



Southwest Human Development Services
 P.O. Box 28487 • Austin, Texas 78755-8487
 (512) 467-7916 • Toll Free (800) 369-9082
 Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

Volume 30, Issue 6
 Blake Stanford, President
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program
 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

March 2016
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

Workshops for March

Saturday, March 12, 2016
Sherman, TX 10-11:30a
 Making Nutrition Count
 Barbara Reyna's home
 107 S Maxey 75090
 Directions: 903-868-1289
 Registration: 972-398-9398 Renee

Monday, March 14, 2016
Kingwood, TX 7-9p
 Annual CACFP Training
 City Library
 4400 Bens View Ln
 Kingwood, TX 77339
 Library phone: 281-60-6804
 RSVP to Laurie by
 text 281-808-1137 or
 email laurieramos58@gmail.com

Monday, March 21, 2016
Abilene, TX 6-9p
 Annual Training/Calendar Training
 Highland Church of Christ
 3rd and Sayles
 432-556-3838 Janet
 Bring your "Passport to Adventure"
 Calendar if you have one!

Thursday, March 24, 2016
Mesquite, TX 7-8:30p
 Calendar Training
 Spring Creek BBQ
 3939 W. Emporium Cir
 Across Town East Blvd from the mall
 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!

National Nutrition Month 2016!
 Read about it on page 2 of this newsletter.
 Also included, a creative new recipe from
eatright.org on page 4! Enjoy!

In this Issue:

- ✿ Email Address Updates
- ✿ Workshops
- ✿ Mystery Provider
- ✿ National Nutrition Month:
Savor the Flavor of Eating Right
- ✿ What Are Nutrients?
- ✿ March Calendar
- ✿ Activity/Recipe

Workshops for April

Saturday, April 2, 2016
Houston, TX 11:30a-1:30p
 Lake Jackson Library
 250 Circle Way
 Questions: 713-816-4851 Carol

Midland, TX 10a-1p
 Annual Training/Calendar Training
 Midland Centennial Library – Room 117
 2503 W Loop 250 N (Next to Best Buy)
 432-556-3838 Janet
 Bring your "Passport to Adventure"
 Calendar if you have one!

Saturday, April 9, 2016
Little Elm, TX 10-11:30a
 My Kids Won't Eat That!
 Mrs. Saliu's home
 2705 Tradewinds Dr
 Directions: 214-429-6544
 Registration: 972-398-9398 Renee



Email Address Updates!

If your email has changed please
 send your new address
 to emailupdate@swhuman.org
 with your Name and Provider ID.

Saturday, April 9, 2016
San Antonio, TX 2:30-4:30p
 Cen\$ible Meals
 Molly Pruitt Library at Roosevelt High
 School
 5110 Walzem Rd 78218
 Enter library parking lot from Ray Bon
 Dr
 Registration: Rachelle@SWHuman.org
 or call/text 210-289-5451 Rachelle

Saturday, April 16, 2016
Houston, TX 11a-1p
 Annual Training
 Scenic Woods Library
 10677 Homestead Rd 77016
 Questions: 713-816-4851 Carol

Saturday, April 23, 2016
Katy, TX 11:30a-1:30p
 Katy Branch Library
 5414 Franz Rd
 Questions: 713-816-4851 Carol

Saturday, April 30, 2016
Paris, TX 11a-12:30p
 My Kids Won't Eat That!
 Wing Stop
 3955 Lamar Ave
 Directions: 972-398-9398
 Registration: 972-398-9398 Renee
 You're welcome to eat lunch!

San Antonio, TX 2:30-4:30p
 Cen\$ible Meals
 Maverick Branch Library
 8700 Mystic Park
 San Antonio, TX 78254
 Registration: Rachelle@SWHuman.org
 or call/text 210-289-5451 Rachelle

New and Exciting Tastes: For National Nutrition Month, Experiment with Herbs and Spices to Savor the Flavor of Eating Right

Discover new and exciting tastes while trimming fat and sodium from your cooking. For National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to experiment with new combinations of herbs and spices as you "Savor the Flavor of Eating Right."

"Today's popular cuisine embraces a wide world of flavors that you can enjoy in all sorts of combinations, while still following a healthful eating pattern," says registered dietitian nutritionist and Academy Spokesperson Libby Mills.

It's worthwhile to note the difference between herbs and spices, Mills says. "Herbs, like basil and oregano, grow in temperate climates and are the fragrant leaves of plants. Spices, like cumin and paprika, grow in tropical areas and come from the bark, buds, fruit, roots, seeds and stems of plants and trees."

Innovative use of herbs and spices offers a real flavor advantage, especially if your goal is to cook with less fat and sodium. "While the exact types of herbs and spices depends on the cuisine, every culture has its traditional favorites," Mills says.

Mills offers a top ten list of popular ethnic cuisines and the flavors associated with them:

China: Low-sodium soy sauce, rice wine, ginger

France: Thyme, rosemary, sage, marjoram, lavender, tomato

Greece: Olive oil, lemon, oregano

Hungary: Onion, paprika

India: Curry, cumin, ginger, garlic

Italy: Tomato, olive oil, garlic, basil, marjoram

Mexico: Tomato, chili, paprika

Middle East: Olive oil, lemon, parsley

Morocco/North Africa: Cinnamon, cumin, coriander, ginger

West Africa: Tomato, peanut, chili.

In addition, Mills recommends keeping a basic assortment of dried herbs and spices on hand for all types of cooking: oregano, garlic powder, thyme, paprika, cinnamon, nutmeg, chili powder, Italian herb seasoning blend, thyme and rosemary.

