



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 29, 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 2015
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

In this Issue:

-  How to Measure 1 or 1/2 Cup of Produce
-  Food Safety Step 3: Cook
-  Mystery Provider
-  Better Tasting Fruits and Vegetables
-  June Calendar

June is Fresh Fruits and Vegetables Month!

The article this month features “bites” of advice to make the most of the fresh fruits and veggies of the summer. Below you’ll find examples of one cup of produce to help you better gauge how much food to offer your little ones during meals. Examples of 1/2 cups are on page 4 of this newsletter. Also included are reminders of what measure of fruits and veggies to serve at mealtimes for the Child and Adult Care Food Program. Hooray for summertime goodness!!

EXAMPLES OF 1 CUP



1 small apple



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge watermelon



2 large or 3 medium plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)



12 baby carrots
(or 2 medium carrots)



1 large sweet potato



1 large ear of corn

Cups of
 fruits/vegetables
 required per meal:

Breakfast

1-2 years 1/4
 3-5 years 1/2
 6-12 years 1/2

Lunch/Dinner

2 fruits, vegetables,
 amount per each
 1-2 years 1/4
 3-5 years 1/2
 6-12 years 3/4

Snack

1-2 years 1/2
 3-5 years 1/2
 6-12 years 3/4



Food Safety: Prevent food poisoning in 4 steps

Step Three – COOK to the right temperature

Did you know that the bacteria that cause food poisoning multiply quickest in the “Danger Zone” between 40° and 140° Fahrenheit? And while many people think they can tell when food is “done” simply by checking its color and texture, there’s no way to be sure it’s safe without following a few important but simple steps.

Use a food thermometer. Cooked food is safe only after it’s been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won’t tell you whether your food is done. Instead, use a food thermometer to be sure. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle. Compare your thermometer reading to our Minimum Cooking Temperatures Chart to be sure it’s reached a safe temperature (see below). Some foods need 3 minutes of rest time after cooking to make sure that harmful germs are killed. Clean your food thermometer with hot, soapy water after each use.

Keep food hot after cooking (at 140 °F or above). The possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive. But you can keep your food above the safe temperature of 140°F by using a heat source like a chafing dish, warming tray, or slow cooker.

Microwave food thoroughly (to 165 °F). To make sure harmful bacteria have been killed in your foods, it’s important to microwave them to 165° or higher. When you microwave, stir your food in the middle of heating. If the food label says, “Let stand for x minutes after cooking,” don’t skimp on the standing time. Letting your microwaved food sit for a few minutes actually helps your food cook more completely by allowing colder areas of food time to absorb heat from hotter areas of food. That extra minute or two could mean the difference between a delicious meal and food poisoning. After waiting a few minutes, check the food with a food thermometer to make sure it is 165°F or above.

Barbeques and Smokers Cooking doesn’t necessarily have to take place on the stovetop or in a conventional oven. While the basics of food safety apply to any type of cooking, special guidelines apply to appliances such as grills and smokers. Please check out the food safety website for more info!

<http://www.foodsafety.gov/keep/basics/cook/index.html>

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 May quiz

1. true
 2. irradiation
 3. true
 4. USDA
 5. 95
 6. false
 7. free
 8. true
 9. pasture-raised
 10. hormones
- 080285

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, 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!

Temperatures for cooking foods at home!

- 145°F Beef, lamb and veal steaks and roasts, medium rare (medium - 160°F)
- 160°F Ground beef, pork, veal, and lamb
Pork chops, ribs, and roasts
Egg dishes
- 165°F Ground chicken and turkey
Chicken and turkey – whole bird, breasts, legs, thighs, and wings
Stuffing and casseroles
Leftovers

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
Email: mph hotline.fsis@usda.gov

www.foodsafety.gov/keep/charts/mintemp.html

“Bites” for Better Tasting Fruits and Vegetables

Use these preparation and storage "bites" to enjoy the abundant summer produce at its peak of flavor, appearance and safety!

Bite 1. Prevent cut fruit from turning brown.

Keep cut fruits, such as apples, pears, bananas and peaches, 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 cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

Bite 2. Take a salad spinner for a spin!

Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.

The easiest and quickest way to dry salad greens is in a salad spinner. A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord or knob that you pump to turn the inner basket and spin the water off into the outer bowl. Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels. A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This helps keep the grapes attached to the stem.

Bite 3. Wash fruits and vegetables correctly.

- Wash produce. Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.
- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing or eating. Produce that looks rotten should be discarded.
- All unpacked fruits and vegetables, as well as those packaged and not marked pre-washed, should be thoroughly washed before eating. This suggestion includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Bite 4. Keep fruits and vegetables separate in the refrigerator.

Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

Bite 5. Know which fruits ripen after they're picked.

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they're picked. The tomato, which is actually a fruit, also continues to ripen after picking. Fruits that you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon. To speed the ripening of fruits such as peaches, pears, and plums, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Plastic bags don't work for ripening.

Bite 6: Refrigerate fruits and vegetables in perforated plastic bags.

This helps maintain moisture yet provides for air flow. Unperforated plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag).

June



4 5 6
first day of
SUMMER!

	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	 FLAG DAY		17	18 International Picnic Day Ramadan begins	19	20
21 Father's Day Summer Solstice	 HAPPY FATHER'S DAY WE LOVE YOU		24	25	26	27
28	29	30				

Please remember these amounts are to be offered and available for the children to eat, either on their individual plates or, preferably, totaled in a family style serving dish. They are not required to eat this amount or type of food. Children should never be forced, tricked, coerced, or cajoled into eating any foods. Offering healthy foods and modeling eating these foods make the biggest impacts towards their long term health! Thanks for being leaders in healthy eating for our next generation. 😊

EXAMPLES OF 1/2 CUP



1 snack container of applesauce (4oz)



16 grapes



1 medium cantaloupe wedge



1/2 medium grapefruit



4 large strawberries



5 broccoli florets



6 baby carrots



1 large plum



1 small box (1/4 cup) of raisins