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Annual Training

As our workshop season comes to a close, 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 our website swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2016. 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 7, 2016

Tyler, TX 9:30a-12p
 Cen\$ible Meals Workshop
 Debbie's House
 5872 Old Jacksonville Hwy # 129
 Tyler, TX 75703
 Directions and registration:
 903-570-0417 Debbie

Monday, May 9, 2016

Plano, TX 7-8p 
 My Kids Won't Eat That!
 Olive Garden
 700 N Central Expressway
 Registration: 972-398-9398
 Renee
 Plano Daycare Home
 Association and Southwest!

Saturday, May 14, 2016

Cen\$ible Meals
Lampasas, TX 10a-12p
 Aretha Williams' home
 327 Country Rd 4884
 Copperas Cove, TX 76522
 Directions: 512-525-6548 Aretha
 Reservation: 254-690-8107
 Veronica

Answers to April quiz

- 1. true
 - 2. blood
 - 3. true
 - 4. normal
 - 5. zinc
 - 6. true
 - 7. Iron 
 - 8. true
 - 9. greens
 - 10. Vitamin C
- 090690


Saturday, May 14, 2016

San Antonio, TX 2:30-4:30p
 Cen\$ible Meals
 McCreless Branch Library
 1023 Ada St
 San Antonio, TX 78223
 Registration:
 Rachelle@SWHuman.org or
 call/text 210-289-5451 Rachelle
 This will be the last San Antonio
 workshop for this year. If you
 were not able to attend one
 please download the annual
 training packet from our website
 or call the office to have it
 mailed to you.

Saturday, May 21, 2016

Cen\$ible Meals
Waco, TX 10a-12p
 Patricia Octave's home
 6508 Crystal Ct 76712
 Directions: 254-420-2311 Patricia
 Reservation: 254-690-8107
 Veronica

Tyler, TX 9:30a-12p
 Cen\$ible Meals Workshop
 Debbie's House
 5872 Old Jacksonville Hwy # 129
 Tyler, TX 75703
 Directions and registration:
 903-570-0417 Debbie

Conroe, TX 9:30-11:30a 
 Montgomery County Library –
 Conroe Branch
 104 I-45 North
 Conroe, TX 77301
 RSVP to Laurie by
 text 281-808-1137 or
 email
laurieramos58@gmail.com

May is National Salad Month!

Eating large leafy greens is healthy for your body. Adding a variety of tastes and flavors with interesting salad dressings can make every salad unique. Below is a basic salad dressing that you can use as a template to create your own anytime. They take around 5 minutes to create and can be prepared the night before. Experiment while making small batches and let the kids assist – they love shaking stuff! Be sure to write down your favorites so you can recreate them later! Have fun!

Basic Salad Dressing When making a vinaigrette, a combination of oil and vinegar or lemon juice:

Keep the oil to vinegar ratio at about 3:1

If you want a smooth consistency in which the oil and vinegar do not separate you must use an emulsifier. Dijon mustard and egg yolks from pastured chickens are popular options.

Add lots of flavors like onion, garlic, spices, herbs, and honey.

For simplicity use pint-sized jars for easy dump, shake, and serve salad dressing.

BUTTERMILK RANCH DRESSING

When I don't have homemade mayonnaise in the fridge I substitute an additional 1/4 cup creme fraiche to avoid the unhealthy oils found in most commercial mayonnaise.

- 1 1/4 cups sour cream
- 1/2 cup buttermilk
- 1/4 cup mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon onion powder
- 1 large garlic clove, minced
- 4 tablespoons fresh chopped parsley
- 1 teaspoon sea salt or to taste
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried dill weed (or 1 teaspoon fresh)

Combine all ingredients in a quart jar. Stir well with a fork or seal tightly and shake.

Refrigerate for at least an hour before serving. Taste and additional salt as necessary. This makes for a fairly thick dressing. If a thinner consistency is desired replace part of the sour cream with additional buttermilk.

This is delicious over a chopped salad with bacon, hard-boiled egg, and lots of vegetables.

BALSAMIC VINAIGRETTE

- 1/4 cup balsamic vinegar (no need for the really expensive stuff)
- 1 tablespoon dijon mustard
- 1/2 teaspoon dried marjoram (or oregano)
- 1/2 teaspoon dried basil
- 3/4 cup extra virgin olive oil

Combine all ingredients except olive oil in a jar. Stir well with a fork.

Add olive oil, cover tightly, and shake well until combined.

You can also use a blender and drizzle the oil in slowly while it is running.

Serve over a basic green salad or toss with grated carrots, minced red onion, and sunflower seeds.

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 2016 and school opening dates for August 2016.
- ⚙️ 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!

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!

