Southwest.

Summer Vacation

Annual Training... Online Training

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 at this link swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2012. 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!

Re-enroll and Inactivate Children

Now that the summer months are almost upon us, “summer kids” might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the summer months and will be returning, do not withdraw that child – he can instead be “inactive.”

MM Kids Online:

Re-enroll

- Ⓢ Reprint the child’s enrollment form from your computer and obtain a new signature from the parent.
- Ⓢ In the margin, write Re-enrolled and what date he will be entering your care.
- Ⓢ Mail/fax a copy to the office.

Inactivate For all children who attend your daycare on a drop-in basis, for holidays only, or for the school year or summer only, you can change their status to “inactive” while they are not regularly in your care instead of withdrawing and re-enrolling the children.

- Ⓢ After signing into the program and at the main screen click on the Child Information icon.
- Ⓢ Select the child’s name.
- Ⓢ Click on the “Active” status and select “Inactive.” This will prevent the child from showing up on the Meal Counts screen.
- Ⓢ When the child is in your care again, follow the same steps and change “Inactive” to “Active” so that you are able to claim meals for that child again.

Paper enrollment forms:

Re-enroll

- Ⓢ Write out the child’s information completely on the form.
- Ⓢ Write “re-enroll” at the very top of the form.

Inactivate

- Ⓢ If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

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 May quiz

- | | |
|--------------|------------------|
| 1. true | 6. 15 |
| 2. 3 | 7. 2 |
| 3. false | 8. true |
| 4. day | 9. true |
| 5. nutrition | 10. single-serve |



Summer Survey

Do you still have your Summer Survey? Please fill it out and let us know when or if you are closing or taking vacation time this summer. We share this information with our Program Coordinators so they can plan their schedules. Surveys are due back to the Austin office or to your coordinator ASAP! You can mail it or fax it to the Austin Office at: 1-888-467-1455.

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):

1. Call 1-800-369-9082.
2. When the automated service picks up, press extension 202.
3. 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.)
4. 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.

Healthy Summer Foods for Children

Ball games, cookouts, festivals. Summer is ripe with our children's favorite foods. Yet so many summer foods -- from BBQ turkey legs to ice cream and hot dogs -- are dietary disasters. Can children eat healthy, yet still enjoy their favorite summer foods? Yes, they can have hamburgers, hot dogs, ice creamy treats, and desserts -- if you handle it right.

Healthy Food Rule #1: Let them eat sweets, says Sarah Krieger, MPH, RD, LD, a dietitian in St. Petersburg, FL, and an American Dietetic Association (ADA) spokeswoman. "It's really important to treat sweets like any other food, to have a little bit every day. That's how kids develop a healthy relationship with sweet foods."

Healthy Food Rule #2: Make sure they burn off the calories, says Elisa Zied, MS, RD, a nutrition consultant in New York City, author of the book *Feed Your Family Right!*, and an ADA spokeswoman. At a carnival, "if your kids want a funnel cake or corn dog, go for it," Zied tells WebMD. "You don't want them to feel deprived. Pump up their activity that week or that day so they can burn it off." She also teaches kids to share sweet and fatty foods -- so everyone gets a taste, but no one overeats.

Healthy Food Rule #3: "Be a good role model," says Sheah Rarback, MS, RD, director of nutrition for the Mailman Center for Child Development at the University of Miami School of Medicine. "Expose kids to healthy foods -- or at least healthier versions of their favorites. If you eat them, your kids will eat them."

Here are healthy tips for children's favorite summer foods:

Nachos & Quesadillas

- Start with whole-wheat chips and tortillas for extra fiber, then add your favorite toppings. Done right, you can sneak lots of veggies, protein, calcium, and fiber into these snacks.
- Create your own nacho platter, Rarback suggests. "Top tortillas with beans, salsa, guacamole, and melt low-fat cheese over it all. Kids love those kinds of healthy carbs." Toss a bit of fat-free sour cream on top if you want.
- Puree different veggies -- then slip them into a chip dip, or use it as a nacho topping. Your kids won't know the difference!
- Quesadillas are another kid favorite. Top whole-wheat tortillas with beans, low-fat cheese, veggies (like red bell and green peppers, corn, green onions, spinach, mushrooms), and chicken. On the side, you've got the classic quartet -- low-fat sour cream, lettuce, salsa, guacamole -- also healthy.

Hamburgers

- This all-American food has always been trouble -- full of fat, sodium, and cholesterol. The good news is, you can improve nutrition by making a few wise choices.
- If you grill burgers at home, mix it up. Use one-half lean beef and one-half ground turkey. Add a little applesauce or egg white for extra juiciness, Krieger suggests. Fun toppings -- lemon or orange zest, black pepper, salsa, BBQ sauce, pineapple. A slice of a summer tomato and some fresh-from-the-garden lettuce tops off the taste.
- Frozen veggie burgers on whole-wheat buns are another good option. Try grilling them, and toast the bun, too. Lots of fixings boost the enjoyment factor.
- Switch gears: Grill skinless chicken breasts and lots of veggies -- onions, bell peppers, carrots, squash, eggplant. "These taste great with a little olive oil brushed on," says Zied. "Serve them cut up into small pieces -- or with some melted cheese on toasted French bread."

