



Southwest Human Development Services
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Sponsors of the Child and Adult Care Food Program
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May 2010

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In this Issue:

- ♥ Provider's Spotlight
- ♥ Fun Recipes!
- ♥ Workshops
- ♥ Mystery Provider
- ♥ Whole Grains Article
- ♥ May Calendar
- ♥ Mother's Day Crafts

We now have 1019 providers with MM Kids Online!!! Call the office or your program coordinator to get signed up. It's quick, easy and you'll love it!

Whole grains for kids!

Make brown rice, quinoa, millet, or oatmeal for the older kids' meals. In a food processor, grind a portion of the already cooked grain with equal parts water and Presto! 212-0017

If these whole grains are new to the kids, it may take 10 – 20 exposures before they like it... so keep preparing and trying these new whole grains! Get creative and have fun with sauces and side dishes that match with the grains. Soon these kids will love them and you will, too. 😊

Homemade Graham Crackers

- 1 ¾ cup whole wheat (graham) flour
- ½ cup unbleached all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 6 tablespoons cold unsalted butter, cut into 1-inch chunks
- 1/3 cup honey
- 2 tablespoons molasses
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1 large organic egg

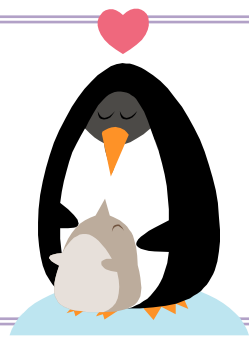


For the topping:
 3 tablespoons fine natural sugar
 1 teaspoon cinnamon

1. In a medium bowl, combine the flour, baking soda, baking powder, salt and cinnamon. Add the butter and cut it into the flour mixture with a pastry cutter until the mixture resembles coarse meal.
2. In a small bowl, whisk together the honey, molasses, milk, vanilla and egg. Add to the flour mixture and mix with a wooden spoon until the dough barely comes together. It will be soft and sticky.
3. Turn the dough out onto a lightly floured work surface and pat into a rectangle about 1 inch thick. Wrap in plastic and chill until firm, about 2 hours.
4. To make the topping, in a small bowl combine the sugar and cinnamon and set aside.
5. Sift an even layer of flour onto the work surface and roll the dough into a long rectangle about 1/8 inch thick. The dough will be sticky, so flour as necessary. Trim the edges and cut into individual rectangles (about 3 x 4 inches). Gather the scraps together and use to make additional crackers (you may have to refrigerate for 15 minutes if the dough becomes too soft). Place the crackers on one or two parchment-lined baking sheets and sprinkle with the topping. Chill until firm, about 30 minutes.
6. Using a toothpick or large fork, prick the dough to form two dotted rows.
7. Adjust the oven rack to the upper and lower positions and preheat the oven to 350 degrees. Bake for 20-25 minutes, until browned and slightly firm to the touch, rotating the sheets halfway through to ensure even baking. *keepingfoodtrue.blogspot.com

Answers to April's quiz

- | | |
|---------------|-----------|
| 1.gift | 6.true |
| 2.true | 7.true |
| 3.false | 8. larger |
| 4.televisions | 9.true |
| 5.facts label | 10.talk |



👍👍 SPOTLIGHT PROVIDERS

Estela Laforge in Ennis has a very happy childcare home. Estela's Little Lion's Academy keeps kids busy learning new things and active with lots of outdoor activities. She is a great cook and her kids LOVE to eat. Estela also helps mentor new providers and tells them about the food program. Keep up the good work, Estela!

In Winona, Betty Harden is very dedicated and provides wonderful care to her children each and every day. She has also been a caregiver to her husband who has been sick with cancer for a very long time. Betty says it has taken a lot of strength from God to hold up to these responsibilities she has faced in the past months. Betty's husband, Robert, passed away in December and she misses him so much. Betty will continue to care for her day care kids with a lot of love. Thanks for all you do!

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 in May

Saturday, May 1, 2010

Lampasas, TX 10a

CentSible Meals

Rusty Bramer

904 E. Ave C, Lampasas, TX

Directions and Registration:

254-690-8107 or mzfine48@yahoo.com

Veronica

Oak Cliff, TX 9-11a

The Two Bite Club

Moreland YMCA

907 E. Ledbetter, Dallas

Directions: 214-375-2583

Registration: 972-243-3237

Wend'e

Saturday, May 8, 2010

Tyler, TX 9:30a

Nutritional Workshop and Training

Debbie Martin Home

8422 Castleton Way

Registration: 903-570-0417 Debbie

This is Debbie's last workshop of the year!

