



Southwest Human Development Services
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May 2015
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Workshops for May

Saturday, May 2, 2015
Houston, TX 10:30a-12:30p
 Young Neighborhood Library
 5260 Griggs Rd
 Questions: 713-816-4851 Carol
 No need to register for the workshops. See you there!

Saturday, May 2, 2015
Killeen, TX 10a-12p
 Tanika Pain's home
 2508 Black Orchid Dr. Killeen, TX 76549
 Directions: 254-200-2320
 Registration: 254-690-8107 Veronica
 First 15 to register call Veronica!

Saturday, May 16, 2015
San Antonio, TX 3-5p
 Fun and Nutritious Snacks
 Johnston Branch Library
 6307 Sun Valley 78227
 Registration:
Rachelle@SWHuman.org or
 210-289-5451 Rachelle

Saturday, May 16, 2015
Conroe, TX 1-3p
 Montgomery City Library
 104 I-45 North
 Conroe, TX 77301
 RSVP to Laurie by
 text 281-808-1137 or
 email laurieramos58@gmail.com

Saturday, May 23, 2015
Garland, TX 10-11:30a
 The Two Bite Club
 Sandra Power's House
 1606 Lakeland Park 75043
 Directions: 972-240-8349
 Registration: 972-398-9398 Renee
 Go to the second entrance – the gate is open!

Saturday, May 30, 2015
San Antonio, TX 2:30-4:30p
 Fun and Nutritious Snacks
 McCreless Branch Library
 1023 Ada St 78223
 Registration:
Rachelle@SWHuman.org or 210-289-5451 Rachelle
 This will be the last San Antonio workshop for this year!

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 quiz

- | | |
|------------------------|--------------|
| 1. true | 6. true |
| 2. quick-and-easy | 7. sparkling |
| 3. true | 8. true |
| 4. yogurt | 9. popsicles |
| 5. contrasts, textures | 10. recipe |



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 2015. 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!

Food Safety: Prevent food poisoning in 4 steps

Step Two – SEPARATE, Don't Cross-contaminate

Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

But which foods need to be kept separate, and how?
Follow these top tips to keep your family safe:

Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.

- ✓ Placing ready-to-eat food on a surface that held raw meat, poultry, seafood, or eggs can spread bacteria and make you sick. But stopping cross-contamination is simple.
- ✓ Use one cutting board for fresh produce, and one for raw meat, poultry, or seafood.
- ✓ Use separate plates and utensils for cooked and raw foods.
- ✓ Before using them again, thoroughly wash plates, utensils, and cutting boards that held raw meat, poultry, seafood, or eggs.
- ✓ Once a cutting board gets excessively worn or develops hard-to-clean grooves, consider replacing it.

Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery.

Make sure you aren't contaminating foods in your grocery bag by:

- ✓ Separating raw meat, poultry, seafood, and eggs from other foods in your shopping cart.
- ✓ At the checkout, place raw meat, poultry, and seafood in plastic bags to keep their juices from dripping on other foods.

Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Bacteria can spread inside your fridge if the juices of raw meat, poultry, seafood, and eggs drip onto ready-to-eat foods. But stopping this contamination is simple...

- ✓ Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods. If you're not planning to use these foods within a few days, freeze them instead.
- ✓ Keep eggs in their original carton and store them in the main compartment of the refrigerator—not in the door.

Check out this link to a video about separating foods to prevent food poisoning!

<http://www.foodsafety.gov/keep/basics/separate/index.html>

*foodsafety.gov

New Summer Schedules!

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 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 2015 and school opening dates for August 2015.
- ⚙ 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 planning to serve 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!

National Organic Program

What is Organic?

Organic is a labeling term that indicates that the food or other agricultural product has been produced through approved methods. These methods integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used.

How Are Organic Products Overseen?

The National Organic Program regulates all organic crops, livestock, and agricultural products certified to the United States Department of Agriculture (USDA) organic standards. Organic certification agencies inspect and verify that organic farmers, ranchers, distributors, processors, and traders are complying with the USDA organic regulations. USDA conducts audits and ensures that the more than 90 organic certification agencies operating around the world are properly certifying organic products. In addition, USDA conducts investigations and conducts enforcement activities to ensure all products labeled as organic meet the USDA organic regulations. In order to sell, label, or represent their products as organic, operations must follow all of the specifications set out by the USDA organic regulations.

