



Volume 25

Sponsors of the Child and Adult Care Food Program

March 2011

Issue 6

Blake Stanford, President

Brenda Baldwin, Program Director

Liz Curtis, Compliance Officer

Martin North, Website/MM Kids Specialist

Lindsey Seybold, Editor

## In this Issue:

-  Workshops
-  Eat Right With Color!
-  Mystery Provider
-  Eat the Rainbow!
-  New Dietary Guidelines Article
-  March Calendar
-  015-0547

The theme for National Nutrition Month in 2011 is **Eat Right With Color!**  
 Teach your kids how to create a rainbow on their plates by eating foods that are different colors and filled with different nutrients. Visit [eatright.org](http://eatright.org) for excellent articles and fun activities this month!



## Workshops for March

Thursday, March 3, 2011

**Amarillo, TX**

Portions and Fighting Obesity  
 Registration and Directions:  
 806-354-0243 Symony

Saturday, March 5, 2011

**South Ft Worth, TX** 11a

Portions and Staying in Compliance!  
 Cotton Patch on South Hulen  
 Registration and Directions:  
 817-536-4514 Barbara  
 Call Barbara to let her know the meal count!

**Bonham, TX** 10-11:30a

Sanitation and Health  
 Connie Alexander's home  
 112 W Russell St  
 Directions: 214-498-8033  
 Registration: 972-398-9398 Renee

**Amarillo, TX**

Portions and Fighting Obesity  
 Registration and Directions:  
 806-354-0243 Symony

Saturday, March 5, 2011

**South of Austin, TX** 10a

Useful Resources Workshop with  
 Special Guest Kelly Waterman  
 Martha Carrillo's home  
 713 Picasso Dr. San Marcos 78666  
 Directions: 512-754-0211

Registration: 512-263-4002 Sandy  
 If you are located south of Austin this is your workshop. Don't miss your opportunity. Kelly Waterman from the Capital Area Food Bank will be also be speaking for a bit about the SNAP program.

**Oak Point, TX** 10a-12p

The Two Bite Club  
 Georgetta Manning's Home  
 600 Knollwood Trail Ct  
 Directions: 469-252-9940  
 Registration 972-243-3237 Wend'e  
 Please RSVP by February 28<sup>th</sup>!



Wednesday, March 9, 2011

**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 kids, please!

Saturday, March 26, 2011

**Tyler, TX** 9:30a

Nutritional Workshop and Training  
 Debbie Martin's Home  
 8422 Castleton Way  
 Registration: 903-570-0417  
 Debbie

**Mesquite, TX** 9-11a

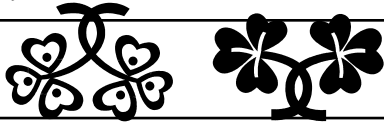
Zobey Fighting Childhood Obesity  
 Darlene Sullivan's Home  
 2411 Decoy Rd  
 Directions: 972-222-9725  
 Registration 972-243-3237 Wend'e  
 Please RSVP by March 21<sup>st</sup>!

**Wylie, TX** 10-11:30a

Building for the Future  
 Norine Bullard's home  
 307 Foxwood Ln  
 Directions: 469-358-2304  
 Registration: 972-398-9398 Renee

## 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!



## Workshops for April

Monday, April 4, 2011

**Grand Prairie, TX** 7-8:30p

Food Program: Everything you wanted to know but were afraid to ask!

Margaret Chapman's home  
1809 Dorothy Dr.

Directions: 972-264-4174

Registration 972-243-3237 Wend'e

This is an evening workshop hosted by both Wend'e and Barbara! Please RSVP by March 30<sup>th</sup>.

Saturday, April 9, 2011

**North Austin, TX** 10a

Useful Resources Workshop with

Special Guest Kelly Waterman

Frances Middlebrook's home

807 Cheyenne Valley Cove Round Rock  
78664

Directions: 512-670-9327

Registration: 512-263-4002 Sandy

If you are located in Taylor, Hutto, Pflugerville, or Round Rock this is the class for you. Special guest Kelly Waterman from the Capital Area Food Bank will also be stopping by to talk about the SNAP program.

**Greenville, TX** 10-11:30a

Nibbles for Health

Pat Stanton's home

4400 Stonewall

Directions: 903-450-4729

Registration: 972-398-9398 Renee

## Eat the Rainbow!

A St. Patrick's Day themed snack... Create a rainbow with colorful fruits and veggies with a pot of golden cheese coins at the end!

