



Volume 24

Sponsors of the Child and Adult Care Food Program

March 2010

Issue 6

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1. taste
2. true
3. true
4. fiber, vitamins
5. cooked, dip
6. true
7. true
8. crescent rolls
9. true
10. carrots, potatoes

### Answers to February's quiz

### Workshops in March

Wednesday, March 3, 2010

South Austin, TX 7p

Live Well

Hampton Branch Library at Oak Hill

5125 Convict Hill Rd

Directions: 512-974-9400

Registration: 512-263-4002 Sandy

Sachse, TX 7-8:30p

Planning Low Cost Menus

Elizabeth Allen's Home 3214 Clinton St

Directions: 972-496-5170

Registration: 972-398-9398 Renee

No children, please!

Thursday, March 4, 2010

Amarillo, TX 7p

A Perfect Monitor Visit

Symony Morris' Home 7209 Brookfield 79124

For registration and directions:

806-354-0243 Symony

Saturday, March 6, 2010

Little Elm, TX 10a-12p

Calendar Training: Sandwiches!

Georgetta Manning's Home

600 Knollwood Tr Ct, Oak Point 75068

Directions: 469-252-9940

Registration: 972-243-3237 Wend'e

South Ft. Worth, Cleburne, Burleson, Crowley

11a

Lunch at the Cotton Patch

On South 135

For registration and directions:

817-536-4514 Barbara

Amarillo, TX 10a

A Perfect Monitor Visit

Symony Morris' Home 7209 Brookfield 79124

For registration and directions:

806-354-0243 Symony

Tuesday, March 9, 2010

Richardson, TX 7-8:30p

Menu Magic

Purdy's Restaurant at Campbell and Plano Rd

For registration and directions:

972-398-9398 Renee

Also for Richardson-Garland Daycare Home Association Meeting. All Southwest welcome.

Saturday, March 13, 2010

Bonham, TX 10-11:30a

Making Nutrition Count

Connie Alexander's Home

112 W Russell St

Directions: 903-640-4345 or 972-398-9398

Registration: 972-398-9398 Renee

Saturday, March 20, 2010

Northwest San Antonio 1-3p

Nutrition Program Training

San Antonio Public Library

Cody Branch: 11441 Vance Jackson

For registration and directions:

210-233-8453 Patricia

Tyler, TX 9:30a

Nutritional Workshop and Training

Debbie Martin Home

8422 Castleton Way

Registration: 903-570-0417 Debbie

Saturday, March 27, 2010

Frisco, TX 10-11:30a

My Kids Won't Eat That!

Fabiola Gregorio's Home

4060 W Crescent

Directions: 214-407-8489

Registration: 972-398-9398 Renee

Pull up to the guard gate to announce yourself

East Ft. Worth, TX 9:30-11a

Barbara Price's house

2033 N Edgewood Terrace

Fort Worth, Texas 76103

For registration and directions:

817-536-4514 Barbara

Barbara lives in Meadowbrook in East Fort Worth.

Wednesday, March 31, 2010

North Austin, TX 7p

Live Well

Milwood Branch Library

12500 Amherst Dr.

Directions: 512-974-9880

Registration: 512-263-4002 Sandy

### Oats & 'Naner Drops



#### Teething Cookies for Infants

Ingredients:

- 1 c quick oats
- 1 c ground oats (grind oats and make a coarse oat flour)
- 1/4 t salt
- 1/4 t cinnamon or ginger or cardamom (we'd try it with all 4 spices.)
- 1/4 t nutmeg
- 1 t baking powder
- 1 c (~2) overripe bananas, mashed
- 1 t vanilla extract
- 3 T oil of choice

Directions:

Mix dry, mix wet, add wet to dry. Drop by the spoonful onto parchment paper or greased baking sheet. Bake 12-15 min at 350.

\*wholesomebabyfood.com



## \*\*SPOTLIGHT PROVIDER\*\*

123-0207

Melissa Overholser in Lubbock, TX is a former school teacher who now runs a childcare home and stays home with her daughter. She uses every inch of her very large home as a part of her daycare. Along with her assistant Maria Bouca, they conduct their childcare home in a school like manner using computers and other teaching aides. Plus she makes extremely healthy homemade meals that all the kids love. Beautiful childcare home, Melissa!

