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Volume 26, Issue 8
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May 2012
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Workshops for May

Saturday, May 5, 2012
Corpus Christi, TX 10a-12p
 Garcia Public Library - new location!
 5930 Brockhampton (off of Lipes) 78414
 Directions and Registration: 361-241-4446 Eileen

Tuesday, May 8, 2012
Plano, TX 7-8:30p
 Building for the Future
 Mayra Morales's home
 4041 Bosque Dr 75074
 Directions: 214-762-8366
 Registration: 972-398-9398
 Renee

Thursday, May 10, 2012
El Paso, TX 7-9p
 Zoobey – Preventing and Fighting Childhood Obesity
 Nancy's Home
 213 Foster Dr. El Paso, TX 79907
 Registration and Directions: 915-383-3663 Nancy
Please call to RSVP. Limited seating!

Saturday, May 19, 2012
Garland, TX 10-11:30a
 Sanitation and Health
 Dora Wesley's home
 5766 Kerry Ln
 Directions: 214-607-2502
 Registration: 972-398-9398
 Renee



Saturday, May 19, 2012
Fort Worth, TX 9:30-11a
 Tier 2 Snacks
 Barbara's home
 2033 N Edgewood Terrace
 Please call or text: 817-703-7768 Barbara

Richmond, TX 12:30-2:30p
 Back to the Basics
 George Memorial Library
 1001 Golfview Dr
 Directions: 281-342-4455
 Registration: 713-816-4851 Carol

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



Saturday, May 26, 2012
El Paso, TX 9a-12p
 Risky Business – Health & Sanitation
 Nancy's Home
 213 Foster Dr. El Paso, TX 79907
 Registration and Directions: 915-383-3663 Nancy
Please call to RSVP. Limited seating!

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!

Want one less thing to worry about each month? Sign up for **DIRECT DEPOSIT**. With direct deposit your reimbursement check is sent directly to your checking or savings account. The funds are transferred electronically so you have no worries about your check being lost or stolen and no more trips to the bank. You can download the form off our website swhuman.org or call to request a paper copy in the mail. Fill out the form and mail or fax it to the office with a voided check.
It's so simple!

Annual Training... Online Training

If you were unable to make a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training at this link swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2012. Failure to meet the training will begin the serious deficiency process.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you. Thank you!

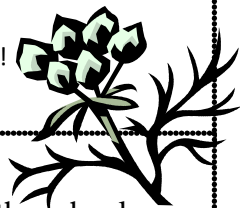
Provider Appreciation Day is a special day to recognize child care providers, teachers, and other educators of young children everywhere. Today's child care professionals are the world's unsung heroes. This profession is one of the most underpaid occupations in the country; yet research shows that early childhood is the most critical developmental period in a child's life. It takes a special person to work in this field and the contribution these individuals make to the quality of children's and families' lives too frequently goes unnoticed. Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, commitment, and compassion that child care providers demonstrate every day.

Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout the United States.

Thanks for all the hard work and love you provide to the kids and families in your community!!

Reminders:

- ✓ Please fill in the bubbles completely! You will not be able to see the number when the bubble is colored adequately.
- ✓ Please stay in the lines when filling in the bubbles.
- ✓ Please NO writing on the forms. Any notes that you would like to include, please write on your claim information form (CIF).
- ✓ Please call the main office with any paperwork questions.
- ✓ Thank you!



Answers to April's quiz

- | | |
|----------------------|------------------------------|
| 1. true | 6. fried |
| 2. Physical activity | 7. water |
| 3. true | 8. false |
| 4. Pediatrics | 9. true |
| 5. every | 10. healthykidshealthyfuture |

Business Tip!

Everyone likes to get a smiling face in the mail. As the school year draws to a close, send a postcard with your smiling children's faces to parents and potential clients. Show them the fun and joy your child care brings to their children. The kids will love pointing out their photo and the faces of their friends. This website is easy to use and even offers your first 3 cards free.

www.postcardly.com

Workshops for June

Saturday, June 2, 2012

McAllen, TX 10a-12p

My Kids Won't Eat That!
McAllen Public Library (Main)
Conference Room B
4001 N. 23rd St. 78504

Directions and Registration:
361-241-4446 Eileen

Valley Providers, this one is for you!