- ✓ Take a sharp knife and cut the peel around the middle of a small tangerine.
- ✓ Pull the tangerine slices out of the peel so you have two little tangerine peel bowls.
- ✓ Cut a stick of cheddar string cheese into "golden coins" and fill the tangerine peel bowl to be the "pot at the end of the rainbow"
- ✓ Cut an array of fruits and veggies so that the kids can arrange their own colorful rainbow on their plate with their own pot of golden cheese coins.

Look below for suggestions for the rainbow!

Saturday, April 23, 2011

**McKinney, TX** 10-11:30a

Tackling Childhood Obesity

Amy Bergland's home

404 Dolomite

Directions: 972-529-8465

Registration: 972-398-9398 Renee

Saturday, April 30, 2011

**South Austin, TX** 10a

Useful Resources Workshop with

Special Guest Kelly Waterman

Manchaca Library

5500 Manchaca Rd. Austin 78745

Directions: 512-447-6651

Registration: 512-263-4002 Sandy

**Sandy's Last Workshop!!**

If you haven't been able to get to another training then this is the one for you. Last chance to attend your food program workshop. Kelly Waterman from the Capital Area Food Bank will also be stopping by to talk about the SNAP program.

**Tyler, TX** 9:30a

Nutritional Workshop and Training

Debbie Martin's Home

8422 Castleton Way

Registration: 903-570-0417

Debbie

### The American Dietetic Association suggests that we eat more colorfully in 2011!

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

↑ Fruits: avocado, apples, grapes, honeydew, kiwi and lime

↑ Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange** and deep **yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

↑ Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

↑ Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

↑ Fruits: blackberries, blueberries, plums, raisins

↑ Vegetables: eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

↑ Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon

↑ Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

↑ Fruits: banana, brown pear, dates and white peaches

↑ Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, and white corn

# Summary of the New Dietary Guidelines 2010

At the beginning of 2011, Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius announced the release of the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

"The 2010 Dietary Guidelines are being released at a time when the majority of adults and one in three children is overweight or obese and this is a crisis that we can no longer ignore," said Secretary Vilsack. "These new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also for our country."

The new 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains.

"Helping Americans incorporate these guidelines into their everyday lives is important to improving the overall health of the American people," said HHS Secretary Sebelius. "The new Dietary Guidelines provide concrete action steps to help people live healthier, more physically active and longer lives."

This edition of the Dietary Guidelines comes at a critical juncture for America's health and prosperity. By adopting the recommendations in the Dietary Guidelines, Americans can live healthier lives and contribute to a lowering of health-care costs, helping to strengthen America's long-term economic competitiveness and overall productivity.



USDA and HHS have conducted this latest review of the scientific literature, and have developed and issued the 7<sup>th</sup> edition of the Dietary Guidelines for Americans in a joint effort that is mandated by Congress. The Guidelines form the basis of nutrition education programs, Federal nutrition assistance programs such as school meals programs (including the Child and Adult Care Food Program) and Meals on Wheels programs for seniors, and dietary advice provided by health professionals.

The Dietary Guidelines, based on the most sound scientific information, provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases.



The Dietary Guidelines aid policymakers in designing and implementing nutrition-related programs. They also provide education and health professionals, such as nutritionists, dietitians, and health educators with a compilation of the latest science-based recommendations.

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today!



## Balancing Calories

-  Enjoy your food, but eat less.
-  Avoid oversized portions.

## Foods to Increase

-  Make half of your plate fruits and vegetables.
-  Switch to fat-free or low-fat (1%) milk.

## Foods to Reduce

-  Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
-  Drink water instead of sugary drinks.

# March



	1 	2	3 <b>Send in Claim!</b>  Amarillo Workshop	4	5 Amarillo, Ft. Worth, Austin, Bonham, Oak Point Workshops
6 	7	8 Mardi Gras	9 Sachse Workshop  Ash Wednesday	10	11 
13 Daylight Savings Time Begins	14	15 	16	17 St. Patrick's Day	18
20 First Day of Spring	21	22	23	24	25
27 	28	29	30	31	



## Answers to February's quiz

- |                 |            |
|-----------------|------------|
| 1. true         | 6. 60, 170 |
| 2. constipation | 7. true    |
| 3. false        | 8. true    |
| 4. full fruit   | 9. oil     |
| 5. oranges      | 10. true   |