A provider with Southwest since 1999, Tony Bingham has a wonderful childcare home in Austin, TX. She makes homemade foods which usually feature several choices of fruits and vegetables for the kids. They engage in fun activities; everything from art projects to field trips. At Christmas one year, Tony created a DVD starring the children and set it to Christmas carols. So creative.. Thanks for the great ideas!

## Workshops in April

Saturday, April 10, 2010

Southeast San Antonio 1-3p

Nutrition Program Training  
McCressless Branch Public Library  
1023 Ada

For registration and directions:  
210-233-8453 Patricia

San Saba, Goldthwaite 10a

Cent\$ible Meals  
Kyla Pritchard's Home  
1805 Elza Dr Goldthwaite, TX  
Directions and Registration:

254-690-8107 or  
[mzfine48@yahoo.com](mailto:mzfine48@yahoo.com) Veronica

Saturday, April 17, 2010

McKinney, TX 10-11:30a

Nibbles for Health  
Amy Bergland's Home  
404 Dolomite Dr  
Directions: 972-529-8465  
Registration: 972-398-9398 Renee

Waco, Rockdale, Groesbeck, Temple

10a  
Cent\$ible Meals  
Mary Bradley's Home  
401 Simons, Robinson, TX  
Directions and Registration:  
254-690-8107 or  
[mzfine48@yahoo.com](mailto:mzfine48@yahoo.com) Veronica

South/Southeast Ft.Worth, TX

9:30-11a  
Johnnie Miledge's Home  
6904 Rebel Rd  
Forest Hill, Texas 76104  
For registration and directions:  
817-536-4514 Barbara

Tyler, TX 9:30a  
Nutritional Workshop and Training  
Debbie Martin Home  
8422 Castleton Way  
Registration: 903-570-0417 Debbie

Saturday, April 24, 2010

Greenville, TX 10-11:30a

Making Nutrition Count  
Patricia Stanton's Home  
4400 Stonewall St  
Directions: 903-450-4729  
Registration: 972-398-9398 Renee

Denton, North Ft.Worth, TX

9:30-11a  
Latrishia Leinwelder's Home  
1737 Sierra Meadow  
Justin, Texas 76247  
For registration and directions:  
817-536-4514 Barbara

## Tip of the Month:

### For All Providers Using All Paper Forms

Always remember to include your **yellow CIF** (claim information form) with every single claim. Match the month on top of the **CIF** to the correct claim and send it in! Include the **CIF** with every claim even if you don't have any corrections for the month.

### For All Providers Using Write-In Forms

Any writing in the shaded areas of your forms will result in disallowed meals. Keep your writing in the correct areas!

## 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!

## Broccoli Balls



- 2-3 heads of broccoli, cooked and drained
- 2 Cup crushed seasoned stuffing
- 1 Cup grated Parmesan cheese
- 6 eggs, lightly beaten
- ½ Cup butter, softened
- ½ teaspoon salt
- ¼ teaspoon pepper



- ♣ Have an adult chop, cook and drain broccoli.
- ♣ Chop in blender.
- ♣ Meanwhile, kids can add stuffing, Parmesan cheese, eggs, butter, salt and pepper together in large bowl.
- ♣ Mix well.
- ♣ Add chopped cooked broccoli and mix again.
- ♣ Shape into 1 in balls.
- ♣ Place in greased baking pan. Bake at 350 for 10-12 minutes or until golden brown.

This recipe makes a lot so you can bake half and freeze half. To freeze, place on a cookie sheet in a single layer and freeze. When frozen you can place in a Ziploc bag and store in freezer

\*kids-cooking-activities.com

## Fun Facts about Broccoli!

### Broccoli is Available:

Available year round but their true season is fall to early spring.

### How does Broccoli Grow:

Broccoli grows from a seed planted in the garden.

### What to Look for When Buying Broccoli:

Broccoli should be dark green with no yellowish or purple color.