Waffles & Pancakes

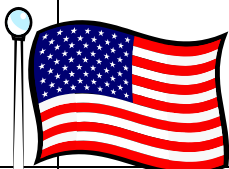
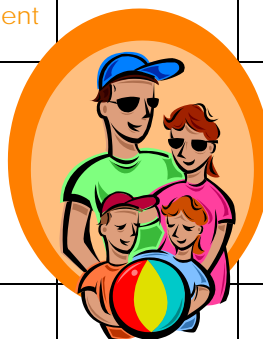
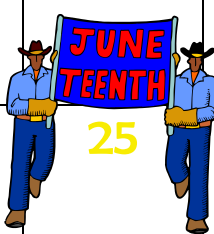
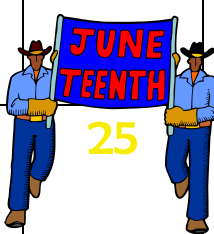

- This classic breakfast food is fun for kids. It's made easier with frozen, whole grain, reduced-fat products. The toppings boost the nutrition: natural applesauce, blueberries, sliced banana and strawberries, and a little light syrup, Zied suggests.
- Another classic: Scrambled eggs mixed with low-fat shredded cheddar, tomatoes, asparagus, mushrooms (or whatever veggies your kids like).
- Scrambled-eggs-in-a-cup: Take a slice of whole wheat bread, break it up into a cup, top with the cooked egg mixture. You're good to go!

Watermelon and other fun Fruits/Veggies

- There's no doubt that watermelon is good for kids -- with its high concentration of lycopene, an important disease-fighting antioxidant. Watermelon is 92% water and 8% sugar, and a favorite sweet treat for kids.
- Make sure watermelon wedges make it to your table. But don't stop there. A platter or bowl of other seasonal fruits -- fresh blueberries, strawberries, cherries, peaches, plums -- makes a yummy treat, too.
- Taub-Dix suggests putting the fruit bowl in the freezer, and serving it frozen. Her 13-year-old son, Jesse, would rather have the fruit in a smoothie instead. "You won't get kids to pick up frozen fruit," he says. "But a smoothie would be great."
- Introduce kids to fun veggies, too, says Rarback. "Edamame is fun to eat because you pop out the little soy beans out of the pod. It's an engaging thing. But have most kids ever tried it?" Include edamame on raw veggie platters, along with baby carrots, celery sticks, asparagus tips, cherry tomatoes -- plus nutritious dips like hummus or low-fat yogurt.



JUNE

| | | | | | | |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------|----------------|------------------------------------------------------------------------------------------|-------------------------|
| | | | | | 1 Hurricane Season Begins | 2 McAllen Workshop |
| 3 Send in Claim! | 4 | 5 San Antonio Workshop World Environment Day | 6 | 7 | 8  | 9 Killeen Workshop |
| 10 | 11 Plano Workshop | 12  | 13 | 14 Flag Day | 15 | 16 |
| 17 Father's Day | 18  | 19 Juneteenth | 20 First Day of Summer | 21 | 22 | 23 Angleton Workshop |
| 24  | 25 | 26 | 27 | 28 |  | |

Homemade Sidewalk Chalk

Supplies:

- 🍷 Aluminum foil or wax paper if you are using a toilet paper tube (or petroleum jelly if you're using an ice cube tray)
- 🍷 Disposable plastic container
- 🍷 Plaster of Paris
- 🍷 Toilet tissue tube (or an ice cube tray to create smaller chunks for younger hands)
- 🍷 Liquid tempera paint
- 🍷 Duct tape, Water, Spoon

Directions:

1. Cover one end of the toilet paper tube with duct tape. Loosely roll an 8- by-4 1/2-inch piece of aluminum foil or wax paper and slip it into the tube so that it lines the inside, fitting snugly. (Or coat the inside of the ice cube tray with petroleum jelly.)
2. Set tube upright (duct tape side down) on protected surface.
3. In a disposable plastic container, help your child mix 1 cup plaster of Paris with 1/2 cup water. Stir slowly and thoroughly until plaster is dissolved, about 1 minute.
4. Immediately add 2 tablespoons paint (or more for brighter chalk color, but be careful it can stain). Mix thoroughly.
5. Spoon into the tube (or ice cube tray). Tap gently so mixture settles to the bottom.
6. Let dry overnight before using.

*kaboose.com

