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Volume 29, Issue 6  
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March 2015  
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### In this Issue:

- Workshops
- Mystery Provider
- MM Kids Tips
- 10 Reasons to Handle Food Safety
- March Calendar
- Green Recipes

### Answers to February quiz

- |           |               |
|-----------|---------------|
| 1. true   | 6. true       |
| 2. chart  | 7. kitchen    |
| 3. true   | 8. true       |
| 4. create | 9. washing    |
| 5. invent | 10. measuring |

### MM Kids Tips:

- ✓ 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!

✓ 200325

## Workshops for March

### Tuesday, March 3, 2015

**Mesquite, TX** 7-8:30p  
 The Two Bite Club  
 Spring Creek BBQ  
 3939 W. Emporium Cir at Town East  
 Mesquite, TX 75150  
 Directions only: 972-682-3770  
 Please RSVP: 214-679-9257 Wend'e  
 If you plan to eat, please purchase your dinner before and meet in the back room at 7p!

### Saturday, March 7, 2015

**Bonham, TX** 10-11:30a  
 Cent\$ible Meals  
 Connie Alexander's home  
 112 W Russell 75418  
 Directions: 214-491-8033  
 Registration: 972-398-9398 Renee

### Tuesday, March 10, 2015

**Garland, TX** 7-8:30p  
 Buckingham Church of Christ  
 3630 West Buckingham Rd 75042  
 Registration: 972-398-9398 Renee  
 For the Garland Daycare Home Association and Southwest.

### Saturday, March 21, 2015

**Little Elm, TX** 10-11:30a  
 My Kids Won't Eat That  
 Kathy Thomas's home  
 1444 Sunbreeze Ln 75068  
 Directions: 469-888-9507  
 Registration: 972-398-9398 Renee



### Saturday, March 21, 2015

**North Austin, TX** 10a  
 Spicewood Spring Library  
 8637 Spicewood Springs Rd  
 Austin, TX 78759  
 Contact: [sandy@swhuman.org](mailto:sandy@swhuman.org)  
 or 512-263-4002 Sandy

**San Antonio, TX** 3-5p  
 Fun and Nutritious Snacks  
 Maverick Branch Library  
 8700 Mystic Park  
 San Antonio, TX 78254  
 Registration: [Rachelle@SWHuman.org](mailto:Rachelle@SWHuman.org)  
 or 210-289-5451 Rachelle

### Monday, March 23, 2015

**Tomball, TX** 7-9p  
 Tomball College Library  
 30555 State Highway (FM149)  
 Tomball, TX 77375  
 Directions: 832-559-4200  
 RSVP to Laurie by  
 text 281-808-1137 or  
 email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)  
**BIG MEETING ROOM ON THE LEFT – not the children's section this time!**

### Saturday, March 28, 2015

**Houston, TX** 2-4p  
 Scenic Woods Library  
 10677 Homestead Rd 77016  
 Questions: 713-816-4851 Carol  
 No need to register for the workshops.  
 See you there!

**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 6, 2015

**Brenham, TX** 7-9p

Christ Lutheran Church

1104 Carlee Dr

Brenham, TX 77833

RSVP to Laurie by

text 281-808-1137 or

email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)

Saturday, April 11, 2015

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

Recipes for Healthy Kids

Barbara Reyna's home

107 S Maxey 75090

Directions and Registration:

972-398-9398 Renee

Saturday, April 11, 2015

**Houston, TX** 10:30a-12:30p

Parker Williams Library

10851 Scarsdale Blvd

Questions: 713-816-4851 Carol

No need to register for the workshops. See you there!

Saturday, April 18, 2015

**Katy, TX** 10:30a-12:30p

Maud Marks Library

1815 Westgreen Blvd

Questions: 713-816-4851 Carol

No need to register for the workshops. See you there!

Saturday, April 25, 2015

**Galveston County, TX** 10:30a-12:30p

Evelyn Meador Library

2400 North Meyer Road, Seabrook

Questions: 713-816-4851 Carol

No need to register for the workshops. See you there!

