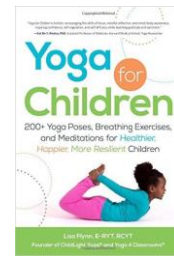


Southwest Human Development Services  
 P.O. Box 28487 • Austin, Texas 78755-8487  
 (512) 467-7916 • Toll Free (800) 369-9082  
 Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)



Volume 30, 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 2016  
 Liz Curtis, Compliance Officer  
 Sheena Walter, Training

## In this Issue:

- ☀ Annual Training
- ☀ Mediterranean Quinoa Recipe
- ☀ Re-enroll and Inactivate Children
- ☀ Nutrition Standards for CACFP Meals and Snacks
- ☀ June Calendar
- ☀ Yoga for Kids



## Reminders...

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.

If your email has changed please send your new address to [emailupdate@swhuman.org](mailto:emailupdate@swhuman.org) with your Name and Provider ID.

## Annual Training for 2016 is Due This Summer!



Our workshops are officially over for the 2016 training year so please take a moment to ensure you have completed your annual training requirement. All Southwest Human Development Services workshops include annual training material and so meet the requirement. 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 our website [swhuman.org](http://swhuman.org). These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2016. Failure to meet the training will begin the serious deficiency process. All new providers who have joined the program since last October already meet the training requirement from their orientation and initial training.

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!

From the cookbook Recipes for Healthy Kids:  
[Mediterranean Quinoa Salad](#)

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.



## 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 for the May quiz

1. True
2. higher
3. false
4. wash
5. will NOT
6. true
7. Dietary
8. true
9. lentils
10. melon



## 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.”

### Minute Menu:

#### 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.

## Mediterranean Quinoa Salad

- 1 cup Quinoa, dry
- 2 cups Low-sodium chicken broth
- 2 Tbsp Lemon juice
- 2 Tbsp Red wine vinegar
- 1 tsp Fresh garlic, minced
- 1 ½ Tbsp Extra virgin olive oil
- ½ tsp Salt
- Ground white pepper, to taste
- ¼ cup Fresh red bell peppers, seeded, diced
- 2 Tbsp Fresh green onions, diced
- 2 Tbsp Fresh red onions, peeled, diced
- ½ cup Fresh cherry tomatoes, halved
- 2 Tbsp Black olives, sliced
- 2 Tbsp Feta cheese, crumbled
- 1 Tbsp Fresh parsley, chopped

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.

2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.

3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.

4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

\*[whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbook-homes.pdf](https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbook-homes.pdf)

080516

## USDA Announces Effort to Strengthen Nutrition among Young Children, Create Healthy Habits Early

---

Agriculture Undersecretary Kevin Concannon announced strengthened nutrition standards for food and beverages served to young children and others in day care settings at the annual conference of the National Child and Adult Care Food Program (CACFP) Sponsors Association. Young children and adults in day care will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

“Research indicates that America’s obesity problem starts young, with obesity rates in preschoolers more than doubling over the last three decades and one in eight preschoolers classified as obese,” said Concannon. “Since taste preference and eating habits develop early in life, CACFP could play a crucial role in the solution. This final rule marks another important step toward ensuring young children have access to the nutrition they need and develop healthy habits that will contribute to their well-being over the long term.”

The new meal patterns will improve access to healthy beverages, including low-fat and fat-free milk and water, and encourage breastfeeding for the youngest program participants. These standards reflect the nutritional improvements seen in children across the country since the passage of the Healthy, Hunger-Free Kids Act of 2010.

CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the growth and development of children and the health and wellness of older adults and chronically impaired disabled persons. Through the CACFP, over 4 million children and nearly 120,000 adults receive nutritious meals and snacks each day as part of the care they receive.

This is the first major revision of the CACFP meal patterns since the program’s inception in 1968 and will require meals and snacks provided through the CACFP to better reflect the Dietary Guidelines for Americans and the nutritional issues facing young children and adults today. These changes are a meaningful first step in improving CACFP participants’ access to nutritious foods. Since the inception of CACFP, the most prevalent nutrition-related health problems among participants have shifted from malnutrition to overconsumption, including calories, saturated fats, added sugar, and sodium. These vulnerable populations also tend to under consume of fiber and other essential nutrients.

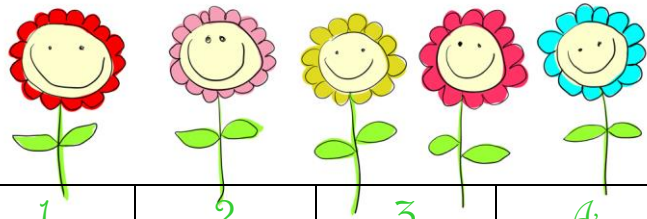
The new standards were carefully designed to make significant, achievable, and cost-neutral improvements to the nutritional quality of the meals and snacks served through CACFP. USDA focused on incremental changes that balance the science behind the nutritional needs of the diverse CACFP participants and the practical abilities of participating centers and day care homes to implement these changes. By setting an implementation date of October 1, 2017, the final rule provides ample lead time for centers and day care homes to learn and understand the new meal pattern standards before they are required to be in full compliance. USDA will provide in-person and online trainings and is developing new resources and training materials, such as menu planning tools, new and updated recipes, and tip sheets, to ensure successful implementation of the new nutrition standards.

This announcement is part of USDA’s continued commitment to ensuring children and families have access to a healthy diet. Over the past seven years, USDA has enhanced federal nutrition programs, providing a critical safety net for millions of American children and families. Some examples include, updated nutrition standards for school nutrition, the updated WIC package to include whole grains, low-fat dairy, fruits and vegetables, expanding the scope of the SNAP nutrition education program, and supporting an unprecedented growth in the number of farmers markets that accept SNAP and WIC benefits. By expanding access to nutritious foods and increasing awareness about the benefits of a healthy lifestyle, USDA programs have made a real difference in the lives of many, promising a brighter, healthier future for our nation.

The Child and Adult Care Food Program is one of USDA’s Food and Nutrition Service’s 15 nutrition assistance programs, which also include the National School Lunch Program, Summer Food Service Program, the Supplemental Nutrition Program for Women, Infants, and Children(WIC), and Supplemental Nutrition Assistance Program. Together, these programs comprise America’s nutrition safety net. ~fns.usda.gov

\*\*Stay tuned over the next 3 months for articles involving changes to the infant meals and child meals, as well as best practices for healthy CACFP meals. We’ll also include recipes and tips to start these new changes in your home!

# June



			1	2	3	4
					Send in Claim!	
5	6		8	9	10	
			World Ocean Day			
		14	15	16	17	18
		Flag Day				International Picnic Day
12	13					
19	20	21				25
Father's Day	Summer Solstice	International Yoga Day				
26	27	28	29	30		

## Yoga for Children!

To celebrate International Yoga Day, try yoga as the physical activity of the day in your childcare home!

Yoga helps kids to:

- Develop body awareness
- Learn how to use their bodies in a healthy way
- Manage stress through breathing, awareness, meditation and healthy movement
- Build concentration
- Increase their confidence and positive self-image
- Feel part of a healthy, non-competitive group
- Have an alternative to tuning out through constant attachment to electronic devices

Try these excellent free Cosmic Kids YouTube videos:

<http://bit.ly/cosmickidsyoga>

Or one of these great books:

Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children by Lisa Flynn

ABCs of Yoga for Kids by Teresa Power

## CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



I am friendly.



I am wise.

