



Southwest Human Development Services
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March 2013
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 Sheena Walter, Training

In this Issue:

-  Workshops
-  MM Kids HX Hints and Tips
-  Layered Fiesta Rice Salad
-  Guacamole Dip Recipe
-  Mystery Provider
-  Fat, Salt, and Sugar
bad



MM Kids Tips and Reminders:

-  Please be sure to record your meals on time the same day. Call or email the main office if you cannot record your meals properly for any reason (computer problems, etc) so a note can be made on your account. Otherwise your account can be flagged by the compliance department and meals disallowed.
-  For all school age children attending LUN or AM, you must also check either "Sick" or "Sch Out," then "SAVE". Always call your program coordinator or the main office with any questions!

Check out this Layered Fiesta Rice Salad Recipe on Page 2 of this newsletter! Yum!



Workshops for March

Saturday, March 2, 2013
Missouri City, TX 12:30-2:30p
 Missouri City Library
 1530 Texas Parkway 77489
 RSVP: 713-816-4851 Carol

Saturday, March 9, 2013
Little Elm, TX 11a-1p
 My Kids Won't Eat That!
 Mexi-Go Restaurant
 2831 El Dorado Pkwy
 Directions: 972-668-4994
 Registration: 972-398-9398 Renee
 You are welcome to eat lunch if you would like to!

Lampasas, TX 9-11a
 Lisa Davis's home
 4229 Fm 580 East Lampasas
 Directions and registration:
 512-556-6651 Veronica

Monday, March 11, 2013
Tomball, TX 7-9p
 Menu Planning
 Tomball Community College
 30555 Tomball Parkway
 RSVP by text 281-808-1137 or
 email laurie.belle@yahoo.com
 Laurie

Wednesday, March 13, 2013
Allen, TX 7-8:30p
 Laura Urby's home
 304 South Malone 75002
 Directions: 214-251-6471
 Registration: 972-398-9398 Renee

Thursday, March 21, 2013

Mesquite, TX 7-8:30p
 Healthy Snacks and Beverages
 Spring Creek BBQ in Mesquite
 3939 W. Emporium Cir at Town East
 Directions only: 972-682-3770
 Please RSVP: 214-679-9257 Wend'e

Saturday, March 23, 2013

Tyler, TX 9:30a
 Training Workshop
 Debbie's House
 8422 Castleton Way 75703
 Directions and registration:
 903-570-0417 Debbie

Bonham, TX 10-11:30a
 Happy Meals for Healthy Kids
 Connie Alexander's home
 112 W Russell 75418
 Directions: 214-491-8033
 Registration: 972-398-9398 Renee

Farmers Branch, TX 10a-12p
 Healthy Beverages and Snacks
 Farmers Branch Library
 13613 Webb Chapel at Golfing
 Green Farmers Branch, TX 75234
 Directions only: 972-247-2511
 Please RSVP: 214-679-9257 Wend'e
 This is my VERY LAST workshop for 2013! There will be FREE snacks!

Austin, TX 10-11:30a
 Spicewood Spring Library
 To register call: 512-263-4002 Sandy



Workshops for April

Saturday, April 6, 2013

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



Saturday, April 13, 2013

Galveston, TX

10a-12p

Galveston Kiddie College

1516 Ave K Galveston, TX 77550

RSVP: 713-816-4851 Carol

Saturday, April 27, 2013

Paris, TX

11a-1p

Sanitation and Health

Braums

3561 NE Loop 286

Directions: 903-785-0319

Registration: 972-398-9398 Renee

You are welcome to eat lunch if you would like to!



Tyler, TX

9:30a

Training Workshop

Debbie's House

8422 Castleton Way 75703

Directions and registration:

903-570-0417 Debbie



Answers to February's quiz

- | | |
|--------------|------------|
| 1. true | 6. true |
| 2. ratio | 7. calcium |
| 3. true | 8. Nuts |
| 4. Lacto-ovo | 9. improve |
| 5. essential | 10. true |

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!

Super fast guacamole dip

This quick dip is easy to make and can be eaten with raw veggies, crackers, or chips. Avocados are full of healthy fats to help little bodies and brains grow stronger and smarter. If you need help squashing the avocado and other ingredients, little fingers love to help!

1. Dice an avocado or two into a sandwich baggie.
2. Add 2 -3 forkfuls of salsa, allowing the liquid to drain before adding to the baggie.
3. Sprinkle salt, pepper, chili powder, cumin, and lime juice to taste.
4. Close the baggie and squish squash the ingredients together.
5. Cut a corner of the baggie and squeeze all the guacamole into a bowl.
6. Serve with raw carrots, celery, bell peppers, and tomatoes. Or rice crackers, graham crackers, pita chips, tortilla chips.

Layered Fiesta Rice Salad

This layered salad is easy to make and very portable – it won't wilt or go soggy quickly – and the rice and beans make a nutritious, inexpensive complete protein. Or add shredded roasted chicken or cooked shrimp to the dish. Create this dish with brown rice; leaving the bran intact keeps it higher in B vitamins, magnesium and fiber. Cook it the same way as white rice, allowing 40 minutes instead of 20.

