

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 28, Issue 8
 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

May 2014
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

In this Issue:

- Workshops
- Minute Menu Reminders
- Summer Thoughts
- Provider Appreciation Day
- Shrimp Day and Recipes
- Mystery Provider
- Binge Eating Disorder Article
- May Calendar

Annual Training

As our workshop season winds down, please take a moment to ensure you have completed your annual training requirement. All Southwest Human Development Services workshops include annual training material and so meet the requirement. 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 2014.

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!

Workshops for May

Saturday, May 3, 2014
Garland, TX 10-11:30a
 Tackling Childhood Obesity
 Sandra Power's House
 1606 Lakeland Park 75043
 Directions: 972-240-8349
 Registration: 972-398-9398 Renee

Saturday, May 10, 2014
Galveston, TX 10a-12p
 Cent\$ible Meals & More
 Galveston Kiddie College
 1516 Ave K Galveston, TX 77550
 RSVP: 713-816-4851 Carol
 Please bring a folding chair.

Waco, TX 10:30-1p
 Caldendar Training and More
 Lillian Robertson's home
 1303 Victoria Waco, TX
 Directions: 254-8670435 Lillian
 Registration: 254-690-8107 Veronica

Saturday, May 17, 2014
Farmers Branch, TX 10a-12p
 Calendar Training
 Farmers Branch Library
 13613 Webb Chapel at Golfing Green
 Farmers Branch, TX 75234
 Directions only: 972-247-2511
 Please RSVP: 214-679-9257 Wend'e
 This is my VERY LAST workshop for 2014!!



Answers to April quiz

- | | |
|------------------|---------------|
| 1. true | 6. true |
| 2. open dialogue | 7. break |
| 3. true | 8. true |
| 4. Show | 9. home |
| 5. empowering | 10. attentive |

Saturday, May 17, 2014

Killeen, TX 9:30-12p
 Caldendar Training and More
 Rebecca Anthony's home
 6805 Alvin Dr Killeen, TX 76542
 Directions: 254-702-8136 Rebecca
 Registration: 254-690-8107 Veronica
 Located off Trimmer and Deosam loop.
 First 15 to register!

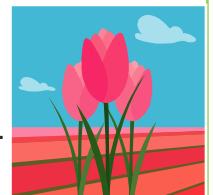
Saturday, May 17, 2014

Georgetown, TX 10-11:30a
 Randi Spink's Home
 119 Tanner Cir
 To register, please contact me by phone
 512-263-4002 or email
sandy@swhuman.org Sandy

An important reminder for those using Minute Menu:

- Foods for meals may be recorded ahead of time or on the day they are served.
- Attendance may be recorded anytime during or after that meal is served but never ahead of time.
- All foods and attendance must be entered by the end of the day to be reimbursed.

Since this information you enter on MM has a timestamp, you may be disallowed for meals not recorded properly. If you cannot record meals/attendance or if you have any questions, please contact your program coordinator directly. You are also welcome to contact the main office with any concerns or questions by email info@swhuman.org or phone 1-800-369-9082.



Warm weather means that summertime is almost here!

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 2014 and school opening dates for August 2014.
- 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.

Look in the mail for your Summer Survey! Be sure to return it 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!

May 10th is Shrimp Day!

Shrimp are a very versatile ingredient that can be used in a variety of recipes from appetizers to main dishes. They are easy to prepare or for added ease, may be purchased pre-cooked. Shrimp are one of the five most commonly eaten fish that are low in mercury. Though shrimp are higher in cholesterol than some types of seafood, they are low in fat, especially saturated fat. Because shrimp contain very little saturated fat, the American Heart Association includes them among their dietary recommendations.

Crispy Baked Shrimp

1 pound large shrimp, peeled and de-veined
1 cup bread crumbs, fine
1 egg, beaten
1/2 cup flour
1/4 cup olive oil
pinch salt and pepper
cayenne pepper, optional

- Preheat the oven to 425° F.
- Place flour in a gallon size zip top bag. Next to it place the bowl of eggs and then the bowl of bread crumbs seasoned with salt, pepper and cayenne if you are using. Finally, pour the olive oil in a baking sheet with sides and set that next to the bread crumbs.
- Add the shrimp to the bag with the flour, seal and shake it gently so that each shrimp is coated. One by one shake off any excess flour.
- Dip the shrimp in the egg, then dredge in the bread crumbs. Place each shrimp on the baking sheet. If desired, shrimp can be made ahead and refrigerated at this point until you are ready to bake.
- When all the shrimps are coated, bake for five minutes, remove from oven and flip each shrimp over. Continue to cook for 5 minutes more or until crisp and just cooked through. Shrimp will be pink, opaque and curled. Serve with lemon dressing.

spoonful.com

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. 090397

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

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!

Binge Eating Disorder

Do you sometimes feel that your kids might eat you out of house and home? It can feel like that at times, especially during the teen years. They grab a handful of cookies here, a bag of chips there, and finish last night's leftovers in a flash. They're growing like weeds, of course, so you figure all that eating is OK. And most of the time, it is. But sometimes, heavy snacking isn't what it seems to be. A kid who eats unusually large amounts of food — and feels guilty or secretive about it — could be struggling with a common eating disorder called binge eating disorder.

About Binge Eating Disorder Lots of people find comfort in food. After all, it's often at the heart of our happiest celebrations. Birthdays can mean cake with friends; Thanksgiving often means turkey and stuffing with family. Most people will sometimes eat much more than they normally do (or even want to) on special occasions.

