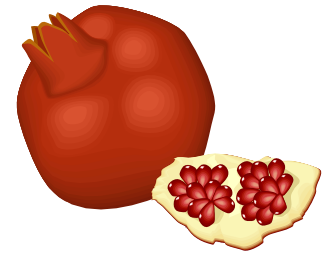




Southwest Human Development Services
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Volume 25
 Issue 2
 Liz Curtis, Compliance Officer

Sponsors of the Child and Adult Care Food Program
 Blake Stanford, President
 Martin North, Website/MM Kids Specialist

November 2010
 Brenda Baldwin, Program Director
 Lindsey Seybold, Editor

In this Issue:

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- ▶ Sweet Potato Recipes
- ▶ Provider's Spotlight
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- ▶ Wonders of Pumpkin Seeds
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Happy 25th Anniversary Southwest Human Development Services!

- 😊 Back in 1985, 50 homes were used to start up SHDS.
- 😊 Now we have 1360 Active Homes!
- 😊 To learn more about our history and our current services, please visit <http://www.swhuman.org/aboutus.html>

Answers to October's quiz

- 1. false 6. true
- 2. health 7. five,
- eight
- 3. fiber 8. false
- 4. pizza toppings 9. exercise
- 5. true 10. true

Workshops for November

Tuesday, November 2, 2010
Farmers Branch, TX 7-8:30p
 Food Program Workshop
 Wend'e Pittmon's home
 Farmers Branch, TX 75234
 Please RSVP for directions:
 972-243-3237 Wend'e
 This EVENING training is limited to the first 15 people so please RSVP early!

Saturday, November 6, 2010
West Fort Worth, TX 9:30-11a
 Food Program Workshop
 Ethel McClintock's home
 3004 San Marcos, 76116:
 Registration: Registration:
 817-536-4514 Barbara



For people in White Settlement, West Ft.Worth, and Willow Park. I have new Zooby DVDs!

Dayton, TX 10:30a-12:30p
 A Perfect Monitor Visit
 Eagle Heights Fellowship
 14120 Hwy 146, Dayton, TX
 Registration and Directions:
 281-808-1137 Laurie
 This workshop is also open to Shegala's providers! Please RSVP with Laurie!

Thursday, November 11, 2010
Georgetown, TX 7p
 Food Program Workshop
 Susan Brunner's home
 215 Rockcrest Dr
 Directions: 512-869-2408
 Registration: 512-263-4002 Sandy
 For all providers in the Georgetown and Round Rock areas! Limit 15 so please RSVP to reserve your spot!



Saturday, November 13, 2010
Lubbock, TX 10a-12p
 Calendars and Record Keeping
 Della Avila's home
 4608 28th Street
 Registration and Directions:
 806-777-3907 Della

Workshops for December

Saturday, December 11, 2010
Lubbock, TX 10a-12p
 Planning Low Cost Menus
 Della Avila's home
 4608 28th Street
 Registration and Directions:
 806-777-3907 Della
 This is also a Christmas Party! Bring a White Elephant Gift so we can play the exchange game! Please RSVP!



Orange Sweet Potato Cups

4 oranges
 2 1/2 cups cooked, mashed sweet potato
 2 tablespoons soft butter or margarine
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1/4 cup brown sugar
 Chopped pecans, walnuts, or pumpkin seeds
 Extra Orange Juice if needed

Halve oranges and carefully ream halves, reserving juice. Remove pulp, keeping shells firm.

Steam or bake the sweet potatoes. To mash them, add butter, brown sugar, orange juice to moisten, salt & pepper. With electric mixer, beat until fluffy.

Spoon mixture into orange cups and top with finely chopped nuts or seeds.

Place orange cups in muffin tins or baking pan and bake at 350 degrees for 25 to 30 minutes, or until heated through.

***thatismyhome.com*
 Amount required to satisfy food program requirements
 For snack; 1-5yrs = 1/2c,
 6-12yrs = 3/4c
 For lunch/supper: 1-2 yrs = 1/4c,
 3-5yrs = 1/2c, 6-12yrs = 3/4c



WIC: The Special Supplemental Nutrition Program for Women, Infants, and Children

WIC is a nutrition program for women, infants and children. It teaches young families how to stay healthy through better nutrition and how to stretch a tight food budget. It also provides supplemental foods and helps families access health and medical services. Some WIC clinics provide childhood immunizations, and others can refer families to the nearest shot clinic. WIC educates women about the benefits of breastfeeding, and it offers guidance and support to breastfeeding women.

