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Sponsors of the Child and Adult Care Food Program March 2012 Brenda Baldwin, Program Director

Blake Stanford, President

Martin North, Website/MM Kids Specialist

Lindsey Seybold, Editor

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Workshops for March

Thursday, March 1, 2012

Austin, TX 7-8:30p Healthy Choices Milwood Library 12500 Amherst Dr Austin, TX 78727 Please call to register: 512-263-4002 Sandy This is a great class for anyone who lives in North Austin, Cedar Park, Leander, or Round Rock!

Amarillo, TX 7p Milk Workshop Symony Morris's home 7209 Brookfield 79124 Directions and registration: 806-354-0243 Symony

Saturday, March 3, 2012

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Saturday, March 3, 2012

9-11a

Oak Cliff, TX Nutritious Snacks and New Milk Rules Moreland YMCA 907 E Ledbetter Dr. 75216 Directions: 214-375-2583 Registration: 972-243-3237 Wend'e

This will replace the workshop that is usually held the first Saturday in May.

Saturday, March 10, 2012

Sherman, TX 10-11:30a Planning Low Cost Menus Barbara Reyna's home 107 S Maxey 75090 Directions: 903-868-1289 Registration: 972-398-9398 Renee

Thursday, March 15, 2012

El Paso, TX 7-9_D The Perfect Monitor Visit Nancy's Home 213 Foster Dr. El Paso, TX 79907 Registration and Directions: 915-383-3663 Nancy Please call to RSVP. Thank vou!

Saturday, March 17, 2012

Waco, TX 10a-12p Milk Workshop Pattie Herbert's home 3300 Herring, Waco, TX Directions: 254-224-6210 Registration: 254-690-8107 Veronica Brunch will be served. Waco, Rockdale, West, Gatesville, Bosque and Falls this is for you!



Monday, March 19, 2012

La Grange, TX 7-9p Back to Basics & Helpful Food Mt. Calvary Lutheran Church 800 N. Franklin (preschool building behind the church) Registration required: laurie.belle@yahoo.com or text 281-808-1137 Laurie Please include your name and how many will come.

Saturday, March 24, 2012

Oak Point, TX | | 1a-12:30p My Kids Won't Eat That! Georgetta Malcolm's home 600 Knollwood Trl 75068 Directions: 469-252-9940 Registration: 972-398-9398 Renee

Mesquite, TX 9-11a Nutritious Snacks and New Milk Rules Darlene Sullivan's home 2411 Decoy 75181 Directions: 972-222-9725 Registration: 972-243-3237 Wend'e

Mesquite, Forney, and surrounding areas - this is your workshop. Hope you can make it!

Conroe, TX 10a-12p Back to Basics & Helpful Food Tips Montgomery County Library 104 I-45N Registration required: email laurie.belle@yahoo.com or text 281-808-1137 Laurie This will be the ONLY SAURDAY WORKSHOP

that I will have this year.

people.

Registration is limited to 25

Saturday, March 31, 2012

Seabrook, TX 12-2p Back to the Basics **Evelyn Meador Library** Registration: 713-816-4851 Carol

Farmers Branch, TX

10a-12p **Nutritious Snacks** Farmers Branch Library 13613 Webb Chapel at Golfing Green Farmers Branch, TX 75234 Directions: 972-247-2511 Registration: 972-243-3237 Wend'e This is my VERY LAST workshop this year. You are REQUIRED to have training each year!

Northwest San Antonio

San Antonio Public Library Cody Branch 11441 Vance Jackson Directions and registration: 210-233-8453 Patricia

Victoria, TX 9:30-11:30a My Kids Won't Eat That! Victoria Public Library 302 N. Main Directions and Registration: 361-241-4446 Eileen

El Paso, TX 9a-12p Useful Resources & Making **Nutrition Count** Nancy's Home 213 Foster Dr. El Paso, TX Registration and Directions: 915-383-3663 Nancy Please call to RSVP. Thank you!



