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June 2017
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 Training

Don't Forget to Please Complete the Summer Survey!

Mystery Provider

Each month in our newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their children. If you find your provider ID in the newsletter call the office at 1-800-369-9082 and claim your prize!

Do You Have Direct Deposit Yet?

Follow the link <http://www.swhuman.org/content/Forms/DirectDeposit.pdf>, then accurately fill out the banking information. Attach a voided check to this paperwork and mail to: P.O Box 28487 Austin, TX 78755

What's in this Issue

- May Quiz Answers
- National Dairy Month
- June Calendar
- Upcoming Workshops
- Switching to KidKare
- Summer Craft- "Bubble Snake"

Attention:

As of October 2017 we will be switching to the online program, KidKare. This will be taking the place of Minute Menu for entering meals and submitting online claims. Please be sure to start using KidKare before October 2017, in order to become familiar and ask any questions regarding the new program. Contact your program coordinator for your username and password if you have any difficulties logging into your account. Go to WWW.KidKare.com to login and start making your online claims. Help videos are available for new users to help introduce you to this program. Again, this program will be used starting October 2017!

June Workshops

Tuesday, June 13

"Healthy Movement and Active Play"
 Location: Buckingham Church of Christ
 3630 W. Buckingham Road
 Garland, TX 75042

Time: 7:00- 8:30 PM

Directions: Call Renee at 972-398-9398

Registration: Call 972-398-9398

This is the LAST Workshop of the year with Renee!

Saturday, June 17

"New Meal Patterns"
 Location: Sugarland Library
 Sugarland Business Park
 550 Eldridge Road
 Sugarland, TX 77478

Time: 2:30- 4:30 PM

Registration/ Directions: Call or Text
 832-654-0585

May Quiz Answers

1. May
2. Maintaining Muscle Mass, Improve Exercise Performance, Prevention of Anemia
3. A
4. True
5. D
6. Niacin
7. True
8. Cardiovascular Disease
9. C
10. Taurine

National Dairy Month

In the summer of 1937, farmers in the United States were having an overabundance of milk production on their farms from their cows and they wanted to be able to have the milk used rather than just thrown away. In order to stabilize the production and purchasing of the milk and dairy products they decided to not only promote the milk, but also promote the benefits of it. The National Dairy Council then decided to dedicate the month of June as "National Dairy Month". During this month dairy companies promote the benefits of having milk or a dairy product daily. Dairy products have all nine essential nutrients and vitamins that the body needs, such as Calcium and Potassium. These nutrients are useful in preventing disease and controlling certain types of diseases as well. Just a few benefits of consuming dairy are healthy skin, lower cholesterol levels, fueling your body with energy. Let's take a look at some of the nutrients dairy contains and the benefits it has for the human body!

Vitamins and Minerals

Fat Soluble Vitamins

- Thiamine: Metabolizes food into energy for the body
- Riboflavin: Supports body growth and red cell production
- Vitamin C: Helps wounds heal more rapidly
- Folate: A building block in proteins
- Calcium: Builds and maintains strong bones
- Niacin- Promotes proper circulation

Water Soluble Vitamins

- Vitamin A: Improve bone health
- Vitamin E: Protects the body against toxins
- Vitamin D: Protective against several diseases
- Vitamin K: Allows blood to clot more quickly

Examples of Delicious Dairy Products

- Cream
- Cheese
- Sour Cream
- Cream Cheese
- Milk
- Yogurt
- Condensed Milk
- Evaporated Milk
- Ice Cream

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Important Definitions:

Fat Soluble:

Vitamins that can be dissolved in fats and oils. They are absorbed with fats in the diet and can be stored in the fatty tissue.

Water Soluble:

These vitamins are not stored in the body, but are carried to the tissues.

<http://www.idfa.org/news-views/media-kits/cheese/june-is-national-dairy-month>

<http://www.milkfacts.info/Milk%20Composition/VitaminsMinerals.htm>

<http://southeastdairy.org/health-benefits-of-dairy/>

<https://www.reference.com/food/foods-considered-dairy-products-927a452c6d0d421d>

Some Health Benefits of Dairy

Osteoporosis is effecting millions of Americans today and is typically caused from one's diet. Bone health is extremely important for any age, whether a young child with developing bone growth or adults that may have weakening bones. The calcium and protein in dairy products help to strengthen bones to prevent this disease. Heart disease has also become a very prominent disease in the country and causes many health problems, however certain nutrients in dairy can help to prevent heart disease or treat symptoms. Calcium, Potassium, and Magnesium nutrients in particular promote good heart health. Potassium helps to regulate fluids in the body, which can help balance a healthy blood pressure if its high or unhealthy. Studies have also conducted that dairy products can help to lower the risk of type 2 diabetes.

Summer Crafts!

"Bubble Snake"

What supplies are needed?

- Plastic water bottle (empty)
- Liquid dish soap
- Wash cloth, small towel or paper towel
- Rubberband

Steps to Follow:

1. Cut the bottom of the empty water bottle off.
2. Then place the wash cloth or paper over the end that was cut off and secure it with the rubberband.
3. Next mix about 1/2 Cup of water with 1/4 Cup of liquid dish soap.
4. Dip the wash cloth covered part of the bottle into the liquid mix. Allow the extra liquid to drip off.
5. Next, remove the lid from the water bottle and blow into the bottle as if you were blowing up a balloon.
6. Then have fun creating a bubble snake!



June

2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	National Doughnut Day	2 Submit Your Claims!!!
4	5	6	7	8	9	10
11	12	Garland Workshops w/ Renee 7:00-8:30 PM	13 Flag Day	14	15	16 Sugarland Workshop w/ Kelsey 2:30- 4:30 PM
18 Father's Day	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

"Be the Reason Someone Smiles Today"

- Roy T. Bennett