Tuesday, April 28, 2015

**La Grange, TX** 7-9p

La Marina Restaurant

1502 W State Highway 71

Directions: 979-968-2065

RSVP to Laurie by

text 281-808-1137 or

email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)

As noted in the February Newsletter on the proposed meal changes, **Southwest Human Development Services** will be commenting as an organization and be contributing to NCA's response. All of you are encouraged to comment, if you wish, as well by April 12, 2015.

A summary of the proposed changes is below. Here is the link to the 90 page report:

[http://www.fns.usda.gov/sites/default/files/CACFP\\_Meal\\_Pattern\\_Rule\\_010915.pdf](http://www.fns.usda.gov/sites/default/files/CACFP_Meal_Pattern_Rule_010915.pdf)

Let me reiterate, **no changes have been made in the meal pattern – these are only proposed changes from USDA. The meal patterns remain the same.**

## SUMMARY OF PROPOSED CHANGES TO CACFP MEAL PATTERN

- Revise the infant age groups from three age groups to two age groups;
- Introduce solid foods to infants beginning at 6 months of age;
- Eliminate the service of fruit juice to infants of any age;
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility;
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group;
- Allow additional grain options for infant snacks;
- Add a fourth age group (13 through 18 years) to the meal pattern for children;
- Separate the fruit and vegetable component for children and adults;
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich;
- Require breakfast cereals to conform to WIC requirements;
- Prevent grain-based desserts from counting towards the grains component;
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains;
- Allow tofu to be counted as a meat alternate;
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day; and
- Disallow frying as an onsite preparation method for day care institutions and facilities.

## How Long You Can Store (Almost) Anything in the Fridge, Freezer and Pantry

Is that chicken breast at the bottom of your freezer still safe to eat? How about the mustard that's been in your cupboard for who knows how long? It's sometimes hard to know when food needs to be tossed, or when it's perfectly safe to salvage. We've de-mystified the process with this handy chart, which incorporates advice from the USDA, food scientists, and food manufacturers.

Type the link below in your web browser and scroll down for downloadable versions that are perfect for hanging on the fridge.

<http://www.realsimple.com/food-recipes/shopping-storing/food-storage-chart>

# USDA'S Meat and Poultry Hotline Presents the Top 10 Reasons to Handle Your Food Safely

In 2010, USDA's Meat and Poultry Hotline began its 25th year as a toll-free public service. Consumers with food safety questions may call the hotline weekdays year round with questions on the safe handling of meat and poultry products. The staff is available from 10 a.m. to 4 p.m. Eastern Time; recorded messages are available other times.

The Hotline has kept up with modern technology. Now consumers may have their questions answered via a chat at [www.AskKaren.gov](http://www.AskKaren.gov) during Hotline hours and can get answers electronically 24/7 at this site. Spanish-speaking callers can speak to bilingual food safety experts at the Hotline and also use a Spanish chat at [www.pregunteleaKaren.gov](http://www.pregunteleaKaren.gov)

## **10: Safe food handling practices are the ones most likely to preserve food's peak quality.**

Keeping hot foods hot and cold foods cold inhibits growth of the microorganisms that can spoil your food or make you ill. Storage at the proper temperature also retains the fresh appearance, pleasant aroma and agreeable texture that contribute so strongly to an enjoyable dining experience.

## **9: Safe food handling lets you enjoy to the fullest the nutritional benefits of food.**

If you've taken the time to carefully select a variety of healthful foods, why not use them up — or properly preserve them for long-term storage — while nutrient levels are at their peak? Foods that must be discarded due to decay or temperature abuse nourish no one.

## **8: The safest ways to handle food are usually the most efficient.**

Don't take chances in the name of saving time. Thawing meat and poultry products at room temperature and partial cooking are examples of practices which can seem like good ideas, but that may actually encourage bacterial growth by keeping food in the "Danger Zone" (40°-140 °F.) where bacteria multiply fastest. In the case of bacteria that produce heat-resistant toxins, this becomes a problem that further cooking can't fix.