Lubbock, TX 10a-12p

Della Avila Home

4608 28th St. Lubbock, TX 79410

For registration and directions:

806-777-3907 Della

Sherman, TX 10-11:30a

Happy Meals for Healthy Kids

Barbara Reyna's Home

1107 S. Maxey 75090

Directions: 903-868-1289

Registration: 972-398-9398 Renee

Houston, TX 11a-1p

Planning Nutritious Snacks for Childcare

Parker-Williams Library

10851 Scarsdale Blvd, 77089

Directions: 281-484-2036

Registration: 281-491-9326 Shegala

Thursday, May 13, 2010

El Paso, TX 7-9p

A Whole Grain Above

Nancy Lopez's Home

1670 Nancy Lopez Ln. 779936

Mandatory Registration:

915-383-3663 Nancy

Saturday, May 15, 2010

Killeen, Temple, Holland 10a

CentSible Meals

Mary Moten's Home

1803 Galaxy Dr, Killeen, TX

Directions and Registration:

254-690-8107 or mzfine48@yahoo.com

Veronica

Farmers Branch, TX 10a-12p

The Two Bite Club

Farmers Branch Library

13613 Webb Chapel

Directions: 972-247-2511

Registration: 972-243-3237 Wend'e

This is my VERY LAST workshop of the year! If you haven't been trained, this one is for you.

Saturday, May 22, 2010

Killeen, TX 10a

CentSible Meals

Kim Robinson's Home

4502 LedgeStone Circle

Directions and Registration:

254-690-8107 or mzfine48@yahoo.com

Veronica

Carland, TX 10-11:30a

My Kids Won't Eat That!

Dora Wesley's Home

5726 Kerry Ln 75043

Directions: 214-607-2502

Registration: 972-398-9398 Renee

El Paso, TX 9a-12p

CentSible Meals

Nancy Lopez's Home

1670 Nancy Lopez Ln. 779936

Mandatory Registration:

915-383-3663 Nancy

Mandatory Civil Rights and Menu

Training will be included for those who still need it!

Angleton, TX 10a-12p

Planning Nutritious Snacks for Childcare

Angleton Library

401 E. Cedar, 77515

Directions: 979-864-1519

Registration: 281-491-9326 Shegala

To keep you posted:

★ Summer Survey

Every year we send out a summer survey with the May newsletter. Fill out the survey and let us know when or if you are closing or taking vacation time this summer. We share this information with our Program Coordinators so they can plan their schedules. Surveys are due back to the Austin office by June 3, 2010. You can mail them with your May claim or fax them to the Austin Office at 1-800-467-1455.

★ Field Trips

You are welcome and encouraged to take your kids on field trips to help them explore the world. When you do, please notify your program coordinator by phone or email or leave a message with the main office info@swhuman.org. It is a federal requirement that you tell your food program before you leave for the field trip. Have fun!

★ Personnel Changes

We're saying "Goodbye and Good Luck!" to Glenda Guerra this month. Our wonderful coordinator Eileen Dodds (361) 241-4446 eddodds@stx.rr.com will cover the Lower Rio Grande Valley and her area near Corpus Christi. Thanks for all your work, Glenda!

Thursday, May 27, 2010

Plano, TX 7-8:30p

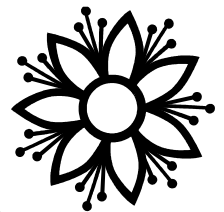
Sanitation and Health

Nina Copeland's Home

1029 Stonetrail Dr. 75023

Directions: 972-881-1973

Registration: 972-398-9398 Renee



Saturday, May 29, 2010

Southwest San Antonio 1-3p

Nutrition Program Training

Johnston Branch Public Library 6307 Sun Valley

For registration and directions:

210-233-8453 Patricia

Workshops in June

Saturday, June 12, 2010

Lubbock, TX 10a-12p

Della Avila Home

4608 28th St. Lubbock, TX 79410

For registration and directions:

806-777-3907 Della

Tuesday, June 15, 2010

North Central San Antonio 7-9p

Nutrition Program Training

Brookhollow Branch Public Library 530 Heimer

For registration and directions:

210-233-8453 Patricia

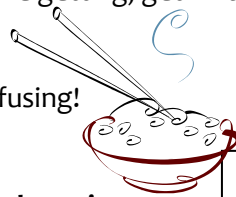


Food Labeling Lookout: Watch for Whole Grains

It is no surprise that food advertising and food packages are designed to make us want to buy the product. The food industry knows that our first impression of a food makes us want to buy it! Therefore we want to watch our own reactions to brand names, packaging, the product's location on the shelf and advertising words that have an emotional meaning. Label reading is key if you want to know what you are getting, get what you are paying for, and save money.

Read It Before You Eat It!

Reading food labels to choose more whole grains can be confusing! Here are some tips to help you get what you are looking for.



Remember your goal is to make half your grain products whole grains.

The new Dietary Guidelines have recommended that half or more of the grains we eat each day should be whole (unrefined) grains.

What exactly is a whole grain?

A whole grain is a grain that has the outside shell or bran, the inside endosperm, and germ intact. These areas of the grain contain 13 key vitamins and minerals that are shown to be important for health.

How is a whole grain different than a refined grain?

When all or part of the bran and endosperm are removed important vitamins and minerals are also removed. Although the FDA requires that thiamin, niacin, riboflavin, folate, and iron are added back, they are added at a lower level than was originally found in the grain. The refined grain will also be lower in the remaining 8 or more nutrients that are not added back at all.