### Broccoli Storage Tips:

Store in your refrigerator.

### How to Cook Broccoli:

Eat chopped in salads, soups, stir fry, sautéed, in casseroles, boiled, steamed or eat as is. Try steaming your broccoli for more nutrition.

### Broccoli Nutrition Facts:

Broccoli is high in Vitamin C, beta carotene and Vitamin A. One serving size is 1 cup.

\*kids-cooking-activities.com





# Too Much Sugar!



Though studies confirm the correlation between sugar-rich foods and childhood behavior problems, many parents continue to foster their kids' sugar addictions. Why? And what can be done to break the cycle? Kathleen DesMaisons, president and CEO of Radiant Recovery (a nutrition-based addiction recovery program) and author of the new book *Little Sugar Addicts* has studied the correlation between sugar, health, and behavior for more than 15 years, and her studies confirm what many mothers already intuitively know: Sugar changes our children. It can turn the happiest, calmest, and most collected child into a teary-eyed, angry terror. Many parents, although they sense the tie between sugar and bad behavior, continue to let their children drink undiluted juice or straight soda, and eat cookies, candy, and other sweets. Why? Because it is hard to stop the cycle. A child acts out in the grocery aisle begging for candy, and the embarrassed mom or dad succumbs and buys the candy bar. The child is suddenly back to "normal." Until she has a temper tantrum during the car ride home. So, what can you do to free your child—and yourself or family—from sugar addiction? DesMaisons offers a wealth of helpful advice.

## How Sugar Affects Behavior

How do you know if your child is sugar sensitive? "I've never known parents who didn't know," chuckles DesMaisons. "Usually the kids really, really want sweet stuff. They don't want to eat protein—they only want to eat sweets." This is particularly acute during snack times. "The most critical issue for children is when their blood sugar drops," DesMaisons points out. "If your child is being horrible and you give them something sweet, and they are immediately nice—they are sugar sensitive."

In her book *Little Sugar Addicts*, DesMaisons suggests looking at your child's behavior, health, and emotional state: Does your child ask for sweet foods all the time? Have unexpected meltdowns that end in tantrums or tears? Is she impulsive, wildly dramatic or goofy, restless, or known as a motor mouth? Does she have a hard time paying attention or lock in on a task and then forget to do anything else? Look at your child's health too. Does she have a lot of allergies or persistent ear infections? Is she overweight? And what is her general mood? Does she cry easily and frequently? Is she moody or does she exhibit a low self-esteem?

All of these traits may sound like normal childhood behavior—for parents of toddlers this may simply seem like everyday life! But, "the terrible twos are a myth," says DesMaisons, stating the behavior can be a direct result of diet. "Mood swings, inability to concentrate, temper tantrums, and the most significant—low self-esteem are all the affects of too much sugar in your child's diet."

Your little one's body doesn't handle or process sugar the same way as an adult. In fact, you may be surprised at just how acutely different a child's body responds to even a seemingly small amount of sugar. For example, look at one can of soda. "If you have an adult who drinks a 12-ounce can of soda (40 grams of sugar)," explains DesMaisons, "they are having one gram of sugar per four pounds of body weight. But, if you give a can of soda to a 40-pound child, the dose relationship is very different. For a child that is the equivalent of four cans or a six pack."

## How Sugar Impacts Kids

What does sugar do to kids? The effects are threefold and involve three inter-dependent aspects of their brains and bodies: blood sugar, and serotonin and beta-endorphin levels. When we eat carbohydrates, such as sugars and starches, our blood sugar rises and our bodies release insulin. Insulin then helps to fuel the body. But for children who are sugar sensitive, this careful balance of food and fuel is disrupted. Blood sugar rises more quickly and reaches higher levels than normal. As result, a greater amount of insulin is released, and sugar is absorbed more quickly into our cells. This creates that "sugar high" we've all felt. And it subsequently creates that nasty crash—defined by feelings of exhaustion, spaciness, and irritability.

