

WORKSHOPS IN NOVEMBER

Tuesday, November 10, 2009

Farmers Branch, TX 7-8:30p

The Two Bite Club

Wend'e's home 3007 Harlee Dr. 75234

For registration and directions:

972-243-3237 Wend'e

This evening workshop counts for 2010 Training!

Saturday, November 14, 2009

Lubbock, TX 10a-12p

Tackling Childhood Obesity

Della Avila Home

4608 - 28th St. Lubbock. TX 79410

For registration and directions:

806-777-3907 Della

Highlights healthy foods for kids and information about overweight children.

WORKSHOPS IN DECEMBER

Saturday, December 12, 2009

Lubbock, TX 10a-12p

Making Nutrition Count

Della Avila Home

4608 - 28th St. Lubbock. TX 79410

For registration and directions:

806-777-3907 Della

Join us for a workshop and Christmas party!

Bring your appetite!

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!

Apple Dessert Pizza

Use fresh, seasonal apples that are on sale to make this great pizza for dessert or snack!

Ingredients:

Fresh or frozen whole wheat bread dough

1 small jar apricot preserves

2 - 4 apples depending on size

½ cup favorite seasonal nut like pecan or walnut

½ cup brown sugar

¼ cup flour

1 tsp. cinnamon

2 - 4 TBSP butter



Tip of the Month:

For all providers using new MM Full Bubble Forms only!

Some bread items are designated as snack only or breakfast only on your Food Chart. You do not get paid for main meals when these foods are served!

Spread the bread dough thinly on a cookie sheet (non-insulated) or large flat pan or pizza pan.

Spread the apricot preserves over the top of the dough.

Distribute very thinly sliced / peeled apples evenly over the pizza.

Melt butter and pour over the chopped nuts, brown sugar, and cinnamon mixture. Mix together and pat onto top of the pizza.

Bake at 375 until apples are tender and strudel topping is browned about 25 minutes.



Cinnamon/Applesauce Clay

What You Need:

1/2 cup Applesauce

1 cup of Cinnamon

1/4 cup White School Glue

Put 1/2 cup of applesauce in the bowl.

Measure out 1 cup of cinnamon.

Add 1/4 cup white school glue and mix.

Add about 1/2 the cinnamon to the bowl of Applesauce and mix thoroughly.

Keep adding a little of the cinnamon at a time until your mixture is firm like clay.

Once your dough is mixed, you can make shapes and designs or even use cookie cutters.

Put your creations in a warm spot to dry.

Tips:

If your batter is too sticky, add a little extra cinnamon or a bit of flour.

Allow your creations plenty of time to dry. Depending on the size, it can take a few days!

If you are making ornaments, punch a hole in the top of your design using a straw while the dough is still wet.

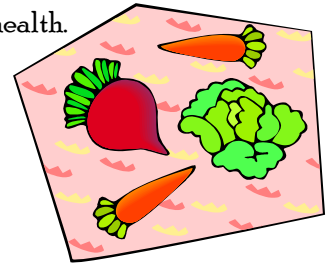


Nutrition Basics:

Vitamins, Minerals, and Fiber (Part 5 of 5)

Vitamins, minerals, as well as fiber are substances that are found in foods we eat. They are essential for proper growth, development, and overall body health.

When it comes to **VITAMINS**, each one has a special role to play. For example:
Vitamin A in carrots helps vision especially night.
Vitamin C in oranges helps in healing the body.
B vitamins in leafy green vegetables help the body make protein and energy.



There are two types of vitamins: **fat soluble** and **water soluble**.

Fat-soluble vitamins are stored in the fat tissues in the body and in the liver. These vitamins are happy to stay stored in the body for awhile — some stay for a few days, some for up to 6 months! Then, when it's time for them to be used, special carriers in the body take them to where they're needed. Vitamins A, D, E, and K are all fat-soluble vitamins.

Water-soluble vitamins are different. As water-soluble vitamins are absorbed into the body from foods, they do not get stored like fat-soluble vitamins. Instead, they travel through the bloodstream. Whatever water-soluble vitamins are not used, are passed through in the urine. These vitamins need to be replaced often because they don't stick around! This crowd of vitamins includes vitamin C and the big group of B vitamins — B1 (thiamin), B2 (riboflavin), niacin, B6 (pyridoxine), folic acid, B12 (cobalamine), biotin, and pantothenic acid.