Why focus on whole grains?

Studies have shown that the nutrients in whole grains may prevent heart disease, lower cholesterol, contain antioxidants, and help with control of diabetes and obesity.

So why can it be difficult to pick whole grain products?

It is not always clear how much whole grain is in a product. Here are some terms and definitions that can help:

100% Whole Grain means that all the grain in the product is whole grain.

Made with Whole Grain means there is some whole grain in the product but you don't know how much.

Look at the ingredient list to see how close to the top whole grain is and how far down on the list enriched flour or flour and the enriched vitamins (thiamin, niacin, riboflavin, and iron). If whole grain flour is at the top of the list, it's high in whole grain. If not, it may not have as much whole grain as you want. Be careful of words that mean it is not whole grain such as: enriched flour, unbleached flour, semolina flour, durum flour, rice flour. They sound good but they are not whole grain!



Don't be distracted by meaningless descriptions.

- ✓ Descriptions like “goodness of harvest wheat crust,” just means that it is made out of wheat.
- ✓ “9 grams of whole grain per serving” sounds good but 9 grams out of a 130 gram serving is only 30% whole wheat.
- ✓ “Good source of whole grain” is defined as 9 grams of whole grain per serving – that could be 70%-80% refined flour.
- ✓ “Excellent source” is defined as 16 grams per serving or 50%-60% refined flour depending on the serving size.
- ✓ Terms like “made with whole wheat” may be true but look at the ingredient list to see where whole grain appears. It may be that the product has more sugar than it does whole wheat. So yet it is made with whole wheat but not very much!
- ✓ “Whole grain blend” just means it is a blend. It could be mostly whole grain or have very little whole grain.
- ✓ “Multi-grain” means a variety of grains but does not necessarily mean that the product contains much or any whole grain.

Products that have health claims must have 50% or more whole grains.

Claims like “Rich in Whole Grains ... May reduce the risk of heart disease” indicates the products have 50% whole grains.

In summary, when looking for whole grains, the ingredient list is more helpful than the food label. Check how far down on the ingredient list you have to look to find whole grain. The higher whole grain is on the list, the higher the product is in whole grain. Don't be distracted by meaningless terms like “good source,” “hearty grains,” “whole grain blend,” “multi-grain,” and “made with.”

Happy hunting! And here is to your good health.





May

						1 Lampasas, Oak Cliff Workshops
	2	3 Send in Claim!	4 National Teachers Day	5 Cinco de Mayo	6	7 May Day
9 Mother's Day	10	11 	12	13 El Paso Workshop	14	15 Killeen, Farmers Branch Workshops
16	17	18	19 Pentecost	20	21	22 Killeen, Garland, El Paso, Angleton Workshops
23 	24	25	26	27 Plano Workshop	28	29 San Antonio Workshop
30	31 Memorial Day					

Mother's Day Craft

- What you'll need:**
- ♥ 2 sheets of card stock, purple and light blue
 - ♥ White printer paper
 - ♥ Acrylic paint: purple, light blue, pink, red, white
 - ♥ Scissors
 - ♥ Glue stick
 - ♥ Printer
 - ♥ Pencil
 - ♥ Wet face cloth
- *kaboose.com

This sweet poem combined with a child's fingerprint art makes for a fabulous gift and keepsake. Simple enough for even young children to make, Mom will love the gesture and save it forever.

How to make it:

- ♥ Print poem (below) onto white paper.
- ♥ Cut poem out, curving edges around the poem making it look like a cloud.
- ♥ On a separate blank sheet of white paper, use pencil to lightly draw a heart and the word "MOM" above it.
- ♥ Cut the heart and MOM out, leaving about an inch border.
- ♥ Glue the heart drawing and the poem onto the purple card stock.
- ♥ Cut around the poem and the heart drawing, leaving a small purple card stock border on each.
- ♥ Glue both onto light blue card stock, poem at the bottom.
- ♥ Have child write their name and the year on the back of the blue card stock.
- ♥ Put small puddles of paint onto a paper plate, one puddle of each color except white. Make a second puddle of pink and add some white to it to make an even lighter pink. You should have 5 puddles of paint (purple, light blue, red, pink, light pink)
- ♥ Have child dip fingertips into puddles to decorate the heart and write MOM. Use damp face cloth to clean off fingertips in between each paint color.
- ♥ Let the paint dry completely.

Tips:

- ♥ Construction paper can be used instead of card stock but will not be as sturdy. To add more strength, cover with clear Con-tact paper.
- ♥ Use the print preview option on your printer before actually printing. This will allow you to see what the printout will look like without wasting countless sheets of paper.
- ♥ Change the purple and light blue colors we chose to your mom's favorite colors. Simply match up two colors and use them for the card stock and the two paint colors for the word "MOM".



My dirty little fingerprints I've left on every wall
 And on the drawers and tabletops, I've really marked them all
 But here are some that won't rub off, I'm giving them to you
 Because I'm thankful to have a mom that's just like you!