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Issue 8

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Workshops for May

Saturday, May 7, 2011

El Paso, TX 9a-12p
 Planning Low Cost Menus
 213 Foster Dr. El Paso, TX 79907
 Please call to RSVP:
 915-383-3663 Nancy

Oak Cliff, TX 9-11a

Zobey: Fighting Childhood Obesity
 Mourland YMCA
 907 E. Ledbetter, Dallas, TX 75216
 Directions: 214-375-2583
 Registration 972-243-3237 Wend'e
 Please RSVP by May 2nd!

Sherman, TX 10-11:30a

Happy Meals for Healthy Kids
 Barbara Reyna's home
 1107 S. Maxey
 Directions: 903-868-1289
 Registration: 972-398-9398 Renee

Wednesday, May 11, 2011

Plano, TX 7-8:30p

Happy Meals for Healthy Kids
 Misti Dimillio's home
 6532 Burrows Ct
 Directions: 972-527-1415
 Registration: 972-398-9398 Renee



Saturday, May 14, 2011

Lampasas, TX 9:30-11a
 Live Well
 Lisa Davis's Home
 4229 Fm 580 East, Lampasas, 76550
 Directions: 512-556-6651
 Registration: 254-690-8107 Veronica

Tyler, TX 9:30a

Nutritional Workshop and Training
 Debbie Martin's Home
 8422 Castleton Way
 Registration: 903-570-0417 Debbie

Thursday, May 19, 2011

El Paso, TX 7-9p
 Tackling Childhood Obesity
 213 Foster Dr. El Paso, TX 79907
 Please call to RSVP:
 915-383-3663 Nancy

Saturday, May 21, 2011

San Saba, Goldthwaite, TX 9:30-11a
 Live Well
 Zelda Campbell's Home
 399 Cr112 San Saba 76877
 Directions: 325-372-4149
 Registration: 254-690-8107 Veronica

Saturday, May 21, 2011

Farmers Branch, TX 10a-12p
 Farmers Branch Library
 13613 Webb Chapel
 Directions: 972-247-2511
 Registration 972-243-3237 Wend'e
**This is the VERY LAST WORKSHOP
 of the year! No need to RSVP, please
 just show up!**

Saturday, May 21, 2011

Southwest San Antonio, TX 1-3p
 Johnston Branch Library
 6307 Sun Valley
 Registration and Directions:
 210-233-8453 Patricia

Tuesday, May 24, 2011

Humble, TX 7p
 Perfect Monitor Visit/Civil Rights
 Atascocita Public Library
 19520 Pinehurst Trails Dr
 Directions: 281-812-2162
 Registration required:
laurie@swhuman.org
 or 281-808-1137 Laurie

Saturday, May 28, 2011

Garland, TX 10-11:30a
 Building for the Future
 Dora Wesley's home
 5726 Kerry Ln
 Directions: 214-607-2502
 Registration: 972-398-9398 Renee

Tuesday, May 31, 2011

North Central San Antonio, TX
 7-9p
 Brookhollow Branch Library
 530 Heimer
 Registration and Directions:
 210-233-8453 Patricia



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 April's quiz

- | | |
|------------------------------|--------------------|
| 1. green beans, strawberries | 6. health benefits |
| 2. true | 7. seven |
| 3. true | 8. true |
| 4. two, three | 9. true |
| 5. false | 10. yogurt |

015-0671

Workshops for June

Saturday, June 4, 2011
Killeen, Temple, Belton 9-11:30a
Live Well
Lion's Park
1700 Stan Schlueter Lp
Directions and Registration:
254-690-8107 Veronica



Saturday, June 11, 2011
Waco, TX
Live Well
Lillian Robertson's Home
13603 Victoria St, Waco, 76705
Directions: 254-867-0435
Registration: 254-690-8107 Veronica

Conroe, TX 9:30a
Perfect Monitor Visit/Civil Rights
Montgomery County Library
104 I-45 N. Conroe, TX 77310
Directions: 936-539-7814
Registration required:
laurie@swhuman.org
or 281-808-1137 Laurie

Fresh Ideas

Anna Belle Brown in Lubbock, TX runs a Christian based environment. Her child care children are always coming up with cute observations and stories about their Bible teachings. Anna Belle is always searching for new ideas to serve good wholesome food to her children. She tried out the vegetable chip recipe that was in the December 2010 newsletter and her kids loved them! Now she experiments with all kinds of food to make healthy chips. What a wonderful way to create more healthy ideas! Great job, Anna Belle!