## **7: Safe food handling is easy. You set a good example for others, including your children.**

You are the last person to handle your food before it is eaten. You may be the last person to handle food before it is served to your family or friends. Take charge! Prevention of illness may be as simple as washing your hands — an often-neglected but VERY important act.

## **6: Safe food handling inspires confidence and keeps peace in the family.**

Imagine: No more family feuds because someone handled dinner in a questionable fashion. And family and friends won't call the Meat and Poultry Hotline begging to have food safety literature mailed to your address!

## **5: Safe food handling can enhance your standing in the community.**

Food for a concession stand, bake sale or church supper must be carefully prepared. Many of those in your community are very young, elderly, or suffering from health problems that affect the immune system. These folks are at increased risk for foodborne illness. Protect their health and the reputation of your organization.

## **4: Safe food handling is the responsible thing to do.**

Those for whom you prepare food deserve the best, and you expect no less from those who produce and prepare food for you. You are no less important than the manufacturer, government regulator, or grocer in assuring food safety. You are an important link in the farm-to-table chain.

## **3: Safe food handling saves money.**

Foodborne illness costs billions each year in health care costs and lost wages. It's hard to throw away food you know has been mishandled. But compare the cost of the food to the cost of a bad case of food poisoning, starting with the doctor's bill!

## **2: By handling food safely, you will spare yourself and your family from a painful bout of illness.**

Bacterial, parasitic or viral illness caused by food is no fun, and it can have long-term consequences.

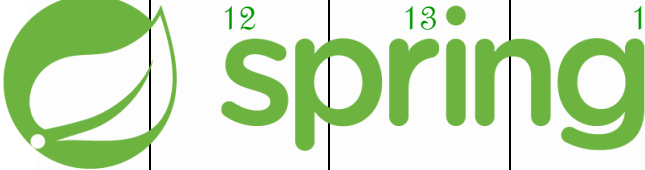


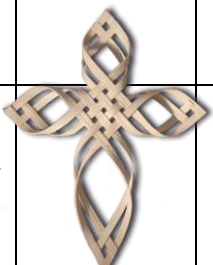
Should we fear food? No. Microscopic organisms have always been and will always be an important part of our world. But we must store foods properly, cook them thoroughly and keep our hands and work areas clean. Sometimes, what you can't see can hurt you.

## **1: It may save a life.**

Safe food handling really does make a difference. Where do you start? Learn more. USDA's Meat and Poultry Hotline can answer your food safety questions. Just call 1-888-MPHotline (1-888-674-6854) toll-free Nationwide.

# March



1	2	3 Send in Claim!  Mesquite Workshop	4	5	6	7 Bonham Workshop
8 Daylight Savings Time Begins	9	10 Garland Workshop				14
15 	16	17 St. Patrick's Day	18 	20 Spring Begins	21 Little Elm, North Austin, San Antonio Workshops	
22	23 Tomball Workshop	24	25	27	28 Houston Workshop	
29 Palm Sunday			31			



## It's March – Eat Green!

Not only because of St. Patrick's Day, but also because of the transition to spring and new life!

### 1. Kiwi

Add to yogurt or eat along side granola for a yummy new combo snack!

### 2. Avocado

Serve with eggs for breakfast, on basic sandwiches and salads, and in smoothies.

### 3. Spinach

Use to boost sandwiches and salads. See recipe on the left of this page to create yummy pesto so serve on pasta or spread on sandwiches or pizza. Let the kids get creative!

\*thrive.com

## Pistachio Pesto

### Ingredients

- 1 cup spinach, packed
- 1/4 cup pistachio, shelled, unsalted & toasted
- 1/4 cup parmesan, grated
- 1/2 teaspoon salt
- 1 garlic clove
- 1/3 cup olive oil
- 1 pound pasta, cooked



### Preparation

1. Place all the ingredients (except for the pasta) in a food processor and puree until smooth.

2. Mix with pasta and serve.

\* Pesto can be placed in containers (or even ice cube trays) and frozen for up to 3 months.

\*weelicious.com