"Then, explore new flavors beyond these basics with curry powder, turmeric, cumin, clove and bay leaf and experiment with new flavor combinations. Remember to store dried herbs and spices in airtight containers in a cool, dark cupboard or pantry," Mills says.

The Academy's website (eatright.org) includes helpful articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds.

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!

Easy Pesto Recipe

(as needed for Pesto Chicken Salad Pita Recipe on page 4 of this newsletter)

¼ cup almonds

3 cloves garlic

1 ½ cup olive oil

1 pinch ground nutmeg

Salt and pepper to taste

Preheat oven to 450 degrees F (230 degrees C). Place almonds on a cookie sheet, and bake for 10 minutes, or until lightly toasted.

In a food processor, combine toasted almonds, garlic, basil, olive oil, nutmeg, salt and pepper. Process until a coarse paste is formed.

*allrecipes.com

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The February Quiz Answers

- | | |
|---------------|----------------------|
| 1. true | 6. true |
| 2. manageable | 7. ChooseMyPlate.gov |
| 3. false | 8. true |
| 4. chronic | 9. shifts |
| 5. budget | 10. activity |

What Are Nutrients?

Nutrients are the components of food that are body needs to grow, fight disease, and provide energy to support all the body systems, organs and functions that keep your body healthy and strong. The body gets most of its nutrients from food. Foods that are high in nutrients are often called "nutrient dense" foods. These are foods like vegetables and fruits. Whole natural foods that come from the five food groups supply the body with the nutrients it needs.

Other foods are low in nutrients and only supply energy to the body. Energy that is not used is stored as fat. These are foods high in sugar and/or fat but have very little, if any, other nutrition. These are foods like cake, candy, soda, and chips.

Nutrients can be divided into several categories.

What Are Macronutrients?

Food is made up of macronutrients. Macronutrients are protein, carbohydrates and fat. Every food is made up some or all of these three macronutrients. They are called macronutrients because the body needs large amounts of this to live. This is the main source of energy.

Each of these macronutrients can be broken down by the body to energy to perform the millions of actions the body performs every day to live. When the body has more macronutrients than it needs, it will store it as fat tissue.

What Are Micronutrients?

Micronutrients can be broken up into vitamin and minerals. These are essential for the body to function properly. They are referred to as micronutrients because the body only needs a small amount of them (micrograms and milligrams).

What Are Vitamins?

Vitamins are substances that the body needs to function properly.

The body gets most of its vitamins from food because although the body can make some vitamins, it can not make the amount it needs. Children and adults may not be getting enough of all the vitamins the body needs if they are not eating a well balanced diet rich in nutrient dense foods. There are other reasons for vitamin deficiencies, always consult with your doctor or a registered dietitian.

Vitamins: Key Characteristics

1. Organic compounds that are different from protein, carbohydrates, and fat because they cannot be turned into energy.
2. The body only needs small amounts to meet the body's daily requirement
3. The body cannot make these compounds or the amount the body produces is insufficient to meet its needs.
4. Are found in different foods

What are Minerals?

Minerals are inorganic elements which are used by the body to make tissues, cells, support enzyme functions, and balance the water and electrochemicals throughout the body.

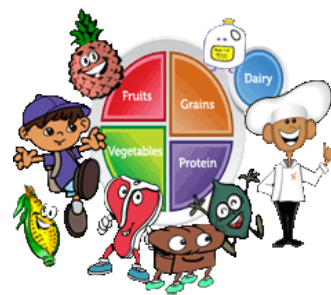
Minerals: Key Characteristics

1. The body cannot make minerals.
2. The body only needs a very small amount of minerals
3. The body gets the minerals by eating a well-balanced meal with healthy nutrient dense foods from each of the food groups.



List of Minerals:

Calcium
Chloride
Chlorine
Chromium
Copper
Flourine
Iodine
Iron
Magnesium
Manganese
Molybdenum
Phosphorus
Potassium
Selenium
Sodium
Zinc



List of Vitamins

Biotin
Choline
Folate
Niacin
Riboflavin
Thiamin
Pantothenic Acid
Pyridoxine
Vitamin A
Vitamin B12
Vitamin C
Vitamin D
Vitamin E
Vitamin K

March











| | | | | | |
|---|----------------------|---|--|----------------------|--|
| | 1 | 2 | 3 | 4 | 5 |
| | | | World Wildlife Day Send in Claim! | | |
| 6 | 7 | 8 | 9 | 10 | 11 |
|  | | International Women's Day |  | | 12 Sherman Workshop |
| 13 | 14 | 15 | 16 | 17 | 18 |
| Daylight Savings Time Begins | Kingwood Workshop |  | | St Patrick's Day |  |
| 20 | 21 | 22 | 23 | 24 | 25 |
| Palm Sunday Spring Begins | Abilene Workshop | World Water Day | | Mesquite Workshop | Good Friday |
| 27 | 28 | 29 | 30 | 31 | |
| Easter | | | | | |



Pesto Chicken Salad Pitas Recipe

This Mediterranean spin on chicken salad is bursting with fresh flavor thanks to the addition of pesto. Pro tip: Use chopped rotisserie chicken for a time-saving substitute.

Ingredients

-  1/4 cup low-fat mayonnaise
-  3 tablespoons prepared pesto
(See page 2 of this newsletter for recipe)
-  1 tablespoon lemon juice
-  1/8 teaspoon pepper
-  2 cups chopped, cooked chicken
-  1/2 cup grated carrot (about 1 medium carrot)
-  Whole wheat pita rounds, split
-  1 cup baby spinach leaves

Directions

1. Combine mayonnaise, pesto, lemon juice and pepper in a medium bowl; whisk until well blended.
2. Add chicken and carrots; stir to combine.
3. Stuff each pita with spinach leaves and chicken salad mixture.