Re-enroll and Inactivate Children

Now that the summer months are almost upon us, "summer kids" might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the summer months and will be returning, do not withdraw that child – he can instead be "inactive."

MM Kids Online:

Re-enroll

- Reprint the child's enrollment form from your computer and obtain a new signature from the parent.
- In the margin, write Re-enrolled and what date he will be entering your care.
- Mail/fax a copy to the office.

Inactivate For all children who attend your daycare on a drop-in basis, for holidays only, or for the school year or summer only, you can change their status to "inactive" while they are not regularly in your care instead of withdrawing and re-enrolling the children.

- After signing into the program and at the main screen click on the Child Information icon.
- Select the child's name.
- Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen.
- When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.

Paper enrollment forms:

Re-enroll

- Write out the child's information completely on the form.
- Write "re-enroll" at the very top of the form.

Inactivate

- If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

Remember... Provider Notification of Absences

Providers must notify SHDS whenever they plan to be out of their day care home during a meal service period or when there are no children in care. Providers do not need to notify SHDS if the day care home will be open with an assistant or a substitute serving the meal(s). (Please note that all assistants and substitutes must be informed about CACFP visiting policies and trained on CACFP requirements so they will allow SHDS, the Texas Department of Agriculture, Food and Nutrition Division, or USDA, Food and Nutrition Services representatives into the daycare home.)

If a review by a SHDS field monitor is attempted when children are not present in the day care home, the meal(s), and/or snack(s) that would have been served during the review will not be reimbursed.

Providers must follow the procedures below for notification of their absence or closure as soon as they know they will be out of their home and/or no children in attendance (e.g. going on a field trip, picnic, vacation or appointment, are ill, or the day care program is going to be closed for any other reason):

- a. Call 1-800-369-9082.
- b. When the automated service picks up, press extension 202.
- c. At the tone, leave your name, provider number, the city in which you live and the date(s) and time(s) you will be away. (Example: Susan Star; provider number 999999; I live in Austin; I will be out from 11:30 am until 4:00 pm on Monday, August 26th.)
- d. Providers do not need to notify SHDS of the reason for an absence or closure unless they are going on a field trip and want to claim a meal for the children while on the trip. Providers wanting to claim a meal while on a trip, must state the meal(s) they plan to serve on the trip.

Field Trips - An occasional meal may be claimed while taking children on a field trip. At least one day in advance of the field trip, the provider must inform SHDS of the date, location, number of children expected to participate, menu and the method of transporting the meals.



Eggs!



An ideal breakfast for kids would fill them up until lunch and provide protein to give them the energy to start the day off right. Eggs are a nutritionally sound choice. Eggs contain many nutrients, making them a sensible food to add to a child's diet any time of the day. In addition, eggs are inexpensive, convenient and easy to chew and digest.

The Nutritional Lowdown

Eggs are a nutrient-dense food, which means that they provide a high proportion of daily nutrient needs while accounting for a small proportion of daily calorie needs. One large egg has only about 75 calories, yet eggs are an excellent source of high-quality protein and contain at least 13 vitamins and minerals. In fact, eggs are one of few foods that are natural sources of vitamin D. Besides being a source of nutrition for people of all ages, eggs are inexpensive, convenient and easy to prepare. Shell color has nothing to do with the nutritional value, quality or flavor of the egg. Different breeds of hens simply lay different colored eggs.

Protein

Eggs are a significant source of high-quality protein. It is especially important that children get enough protein in their diets to assist with growth and development. Protein is also a vital energy source. And the protein found in eggs provides an optimum mixture of amino acids. Because of its high amount of protein, eggs are classified in the Food Guide Pyramid in a category with meat, poultry, fish, dry beans and nuts. However, eggs are lower in cost and calories than many of the other animal-protein foods from the same group. Egg protein is the standard by which the biological value of other proteins is measured and provides the optimal mixture of essential amino acids.