Who is eligible?

- Women who are pregnant, breastfeeding, or have an infant younger than 6 months.
- Infants and children younger than 5.

Call WIC for more information in Texas
1-800-942-3678 or 1-800-WIC-FOR-U



http://netx.squaremeals.org/snp/alerts/dch/PAL-DCH_2009-19_attach1.pdf

STOP!

Don't throw away all those **Halloween pumpkin seeds!** They are a great source of minerals (phosphorus, magnesium, manganese, zinc, iron and copper) and protein and vitamin K. Instead, light roast the seeds and eat them alone as a snack or use them to spice up meals!

- ✎ Remove the seeds from the pumpkin's inner cavity and wipe them off with a paper towel to remove excess pulp that may have stuck to them.
- ✎ Spread them out evenly on a paper bag and let them dry out overnight.
- ✎ Place them in a single layer on a cookie sheet and light roast them in a 160-170 °F (about 75 °C) oven for 15-20 minutes. By roasting them for a short time at a low temperature you can help to preserve their healthy oils.
- ✎ Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to 3 months or refrigerate up to 1 year.

Yummy Steamed Sweet Potatoes

1 lb sweet potatoes, diced (if organic, do not peel)

Sea salt and pepper to taste

3 TBS extra virgin olive oil

2 TBS ground pumpkin seeds

2 TBS fresh chopped rosemary

1 tsp ground cinnamon

¼ tsp ground nutmeg

¼ tsp ground cloves

- + Fill bottom of steamer with 2 inches of water.
- + Cut potatoes in half and cut into 1/2" slices. You do not need to peel if they are organic.
- + Steam sweet potatoes for no more than 7 minutes.
- + Transfer to a bowl. For more flavor, toss sweet potatoes with the remaining ingredients while they are still hot.
- + Enjoy!

Amount required to satisfy food program requirements

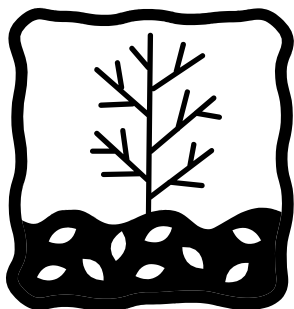
For snack: 1-5yrs = 1/2c, 6-12yrs = 3/4c

For lunch/supper: 1-2 yrs = 1/4c, 3-5yrs = 1/2c, 6-12yrs = 3/4c

Spotlight Providers

Margie Crump's home always smells delicious! She cooks homemade foods each day and her kids love to eat the meals she prepares. She always has a smile on her face and a kind word for everyone. Her home is full of love and it really shows in her kids. Thanks, Margie, for all the great work!

*From the beach to the countryside, it's all about homemade waffles, crockpot roasts, baked chicken, and toes-in-the-sand picnics. These providers make coming to daycare a wholesome experience. Most of **Corpus Christi** and surrounding area providers keep records on Minute Menu and are doing a super job. Special thanks to **Sharon Shudark** for baking her homemade waffles and pumpkin bread that keep her house smelling yummy and keep her kids smiling. Excellent job, Corpus Christi!*



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!



Super Foods!

Sweet Potatoes

Sweet potatoes can be more than just a Thanksgiving favorite, when prepared without the extra fat and sugar. Sweet potatoes are a naturally sweet treat that deliver a lot of nutrition all year round. Simply prepared—mashed, baked, folded into pancakes, or made into guilt-free baked fries—sweet potatoes are a nourishing addition to any meal. That orange flesh is a give away that these root vegetables are bursting with carotenoids. Carotenoids are a type of antioxidant—a naturally occurring chemical that prevents cells from being damaged. There are over 600 carotenoids, all packed with disease fighting properties. New research shows carotenoids may also help ward off Alzheimer's and the alpha- and beta-carotene (two types of carotenoids) in sweet potatoes may reduce the risk of breast cancer. They also promote eye health. As though that weren't enough, they're also a great source of vitamin C, potassium, and fiber, with smaller amounts of vitamin B6, manganese, copper, and iron.

Sweet potato flesh and skins can come in different colors—white, yellow, orange, red, and purple—which each have different phytochemicals. The rarer purple variety has anthocyanins, a type of flavanoid, also an antioxidant, which may inhibit certain types of cancers.