Tuesday, June 5, 2012

North Central San Antonio 7-9p

Brookhollow Branch Library
530 Heimer

Directions and registration:
210-233-8453 Patricia

Saturday, June 23, 2012

Angleton, TX 12:30-2:30p

Back to the Basics
Angleton Public Library
401 East Cedar

Directions: 979-864-1519

Registration: 713-816-4851 Carol

Summer Surveys

Provider and children's schedules can change drastically when school is out for the summer. These schedule changes may mean temporary closures for holidays, vacations or varying meals times that affect your program monitoring for the Program. We wanted to remind everyone of some important rules that may affect your claim:

- ☀ You can still claim meals for the month even if you serve only one meal in any month to one non-residential child.
- ☀ Remember that school-age children that will be in your care all day may be claimed along with pre-school children's meals (for example, AM snack or lunch in the summer). Be sure to note the date of school closures on your yellow Claim Information Form sheet for May and June 2012 and school opening dates for August 2012.
- ☀ Summertime is a great time for picnics. Meals eaten on field trips are allowable if they meet the program meal requirements. Please give your Program Coordinator advance notice of any field trips or outings so she can avoid missing your meal service if you are not planned to be serving at your childcare home. This advance notice policy is a federal requirement for the Program.

With all these reminders, we also realize that your day care home's summer schedule and meals claimed may change. Please take time to fill out the Summer Survey previously mailed to you to make us aware of your schedule changes to avoid us visiting your home when you are gone.



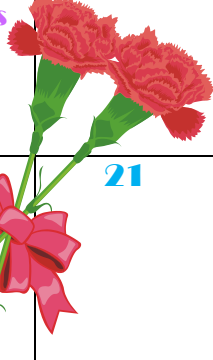

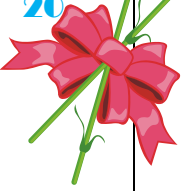

Please return your Summer Survey as soon as you know your schedule by mail, fax 1-888-467-1455, or email info@swhuman.org to the main office. You may also contact your Program Coordinator directly. Thanks!

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out. Remember: kids are always watching and learning from your example!

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
13. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or lowfat spreads. And, don't forget the veggies.
15. In place of fries or chips, choose a sidesalad, fruit or baked potato. Or, share a regular order of fries with a friend.
16. Enjoy ethnic foods such as Chinese stirfry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and highfat toppings. Enjoy fresh fruit as your dessert.
18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
19. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
20. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
26. Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

May

		1 May Day	2 	3 Send in Claim!	4 Orange Juice Day	5 Corpus Christi Workshop Cinco de Mayo
6 	7	8 Plano Workshop National Teacher's Day	9	10 El Paso Workshop Shrimp Day	11 Provider Appreciation Day	12 Nurses Day
13 Mother's Day 	14	15	16	17	18 	19 Garland, Ft Worth, Richmond, San Antonio Workshop
20 	21	22 National Maritime Day	23 	24	25	26 El Paso Workshop
27 Pentecost	28 Memorial Day	29	30	31		

Approximate equivalent amounts of different forms of herbs are:
 1 tablespoon finely cut fresh herbs
 1 teaspoon crumbled dried herbs
 ¼ to ½ teaspoon ground dried herbs

The first week in May is **National Herb Week!**

A quick snip of a fresh herb into a dish instantly kicks the flavor (and appearance!) up a notch.

Unless directed otherwise by your recipe, add the more delicate herbs -- basil, chives, cilantro, dill leaves, parsley, and mint -- a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as oregano, rosemary, and thyme, can be added about the last 20 minutes of cooking.

- 🌿 **BASIL** - a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities pasta sauce, peas, zucchini
- 🌿 **CHIVES** - dips, potatoes, tomatoes
- 🌿 **CILANTRO** - Mexican, Asian and Caribbean cooking; salsas, tomatoes
- 🌿 **DILL** - carrots, cottage cheese, fish, green beans, potatoes, tomatoes
- 🌿 **MINT** - carrots, fruit salads, parsley, peas, tabouli, tea
- 🌿 **OREGANO** - peppers, tomatoes
- 🌿 **PARSLEY** - The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Natural for parsley include potato salad, tabouli, egg salad sandwiches
- 🌿 **ROSEMARY** - chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes
- 🌿 **THYME** - eggs, lima beans, potatoes, poultry, summer squash, tomatoes



Begin with ¼ teaspoon of most ground spices or ground dried herbs for 4 servings, 1 pound of meat, 1 pint, or 2 cups of soup or sauce and adjust as needed. Red pepper intensifies in flavor during cooking so remember to add in small increments.

When doubling a recipe, do not double spices and herbs. Increase amounts by 1½ times. Add more if needed.