An important brain chemical affected by sugar is serotonin. "Serotonin is a chemical that quiets the brain," writes DesMaisons. It is what makes us all have that feeling of well-being and peacefulness. When a child has low serotonin levels, she feels out of control, depressed, and overwhelmed. "Sugar sensitive children have lower levels of serotonin than other children," adds DesMaisons. By

changing diet, these beneficial levels can be raised, creating more self-confident, in-control children with a much happier outlook on themselves and the world around them.



## 7 steps to fight sugar and its effects:

1. Eat breakfast with protein; and do it within the first hour of waking, suggests DesMaisons, to beat a drop in blood sugar.
2. Make connections between food and mood. Never reward a child with food—especially sweets.
3. Change snacks and drinks. Children under the age of 18 should eat every three hours to prevent a drop in blood sugar. In addition to good, well-balanced meals, your child should get several high-protein snacks throughout the day.
4. Eat protein lunches. Foods like cottage cheese, poultry and meats, eggs, and nuts are all essentials.
5. Shift to whole grain food. Cut any white flour breads and pastas from your diet.
6. Take out the sugar. ("Notice that taking out sugar is not step one. It is step six," writes DesMaisons.)
7. Take care of life. Relax, have fun, and spend time with your family.

Beta-endorphins, another brain chemical affected by sugar, are what DesMaisons calls, "the brain's own pain killer." Children who are sugar sensitive are much more sensitive towards both physical and emotional pain. Trips to the dentist are far more traumatic, and feelings are hurt far more easily than in children who eat less sugar. But even more importantly, beta-endorphins are strongly associated with self-esteem. Children with normal beta-endorphin levels feel confident and secure. However, children who eat too much sugar, which heightens these levels, then "feel inadequate and unworthy, even if they are smart," once the sugar wears off, writes DesMaisons.

## A Seven-Step Solution

Sugar and addiction are strongly linked. "While not deadly like heroin," writes DesMaisons, "sugar similarly affects beta-endorphin. It impacts the same neurochemical system as heroin, although not as intensely." And breaking that addiction can be a long and difficult process. DesMaisons understands that this is a problem faced not just in family's homes, but at school, and in the world at large. She suggests that the best way to approach finding a solution is to first focus on your family and home. Strive to make change there first, then supply your child with the tools to make healthy and smart food choices when she is out of your care.

The first true step is to take a look at your and your spouse's or partner's diet. "I've written four books, and this is the hardest book I've ever done," says DesMaisons of *Little Sugar Addicts*. "[This] is really about the parents and not the children." DesMaisons suggests keeping a food journal and becoming aware of your role as nutrition model for your children. She gives the analogy of an oxygen mask on a distressed airplane: In case of an emergency, flight attendants tell us to first administer the oxygen masks to ourselves, then tend to family members or loved ones. This advice applies here as well; assess your own diet and sugar intake before you take steps to improve your child's diet.







# MARCH

	1	2 <i>Read Across America Day</i>	3 Austin, Sachse Workshops <b>Send in Claim!!</b>	4 Amarillo Workshop	5	6 Amarillo, Ft. Worth, Little Elm Workshop
7	8	9 Richardson Workshop	10			13 Bonham Workshop
14 <i>Daylight Saving Time Begins</i>	15 	16	17 <i>St. Patrick's Day</i>	18	19	20 San Antonio, Tyler Workshops <i>First Day of Spring</i>
21	22	23	24	25	26	27 Frisco, Ft. Worth Workshops
28 <i>Palm Sunday</i>	29	30 <i>Passover</i>	31 Austin Workshop			

## Felt Flowers for Spring!

- ✿ Use scissors to cut a variety of flowery shapes from the felt. Tip: use a marker and cardstock template to sketch the shapes first.
- ✿ Allow the children to choose 2 or 3 different shapes to glue in layers to create their unique flower.
- ✿ Glue the corsage to a pin or magnet. For extra flair, embellish your pin with beads or a button.

\*babycenter.com

### Supplies:

- ✿ Felt
- ✿ Scissors
- ✿ Marker and thick paper
- ✿ Pins and/or magnets
- ✿ Beads, Buttons, or other unique accents