- 1 1/2 cups uncooked long grain brown or white USA rice
- 1 red bell pepper, diced
- 1 ripe avocado, peeled and cubed
- 1 14 oz. (398 mL) can black beans, rinsed and drained
- 1 mango, peeled and cubed
- 1 1/2 cups each corn kernels and diced tomato
- 1/2 cup chopped green onion
- 1 1/2 cups grated cheddar cheese
- 1/4 cup chopped cilantro

Lime Dressing

- 1/4 cup olive oil
- 1/4 cup lime juice
- 1 tsp. ground cumin
- 1 tsp. honey
- 1 garlic clove, crushed
- 1/4 tsp. each salt and pepper
- a few drops of hot sauce

Cook the rice according to package directions. Spread evenly on a baking sheet to cool; fluff with a fork. In a jar, shake together the oil, lime juice, cumin, honey, garlic, salt, pepper and hot sauce.

Layer rice, red pepper, avocado, black beans, mango, rice, corn, tomato, green onion, cheese, and cilantro into a straight-sided, glass bowl or trifle dish, or divide among individual glass serving dishes. Drizzle with dressing and toss just before serving.

*babble.com

Fat, Salt, and Sugar: Not All Bad

Forcing children to eat food doesn't work. Neither does forbidding foods. When children think that a food is forbidden by their parents, the food often becomes more desirable.

It's important for both children and adults to be sensible and enjoy all foods and beverages, but not to overdo it on any one type of food. Sweets and higher-fat snack foods in appropriate portions are OK in moderation.

The following is information about fat, sugar, and salt and dietary recommendations based on recommendations from the US Department of Agriculture and the US Department of Health and Human Services.

Fat

Childhood is the best time to start heart healthy eating habits, but adult goals for cutting back on total fat, saturated fat, trans fat, and cholesterol aren't meant generally for children younger than 2 years.* Fat is an essential nutrient that supplies the energy, or calories, they need for growth and active play and should not be severely restricted.

However, high fat intake—particularly a diet high in saturated fats—can cause health problems, including heart disease later in life. Saturated fats are usually solid at room temperatures and are found in fatty meats (such as beef, pork, ham, veal, and lamb) and many dairy products (whole milk, cheese, and ice cream).

For that reason, after age 2 children should be served foods that are lower in fat and saturated fats. Healthier options include more low-fat, low-cholesterol foods like poultry, fish, and lean meat (broiled, baked, or roasted; not fried), soft margarine (instead of butter), low-fat dairy products, and low-saturated fat oils from vegetables, and limiting egg consumption.

As a general guideline, fats should make up less than 30% of the calories in your child's diet, with no more than about one-third or fewer of those fat calories coming from saturated fat and the remainder from unsaturated (that is, polyunsaturated or monounsaturated) fats, which are liquid at room temperature and include vegetable oils like corn, safflower, sunflower, soybean, and olive. Some parents find the information about various types of fat confusing. In general, oils and fats derived from animal origin are saturated. The simplest place to start is merely to reduce the amount of fatty foods of all types in your family's diet.

*Whole milk is recommended for children 12 to 24 months of age. However, your child's doctor may recommend reduced-fat (2%) milk if your child is obese or overweight or if there is a family history of high cholesterol or heart disease. Check with your child's doctor or dietitian before switching from whole to reduced-fat milk.

Salt

Table salt, or sodium chloride, may improve the taste of certain foods. However, researchers have found a relationship between dietary salt and high blood pressure in some individuals and population groups. High blood pressure afflicts about 25% of adult Americans and contributes to heart attacks and strokes.

The habit of using extra salt is an acquired one. Thus, as much as possible, serve your child foods low in salt. In the kitchen, minimize the amount of salt you add to food during its preparation, using herbs, spices, or lemon juice instead. Also, take the salt shaker off the dinner table, or at least limit its use by your family.

Processed foods often contain higher amounts of sodium. Check food labels for levels of sodium in processed cheese, instant puddings, canned vegetables, canned soups, hot dogs, cottage cheese, salad dressings, pickles, certain breakfast cereals, and potato chips and other snacks.

Sugar

Caloric sweeteners range from simple sugars, like fructose and glucose, to common table sugar, molasses, honey, and high fructose corn syrup. Although the main use of sugar is as a sweetener, sugar has other uses. For example, sugar can be used as a preservative, can change the texture of foods, and can enhance flavors and add color.

Sugars in foods, whether natural or added, provide calories—the fuel that supplies energy necessary for daily activities. And if given the choice, many children would probably request sugary foods and beverages for breakfast, lunch, and dinner—research shows that humans are naturally drawn to sweet tastes. However, parents should keep in mind that calories from sugar can quickly add up and over time can lead to weight gain, and sugar also can play a role in the development of tooth decay.



March

		1		2	Missouri City Workshop								
3	4	5	6	7	8	9	Little Elm, Lampasas Workshops						
Send in Claim!					15	16							
10	11				12	13	14	17	18	19	20	21	22
Daylight Savings Time Begins	Tomball Workshop								First Day of Spring	Mesquite Workshop			
17	18	19	20	21	22	23	24	25	26	27	28	29	30
St. Patrick's Day							Palm Sunday	Passover				Good Friday	
31													
Easter													

Watercolor and Salt Artwork

1. First, use a glue bottle to squeeze out your design, word, or picture onto sturdy paper (try watercolor paper, poster board cut down to smaller pieces, or tagboard.)
2. Sprinkle salt generously over the surface of the glue design so that the glue is completely covered with salt. Tip the paper and shake off the excess salt into a large container.
3. Next, dip a brush in liquid watercolors and touch it gently to the salt covered glue lines. Watch the paint travel along the salt and glue. A small dropper also works well for this. Younger kids often paint and "scrub" with their paint brush rather than delicately touching the paint brush to the glue lines. That's okay, too 😊
4. Let dry for a couple of days. Enjoy these beautiful works of art!