Fat and Cholesterol

One large egg contains 4.5 grams of total fat — 1.5 grams of saturated fat, 0.5 grams of polyunsaturated fat and 2.0 grams of monounsaturated fat. An egg's saturated fat content is relatively low compared with its calorie content. A recent study found that there was no correlation between eating eggs and coronary artery disease (CAD) risk. Researchers tested a group of children between the ages of 8 and 12 who were at high risk for CAD and found that egg intake did not increase the children's risk for the disease.

Choline

Choline is a nutrient found in the egg that is essential for the normal functioning of cells. It is also important for women who may eventually be mothers to get enough choline, since it facilitates brain development in the fetus and newborn.

Lutein

Eggs contain the antioxidant lutein, which plays an important role in keeping eyes healthy. It accumulates with zeaxanthin — another antioxidant — in the macular region of the eye, where these substances protect against some types of harmful, high-energy wavelengths of light. Getting enough lutein is important for a child's future, since it also may protect against age-related macular degeneration, the leading cause of blindness in the elderly.

The Yolk and the White

The yellow portion of an egg, or yolk, contains more vitamins and minerals than the white does. All of the egg's vitamins A, D and E and zinc are found in the yolk. The yolk has more phosphorus, folate, manganese, thiamin, iron, iodine, copper and calcium than the white does. All the fat and cholesterol and 44% of the protein in an egg are found in the yolk. An egg white contains more than half of an egg's protein, riboflavin and niacin. Also found primarily in the white are the egg's chlorine, magnesium, potassium, sodium and sulfur.

Storage and Preparation Tips

Make sure you handle your eggs with care. Store eggs in the refrigerator until you are ready to use them — and don't forget to cook them thoroughly! But don't ruin eggs' nutritional value with extra-fat cooking. Try poaching eggs instead of frying them, or use nonstick pans or extra light virgin olive oil during preparation.



May



1 ★ May Day	2	3 Send out Claim! National Teachers Day	4	5 	6	7 * * * * * El Paso, Oak Cliff, Sherman Workshops
8 Mother's Day	9 	10	11 Plano Workshop	12 Nurses Day	13	14 Lampasas, Tyler Workshops
15 	16	17	18	19 El Paso Workshop	20 	21 San Saba, Goldthwaite, Farmer's Branch, San Antonio Workshops Armed Forces Day
22	23	24 Humble Workshop	25	26	27	28 Garland Workshop
29	30 Memorial Day	31 San Antonio Workshop	<div data-bbox="868 1318 1399 1377" data-label="Section-Header"> <h2>It's National Egg Month!</h2> </div> <div data-bbox="734 1375 1549 1419" data-label="Text"> <p>Here is a great egg recipe that kids will love! Enjoy!</p> </div> <div data-bbox="712 1440 857 1474" data-label="Section-Header"> <h3>Ingredients:</h3> </div> <div data-bbox="712 1474 1174 1692" data-label="List-Group"> <ul style="list-style-type: none"> 1 egg 1 teaspoon water 1 teaspoon grated cheese (cheddar, parmesan, Monterrey jack, etc) Pinch of salt 1 whole grain English muffin Small smear of butter </div> <div data-bbox="712 1717 833 1751" data-label="Section-Header"> <h3>To make:</h3> </div> <div data-bbox="712 1751 1568 2009" data-label="List-Group"> <ul style="list-style-type: none"> ☉ Break the egg into a microwave-safe cup or ramekin, add the water and beat with a fork (the water helps loosen the egg and makes it puffer when it cooks). Stir in the grated cheese and salt. ☉ Microwave the egg on high for about 45 seconds, until it puffs and rises. ☉ Toast the English muffin and spread each half with butter. Scoop the egg onto the bottom half (it will deflate a little) and top it with the other muffin half. </div> <div data-bbox="1383 1980 1533 2009" data-label="Text"> <p>*ivillage.com</p> </div> <div data-bbox="1169 1421 1568 1707" data-label="Image"> </div>			

Extra ideas!

- ☉ Meets the requirements for a healthy after school snack.
- ☉ Serve with a glass of milk and a side of oranges, melon, or other fresh fruit for a yummy, quick breakfast.
- ☉ Dice up some fresh herbs like basil, dill, or chives to add some extra nutrients and flavor!