You may have heard there's a difference between sweet potatoes and yams. This is true. The difference is sweet potatoes are a root vegetable, whereas yams are tubers—a thickened part of the stem. Sweet potatoes are what we buy in the stores. Sweet potatoes should be firm and free of bruises or soft spots. Store them in a cool dry place with adequate air flow.

The USDA recommends that most adults eat two cups of orange fruits and vegetables each week. Sweet potatoes fit the bill—as do carrots, papaya, mangos, cantaloupe, and butternut squash. You can substitute sweet potatoes wherever you would use white ones—baked, mashed, turned into home fries (go easy on the oil!). For a quick, satisfying dish, top a baked sweet potato with some heated black beans, salsa, and a spoonful of low-fat plain yogurt.

I medium potato (5" long and 2" wide—about the size of a computer mouse) has 103 calories, 4 grams fiber, 2 g protein, 438% of your DV of vitamin A and 37% of vitamin C.

Forget candied yams. Try a sweet potato today and let its natural sweetness surprise you.

** Courtesy of Kerri-Ann Jennings

Pomegranate

Punica granatum, commonly known as Pomegranate, is a small fruit-bearing plant native to Iran. The name comes from French, *pomme garnete*, literally translated to "seeded apple." Traditionally the fruits and seeds were valued for their culinary use by people from India to the Mediterranean region, and they symbolize abundance, fertility and good luck.

The edible parts of the fruit are the seeds and the red seed pulp surrounding them. Pomegranate seeds are a great source of fiber, and the juice contains, vitamin C, potassium, iron, and polyphenol antioxidants. Three types of polyphenols - tannins, anthocyanins, and ellagic acid - are present in particularly high levels in pomegranate juice, and have the most powerful health benefits. Recent scientific research has revealed many health-promoting effects of pomegranate. Pomegranate may reduce heart disease risk factors; may have cancer preventative effect and could reduce the reoccurrence of prostate cancer; may slow the progression of Alzheimer's disease; could contribute to healthy blood pressure; significant antioxidant effects can prevent cell damage which may contribute to disease; may positively affect osteoarthritis, viral infections and dental plaque.

Pomegranate in the grocery store is ripe and ready to eat. Cut fruit about half an inch from the top of crown, then cut or tear following natural dividers within the pomegranate. Turn the grouping of seeds face down over a large deep bowl to keep juice from splattering and gently pull. They will easily pop out. Here are a few ways to enjoy a pomegranate:

Sprinkle seeds on salads, soups and desserts.

Eat them plain in a big bowl, with yogurt or a frozen fruit sorbet.

Use juice for meat marinades, preserves, dips, dressings, and sauces.

Mix 1 ounce of pomegranate juice to flavor another super food, kief milk.

Create festive beverages with seed and juice mixtures.

Kids love the juicy flavor with each delicious bite.

Pomegranate Safety Issues: Consult a licensed medical doctor before taking any pomegranate products if you are taking any prescription medication to avoid drug/food interactions.

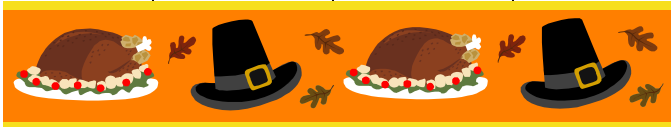
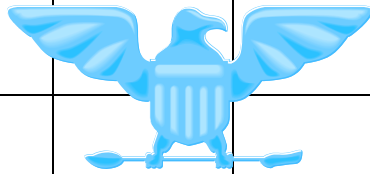
**Courtesy of Silje Mork Bjorndal

**thanks to superkidsnutrition.com



November

	1 <i>All Saints' Day</i>	2 Farmer's Branch Workshop <i>All Souls Day</i>	3 <i>Send in Claim!</i>	4	5	6 Ft. Worth, Dayton Workshops
7 <i>Daylight Savings Time Ends</i>	8	9	10 <i>Marine Corps Birthday</i>	11 Georgetown Workshop <i>Veterans Day</i>	12	13 Lubbock Workshop
14	15	16	17	18	19	20
21	22	23	24	25 <i>Thanksgiving Day</i>	26	27
28	29	30				



Winter Fruit Salad

- 1 pineapple, peeled, quartered, cored and sliced
- 1 pomegranate, cut in half and seeds removed
- 2 different colored pears, cut into pieces
- 2 kiwis, peeled and cut into pieces
- 4 seedless oranges, peeled
- 2 star fruit, sliced