Vitamins are essential to many bodily functions yet the body is not capable of manufacturing most of them alone. That's where food comes in. The body is able to get the vitamins it needs from foods because different foods contain different vitamins. The key is to eat different foods to get an assortment of vitamins. Though some kids take a daily vitamin, most kids don't need one if they're eating a variety of healthy foods. Vitamins are very sensitive to temperature and light so be sure to serve some raw or lightly cooked fruits and vegetables daily to get the maximum amounts of these essential nutrients.

MINERALS are also essential to the body and must be taken in through food. The two kinds of minerals are: **macrominerals** and **trace** minerals. Macro means "large" in Greek and the body needs larger amounts of macrominerals. The macromineral group is made up of calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur. "Trace" means very little and so even though the body needs trace minerals, it needs just a tiny bit of each one. Scientists are not even sure how much of these minerals the body needs each day. Trace minerals includes iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.

When people don't get enough of these important minerals, they can have health problems. For instance, too little calcium — especially in children — can lead to weaker bones. Some kids may take mineral supplements, but most kids don't need them if they eat a nutritious diet. Natural forms of minerals found in foods are easiest to absorb into the body. These are often found in vegetables and meats so be sure to serve a balanced diet.

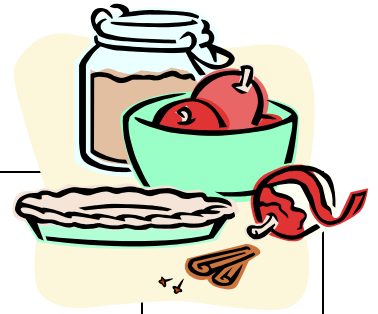
Few kids would say they crave a good **FIBER**-rich meal. Although the thought of fiber might bring gags and groans from kids, many appetizing foods are actually great sources of fiber — from fruits to whole-grain cereals. And kids are probably eating them without even knowing it.

Fiber is healthful and serves vital functions in the body even though it is not actually absorbed into the bloodstream and body tissues. Foods with fiber are beneficial because they're filling and, therefore, discourage overeating — even though fiber itself adds no calories. Plus, when combined with adequate fluid intake, high-fiber foods can help move food through the digestive system and may protect against gut cancers and constipation. It may also lower LDL cholesterol ("bad" cholesterol) as well as help prevent diabetes and heart disease.

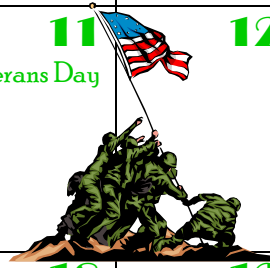
Foods high in fiber include fruits, vegetables, and whole grains. Skins and seeds eaten with the fruits and vegetables (where developmentally appropriate) will help increase fiber in children's diets. For example, serve orange slices instead of orange juice to add pulp and fiber to the meal. However you choose to incorporate fiber, make gradual changes that will add up to a diet that's higher in fiber over time. And keep offering a variety of foods that are good sources of fiber — fruits like pears and berries, vegetables like beans and peas, and whole-grain breakfast cereals and breads. Kids will get the fiber they need, and you'll set the tone for a lifetime of healthy eating.



November



1 All Saints' Day Daylight Savings Time Ends	2 All Souls' Day	3 Send in Claim!	4	5	6	7
8	9	10 Farmer's Branch Workshop	11 Veterans Day	12	13	14 Lubbock Workshop
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day Office Closed	27 Office Closed	28
29	30					



Cotton Ball Corn Cob

What you'll need:

- 8x 10 piece of green craft foam or thin cardboard covered in green construction paper
- 4-5 cotton balls
- Yellow acrylic craft paint
- Scissors
- White craft glue
- Paintbrush

Extra Suggestions:

- To make this project into Indian corn, use tan craft foam instead of green and add touches of burgundy, orange and brown paint through the corn kernels.
- Make several of these and use as place markers for your Thanksgiving table. Simply write family members' names across the green foam with a black marker.



How to make it:

- Cut a corn cob shape out of the green craft foam.
- Line the center of the craft foam with white craft glue.
- Pull small pieces off of the cotton balls and roll into balls with your fingers.
- Place the rolled balls onto the craft glue. Continue this step until entire center of green foam is filled with "corn kernels."
- Dip paintbrush into yellow paint. Paintbrush should be full, but not dripping.
- Using a dabbing motion, add paint to the cotton until mostly covered. Allow to dry for about two hours.
- After paint has had a chance to dry, add more yellow paint where needed.
- Let dry completely.

*courtesy kaboose.com