Workshops for April

Tuesday, April 10, 2012 Port Neches, TX 7_p Got Milk! Useful Resources Cuddle Bugs Day Care

Please call or text: 409-344-3817 Nanette

This is the Golden Triangle Assoc. of Family Day Homes monthly meeting!

7-9_D

Humble, TX

Atascocita Library 19520 Pinehurst Trails Dr. Humble, Tx 77346 Registration required: email laurie.belle@yahoo.com or text 281-808-1137 Laurie Please include your name and how many will attend.

Saturday, April 14, 2012 Southeast San Antonio 1-3p McCreless Branch Library 1023 Ada Directions and registration: 210-233-8453 Patricia

Saturday, April 21, 2012 Houston, TX 12:30-2:30p

Back to the Basics Parker Williams Library 10851 Scarsdale Blvd

Registration: 713-816-4851 Carol

March 26th is Spinach Day!

Spinach was first cultivated over 2,000 years ago. By 1806, it had become a popular vegetable in America and in the 1920's the U.S. pushed spinach commercially, with the Popeye the Sailorman cartoon. Spinach is eaten raw in salads and also as a cooked green much like turnip greens or collard greens.

How to Select

Choose fresh, crisp, green bunches with no evidence of insect damage.

How to Store

Loosely wrap spinach in damp paper towel. Refrigerate in plastic bag for use within 3-5 days.

Nutrition Benefits

Fat free; saturated fat free; cholesterol free; low calorie; high in dietary fiber; excellent source of fiber; high in vitamin A; high in vitamin C; high in iron, high in folate; good source of magnesium. *fruitsandveggiesmorematters.org

Saturday, April 21, 2012

10-11:30a

Georgetown, TX

Healthy Choices Susan Brunner's Home 215 Rockcrest Dr.

Georgetown, TX 78628 Directions and Registration:

512-263-4002 Sandy

All those who live North of Austin this is the class for you. Limit of 15 providers so be sure to call and register early!

Saturday, April 21, 2012 Laredo, TX 10a-12p

My Kids Won't Eat That! Laredo Public Library 1120 E. Calton Rd. Directions and Registration: 361-241-4446 Eileen

Laredo, come see what the surprise is?!?

Saturday, April 28, 2012 Bonham, TX 10-11:30a Nibbles for Health Connie Alexander's home 112 W Russell 75418 Directions: 214-491-8033 Registration: 972-398-9398 Renee Laurie Ramos, the program coordinator for the area North of Houston, has a new email address! Please use this email address: laurie.belle@yahoo.com for any correspondence. Thank you!

Mystery Provider

Each month in this newsletter we put the provider IP 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 the February quiz

- 1. true
- 6. hard-boiled eggs
- 2. easier
- 7. simple 8. true
- 3. false
- 9. false
- 4. table
- 5. decrease 10. Vendina

10 Great Ways to Enjoy Green

- 1. Salad On-the-Go. Tear spinach leaves and toss into a whole wheat pita with your favorite salad toppings. Add low-fat dressing for a guick salad on the go.
- 2. Spinach in Stir-Fry? Yes Indeed. Cook spinach, bell peppers, onions, mushrooms, and broccoli in a little olive oil on high heat for a delicious vegetable medley.
- 3. Spinach Fruit Salad. Use fresh spinach to make a salad then toss in some strawberries, mandarin oranges or apple slices. Enjoy.
- 4. Omletes. Add spinach, mushrooms, onions and low-fat cheese to make a nutritious and delicious filling for omelets and frittatas
- **5. Popeye-Approved Potatoes.** Mix cooked frozen spinach into mashed potatoes. Top with parmesan cheese for a twist on an old favorite.
- 6. Spinach Wrap. Use spinach as a wrap. Place grilled chicken in a spinach leaf and dip into low-fat ranch dressing.
- 7. Spinach Dip. Cook spinach [according to package] then mix in parmesan cheese, pine nuts and sliced cashews. Heat at 350°F for 10 minutes.
- 8. **Spinach Pesto.** Use spinach instead of basil leaves in your traditional pesto recipe.
- 9. Spinach Smoothie? Ewwww! Relax. Spinach has no flavor so you can add in the vitamins and minerals without changing the taste. Just a handful of fresh spinach will amp up the nutrition in your favorite smoothie.
- 10. Stuffed Chicken. Stuff chicken with spinach, low-fat cheese and onions. After the chicken is baked use the spinach combination as a flavorful side dish.