How to Fight Lead Exposure with Nutrition

Although exposure to lead has reduced within the last two decades, it is still a concern and caution is advised, especially for children who have access to toys with lead-based paint or individuals who live in older homes. In some instances, lead can leach from the main water pipes and into the household water supply. If exposed to lead, eating a healthy diet can help reduce its absorption by the body.

What Are the Dangers of Lead?

When lead is consumed, research shows it can cause learning and behavior problems; as it accumulates, it can cause lasting problems with growth and development. Infants and children are at a higher risk because they absorb lead more quickly than adults, in addition to being more likely to put non-food items that might contain lead in their mouth.

How to Avoid Lead

Lead is most likely to be consumed as lead-based paint in and outside the home — peels, chips or cracks — and ends up being consumed because it is on toys or other surfaces that kids put in their mouth. When lead is present in the water system, it can become more difficult to avoid (visit the Centers for Disease Control and Prevention for more on lead in the water supply <http://www.cdc.gov/nceh/lead/tips/water.htm>).


To minimize exposure to lead:

- Always wash your hands and ensure children wash their hands with uncontaminated water before eating.
- Do not use imported pottery or leaded crystal to store or serve food.
- Use an NSF-certified filter on your faucet for drinking water, food preparation and cooking, and be sure to change the filter cartridge by the date printed on the package. If a filter or bottled water are unavailable, visit the CDC's source on lead to reduce or eliminate lead in tap water by using only cold tap water that has been thoroughly flushed from the pipes. Boiling water will not reduce the presence of lead.
- Regularly clean toys, pacifiers, floors, windowsills and other surfaces using liquid cleaners that control dust.
- Wipe or remove shoes before entering your home.
- Get your home tested for lead if it was built before 1978.

Eat a Healthy Diet to Help Decrease Lead Absorption

Eat small, healthy mini-meals throughout the day. Follow the 2015 Dietary Guidelines to include a variety of vegetables, fruits, whole grains, lean protein and low-fat or fat-free dairy. When there is healthy food in the body, it is more difficult for lead to be absorbed. Make sure your diet is rich in important nutrients such as calcium, iron and vitamin C.

- Calcium keeps your bones strong and the lead out.
- Iron also blocks lead from being absorbed.
- Vitamin C helps the body absorb iron better, but also may help with getting rid of lead.

 Below is a sample menu to help incorporate these nutrient recommendations into your daily diet.

Breakfast: Iron-fortified cereal made with low-fat or fat-free milk and topped with raisins

Snack: Orange slices

Lunch: Lean hamburger on an iron-fortified bun with red bell pepper strips

Snack: Low-fat or fat-free yogurt topped with fruit

Dinner: Chicken with brown rice, a spinach salad and a glass of low-fat or fat-free milk

Snack: Peanut butter on whole-grain crackers

Calcium-rich foods include:

- Milk and milk products, such as yogurt and cheese
- Green leafy vegetables, including spinach, kale and turnip, mustard and collard greens
- Calcium-enriched foods, such as orange juice, soy milk and tofu
- Canned salmon and sardines

Try these iron-rich foods:

- Lean red meats
- Iron-fortified cereal, bread and pasta
- Dried fruit, such as raisins and prunes
- Beans and lentils

Foods rich in vitamin C include:

- Citrus fruits, such as oranges and grapefruit
- Other fruits such as kiwi, strawberries and melon
- Tomatoes
- Potatoes
- Peppers

May



1 May Day	2	3 Send in Claim!	4 	5 Cinco de Mayo	6	7 Tyler Workshop
8 Mother's Day	9 Plano Workshop	10 	11	12	13	14 Lampasas and San Antonio Workshops
15 	16	17	18	19	20	21 Waco, Tyler, and Conroe Workshops
		24 				28
29	30 Memorial Day	31				

May is National Strawberry Month!

With May being both National Salad Month and Strawberry Month, what is more fitting than a strawberry salad?! Children sometimes have a hard time eating salad because they can't stab it with a fork or the flavor of the greens is too intense. Loading a salad with lots of fruit can seem less intimidating and finger friendly. Serve their homemade dressing (see recipes on page 2 of this newsletter) on the side in a small dish. This way the kids are not overwhelmed by the flavor in the dressing and can dip their salad bites or pour the dressing themselves. Having control over how they eat, can lead children to a healthy relationship with healthy foods for a lifetime!

Strawberry Surprise

- Greens (any or all: spinach, baby kale, baby mixed greens, romaine, etc)
- Almonds (sliced or chopped)
- Strawberries
- Feta cheese or mozzarella cheese

Experiment with different fruit, nuts, cheese and greens. Another variation includes grape halves, walnut pieces and feta. Watch your little ones pick out the fruit and eventually move on to the greens.