But people with binge eating disorder have a different relationship with food — they feel like they've lost all control over how much they're eating, like they can't stop. They also binge more frequently — at least twice a week for several months. For people with binge eating disorder, at first food may provide feelings of calm or comfort or stop them feeling other difficult feelings, but if bingeing continues, it can cause anxiety, guilt and distress. A binge usually involves eating unusually large amounts of food quickly and feel completely out of control as they do it. These behaviors can become a habit, and is often alternated with dieting.

Binge eating disorder is more common in people who are obese, but it affects people of healthy weight as well. However, there's little information on how many kids and teens are affected because the condition has only recently been recognized, and some may be too embarrassed to seek help for it. Also, because most binge eating is done alone, even if their kids may be gaining weight, parents might not be aware that it's due to bingeing. While most people with other eating disorders (like anorexia and bulimia) are female, an estimated third of those with binge eating disorder are male. Adults in treatment (including 2% of adult Americans — roughly 1 million to 2 million people) often say their problems started in childhood or adolescence.

How It Differs From Other Eating Disorders

Binge eating disorder is slightly different from other eating disorders. Kids and teens who sometimes eat a lot don't necessarily have binge eating disorder. Kids can have huge appetites, especially during growth spurts, when they need more nutrients to fuel their growing bodies. So it can be difficult to determine whether a child has binge eating disorder. But several signs distinguish someone who binge eats from someone with a "healthy appetite."

Parents and other family members may first suspect a problem when they notice large amounts of food missing from the pantry or the refrigerator, though it's hard to imagine one child could have eaten so much.

People who binge might experience feelings that are common to many eating disorders, such as depression, anxiety, guilt, or shame. They may avoid school, work, or socializing with friends because they're ashamed of their binge eating problem or changes in their body shape and weight.

Many people who binge eat say that episodes can be triggered by feelings of stress, anger, sadness, boredom, or anxiety. However, even if someone feels better temporarily while eating, it's usually associated with feelings of distress. Most commonly, after a binge a person will feel anxious, guilty, and upset about losing control.

Other signs include:

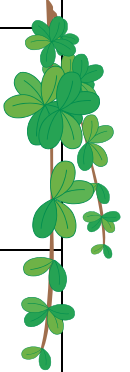
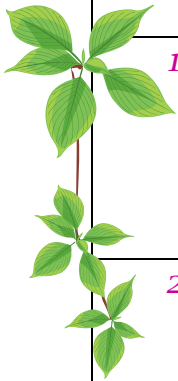
- a child eating a lot of food quickly
- a pattern of eating in response to emotional stress, such as family conflict, peer rejection, or poor academic performance
- a child feeling ashamed or disgusted by the amount they have eaten
- finding food containers or wrappers hidden in a child's room or elsewhere
- an increasingly irregular eating pattern, such as skipping meals, eating lots of junk food, and eating at unusual times (like late at night)

Helping the Child If you suspect a child has a problem with binge eating, speak with their parents and call a doctor for advice and referrals to qualified mental health professionals who have experience treating eating disorders in kids. Reassure the child that you're there to help or just to listen. Having an eating disorder can be difficult to admit, and your child may not be ready to acknowledge having a problem. With the help of family, friends, and supportive professionals, the child can start eating healthy amounts of food and learn to manage stress in healthier ways.

May

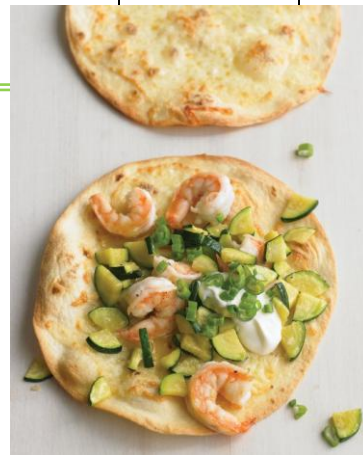


				1 May Day	2	3 Garland Workshop Send in Claim
	5 Cinco de Mayo	6 National Teacher's Day	7	8	9	10 Galveston and Waco Workshops
11 Mother's Day	12 Nurses Day	13				17 Farmer's Branch, Killeen, and Georgetown Workshops
18	19 Victoria Day	20	21	22 National Maritime Day	23	24
25	26 Memorial Day				27	28



Shrimp and Zucchini Tostadas

- 4 burrito-size flour tortillas (8-inch)
- 2 tablespoons olive oil
- 1 cup shredded Monterey Jack cheese (4 ounces)
- 1 garlic clove, minced
- 2 medium zucchini, quartered lengthwise and thinly sliced
- Coarse salt and ground pepper
- 1 pound large peeled and deveined shrimp
- 1 tablespoon fresh lime juice
- 1/2 cup sour cream (optional)
- 3 scallions, thinly sliced (optional)



Step 1 Preheat oven to 475 degrees. Place tortillas on two large baking sheets. Brush with 1 tablespoon oil and sprinkle with cheese. Bake until cheese is melted and tortillas are crisp, 3 to 5 minutes.

Step 2 In a large skillet, heat 1 tablespoon oil over medium-high. Add garlic and zucchini; season with salt and pepper. Cook, stirring frequently, until zucchini is crisp-tender, 2 to 4 minutes. Add shrimp and cook, stirring frequently, until shrimp are opaque throughout, about 3 minutes. Stir in lime juice. Spoon shrimp mixture over tortillas. Top with sour cream and scallions (optional).

marthastewart.com