

Workshops for April

Tuesday, April 10, 2012

Port Neches, TX 7p

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!

Humble, TX 7-9p

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 Sailor 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.

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Saturday, April 21, 2012

Georgetown, TX 10-11:30a

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 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 to the February quiz

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

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 quick 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. **Omeletes.** 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? Ewww!** 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.

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Get Your Plate in Shape!

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.
-  If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

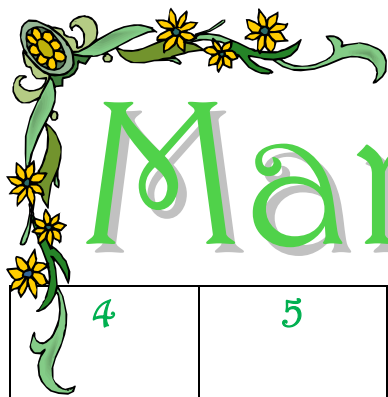
Vary your protein choices.

-  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.
-  Keep 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."



March



				1 Austin, Amarillo Workshops	2 	3 Send in Claim! Amarillo, Oak Cliff Workshops
4	5	6	7	8	9	10 Sherman Workshop
11 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	27	28 	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?