How Do I Know if My Food Is Organic?

Look at the label. If you see the USDA organic seal, the product is certified organic and has 95 percent or more organic content. For multi-ingredient products such as bread or soup, if the label claims that it is made with specified organic ingredients, you can be confident that those specific ingredients have been certified organic.

What About Other Labels?

There are other voluntary labels for livestock products, such as meat and eggs. Animal raising claims must be truthful and not misleading. USDA's Food Safety Inspection Service verifies the truthfulness of these claims:

- * **Free-range.** This label indicates that the flock was provided shelter in a building, room, or area with unlimited access to food, fresh water, and continuous access to the outdoors during their production cycle. The outdoor area may or may not be fenced and/or covered with netting-like material. This label is regulated by the USDA.
- * **Cage-free.** This label indicates that the flock was able to freely roam a building, room, or enclosed area with unlimited access to food and fresh water during their production cycle.
- * **Natural.** As required by USDA, meat, poultry, and egg products labeled as "natural" must be minimally processed and contain no artificial ingredients. However, the natural label does not include any standards regarding farm practices and only applies to processing of meat and egg products. There are no standards or regulations for the labeling of natural food products if they do not contain meat or eggs.
- * **Grass-fed.** Grass-fed animals receive a majority of their nutrients from grass throughout their life, while organic animals' pasture diet may be supplemented with grain. Also USDA regulated, the grass-fed label does not limit the use of antibiotics, hormones, or pesticides. Meat products may be labeled as grass-fed organic.
- * **Pasture-raised.** Due to the number of variables involved in pasture-raised agricultural systems, the USDA has not developed a federal definition for pasture-raised products.
- * **Humane.** Multiple labeling programs make claims that animals were treated humanely during the production cycle, but the verification of these claims varies widely. These labeling programs are not regulated under a single USDA definition.
- * **No added hormones.** A similar claim includes "Raised without Hormones." Federal regulations have never permitted hormones or steroids in poultry, pork, or goat.

How the USDA is Protecting Organic Integrity:

- 30,000 on-site inspections per year by certifying agents to monitor compliance with USDA organic standards
- Certifying agent audits to ensure appropriate monitoring
- Residue testing program to verify that prohibited pesticides aren't being applied to organic crops



May

					1 <i>May Day</i>	2 <i>Houston and Killeen Workshops</i>
3 <i>Send in Claim!</i>	4	5 <i>Cinco de Mayo</i> <i>Teacher's Day</i>	6	7		9
10 <i>Mother's Day</i>	11	12	13	14 <i>Ascension</i>		16 <i>San Antonio and Conroe Workshops</i> <i>Armed Forces Day</i>
17			20	21	22	23 <i>Garland Workshop</i>
24 <i>Pentecost</i>	25 <i>Memorial Day</i>	26			29	30 <i>San Antonio Workshop</i>
31 <i>Trinity Sunday</i>						

Porcupine Sliders

- | | |
|---|-----------------------------------|
| 1/8 cup Brown rice, long-grain, dry | 1 lb Raw ground turkey, lean |
| 1 tsp Canola oil | 1 Egg, beaten |
| 1 ½ Tbsp Fresh onion, peeled, diced | 5 Tbsp Dried cranberries, chopped |
| ¼ cup Fresh celery, diced | ¾ cup Fresh baby spinach, chopped |
| 1 ½ tsp Fresh garlic, minced | 1 tsp Worcestershire sauce |
| 6 (1 oz each) Mini whole-wheat rolls (small dinner roll size) | ½ tsp Salt |
| | ½ tsp Ground black pepper |
| | 1 dash Ground white pepper |

1. Preheat oven to 350 °F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

This recipe won Grand Prize as one of the top 30 recipes from the Recipes for Healthy Kids Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's Let's Move! initiative.

The South Education Center Alternative (SECA) School created Porcupine Sliders, healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name

*whatscooking.fns.usda.gov/