*fruitsandveggiesmorematters.org

<u>Get Your Plate in Shape!</u>

During National Nutrition Month® and beyond, the Academy of Nutrition and Dietetics encourages everyone to include healthy foods from all food groups through this year's theme: "Get Your Plate in Shape."

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says registered dietitian and Academy Spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan."

Giancoli offers the following recommendations to "Get Your Plate in Shape":

Make half your plate fruits and vegetables.

- Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas.
- When buying canned vegetables, choose "reduced sodium" or "no salt added" whenever possible. Rinsing whole varieties like beans, corn and peas can also reduce sodium levels.
- Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- Make sure every meal and snack has at least one fruit or vegetable or both.

Make at least half your grains whole.

- *Choose brown rice, barley and oats and other whole grains for your sides and ingredients.
- Switch to 100-percent whole-grain breads, cereals and crackers.
- Check the ingredients list on food packages to find foods that are made with whole grains.

Switch to fat-free or low-fat milk.

- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- lf you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

- Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
- Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- At least twice a week, make fish and seafood the protein on your plate.
- Skeep meat and poultry portions lean and limit to three ounces per meal.

Cut back on sodium and empty calories from solid fats and added sugars.

- Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice.
- Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- Season foods with spices or herbs instead of salt.
- Select lean cuts of meat or poultry and fat-free or low-fat dairy products.
- Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

Giancoli recommends cooking more often at home, where you are in control of what is in your food. "And don't forget that exercise and healthful eating are crucial to maintaining a healthy lifestyle," Giancoli says. "Choose activities you enjoy like going for a walk with your family, joining a sports team, dancing or playing with your children. If you don't have a full 30 minutes, carve out 10 minutes three times a day. Every bit adds up and health benefits increase the more active you are."

		rel	2	1 Austin, Amarillo Workshops	2	3 Send in Claim! Amarillo, Oak Cliff Workshops
4	5	6	7	8	9	10 Sherman Workshop
Daylight Savings Time Begins	12	13	14	15 El Paso Workshop	16	17 Waco Workshop St. Patrick's Day
18	19 La Grange Workshop	20 First Day of Spring	21	22 World Water Day	23	24 Oak Point, Mesquite, Conroe Workshops
25	26 Spinach Day	Spri	ng	29 930034	30	31 Seabrook, Farmers Branch, San Antonio, Victoria, El Paso Workshops

USDA's new MyPlate food guidance system is comprised of the new MyPlate symbol and other materials to help Americans make healthy food choices and to be active every day. The MyPlate icon:

- is part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices
- is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone
- illustrates the five food groups using a familiar mealtime visual, a place setting
- is a great reminder that fruits and veggies should make up more than half of your plate at every meal



International World Water Day is held annually on 22 March as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources. An international day to celebrate freshwater was recommended at the 1992 United Nations Conference on Environment and Development (UNCED). The United Nations General Assembly responded by designating 22 March 1993 as the first World Water Day.

There are 7 billion people to feed on the planet today and another 2 billion are expected to join by 2050. Statistics say that each of us drinks from 2 to 4 litres of water every day, however most of the water we 'drink' is embedded in the food we eat: producing 1 kilo of beef for example consumes 15,000 litres of water while 1 kilo of wheat 'drinks up' 1,500 litres.

Coping with population growth and ensuring access to nutritious food to everyone call for a series of actions we can all help with:

consume less water-intensive products

reduce the scandalous food wastage: 30% of the food produced worldwide is never eaten and the water used to produce it is lost! produce more food, of better quality, with less water

follow a healthier diet

At all steps of the supply chain, from producers to consumers, actions can be taken to save water and ensure food for all. And you? Do you know how much water you actually consume every day? How can you change your diet and reduce your water footprint?



