




Southwest Human Development Services
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November 2013
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 Sheena Walter, Training

- Workshops** **In this Issue:**
- Mystery Provider
 - New Numbers and Reminders
 - Health Tips for You
 - Iron and Calcium Suggestions
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 - Turkey Squash Soup Recipe

**Infused Water recipes to help you
 drink water all day long!**
See page 2 of this newsletter.



Workshops for November

Tuesday, November 5, 2013
Farmers Branch, TX 7-8:30p
 Fabulous Fall Veggies
 Wendé's home
 3007 Harlee Dr 75234
 Directions and Registration:
 972-243-3237 Wendé
 Please RSVP early to 972-243-3237,
 I have limited seating! This is an
 evening workshop.

Saturday, November 9, 2013
Saginaw, TX 9:30-11a
 The Two Bite Club
 Dawnette Pallas's home
 805 Big Willow 76179
 Please call or text:
 817-703-7768 Barbara
 Coffee and goodies at 9a, workshop
 begins at 9:30a. This workshop
 location great for Saginaw, Haslett,
 and North Fort Worth providers!

Tuesday, November 19, 2013
The Colony, TX 7:15-9:15p
 Planning Low Cost Menus
 Lujing Lawson's home
 5056 Avery Ln 75056
 Directions: 214-549-0581
 Registration: 972-398-9398 Renee
 Class held for The Colony Daycare
 Home Association and Southwest.

**SIGN UP FOR
 2014 CALENDARS!
 EMAIL OR CALL THE
 OFFICE AND WE'LL SEND
 ONE OUT.**

Nancy Lopez in the
 El Paso Region has a
 new phone number:
915-920-3905

And **Patricia Underdahl** has
 a new business line:
210-718-3456

And **Renee Comley** has a
 new business line:
972-369-3198

RE-ENROLLMENT is now
 due with your October claim.
 The packets were sent out
 already. If you didn't receive a
 packet or have any questions
 please call or email the main
 office.

Reminder:
 Orange Enrollment forms are no
 longer used. Instead we have
 converted to Purple Enrollment
 forms. Since the old orange
 forms are not used any more so
 go ahead and throw them in the
 recycle bin. The office is now
 processing only the purple
Minute Menu scan forms. If you
 do not have any of these purple
 enrollment forms, please call the
 office and we will send them to
 you ASAP. Thanks!

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Workshops for January

Monday, January 13, 2014
Plano, TX 7-8:30p
 Calendar Training
 Jetzamany Velazquez's home
 3408 Glenable Ct 75023
 Directions: 972-943-9603
 Registration: 972-398-9398 Renee

Saturday, January 25, 2014
Frisco, TX 10-11:30a
 My Kids Won't Eat That!
 Maricruz Warren's home
 10815 Spring Lake Rd, Frisco, TX
 Directions: 972-712-9122
 Registration: 972-398-9398 Renee

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!

Tips to help YOU take care of YOU – Feel free to give all of these tips a try at least once! All the efforts you put into helping yourself feel good will help everyone around you feel good, too. 😊 Thanks for taking such great care of yourself and your childcare children!

- * Drink water! Infuse water and keep it in the fridge so you can have easy access to excellent water all day.
- * Eat with the children. Even though this may be difficult, take a plate and serve yourself what the children are eating while they are eating. This provides you with good nutrition when you need it and illustrates a wonderful example for the kids.
- * Any break that you have, during naps or rest time, take a few minutes to rejuvenate yourself with a song that you love or a fun book. Those minutes just for you will help keep you going through any other chores or setup/cleanup you may have ahead.
- * Get your heart pumping and your body moving a few times a day! While those kids are actively playing or engaged in a physical game, move your body, too. By getting your blood circulating, even with a brief activity, your body and mind can feel refreshed and invigorated.

As you prepare food for the day, throw a few cut up fruits and/or herbs in water to help you keep drinking all day long! Here are a few recipes but get creative and infuse to your own taste. Once you get started, you'll want to try every idea. Have fun 😊
infusedwaterrecipes.com



Strawberry Mint

16 strawberries (medium size) sliced thin
 8 sprigs of mint
 1 quart water and ice

Pineapple Mint

4 pineapple slices
 2 sprigs of mint
 1 quart of water and ice



Cucumber Lemon

12 thin slices cucumber
 4 thin slices lemon
 6 cups water and ice



Cherry Lime

1 Key Lime sliced thinly
 6 pitted cherries cut in half
 Ice and water

Answers to October's quiz

1. false
2. program
3. true
4. peak
5. resources
6. false
7. activity
8. true
9. pen pal
10. Cook

Tricks to Eating and Absorbing Iron



Iron-rich easy snack:
 Almonds, raisins, and an orange



Avoid coffee and tea at mealtime since they contain naturally occurring polyphenols, which inhibit your body's ability to absorb iron. Stick with drinking water with your meals and, if possible, avoid coffee and tea one to two hours before and after.



Calcium can inhibit iron absorption so if you are taking a calcium supplement, do not take it with iron-rich foods. Additionally, orange juice with added calcium, although it has helpful vitamin C, will not help you absorb the iron that is in your meal.



Iron-rich lunch or side dish:
 Fresh baby kale salad mixed with a squirt of lemon juice, drizzle of olive oil, a few grape tomatoes, and half of an avocado. Mix all the ingredients together in a large bowl. Enjoy the iron-rich greens!

10 Easy Ways to Increase Calcium in Your Diet

1. Add beans to soups, chili, and pasta dishes.
2. Grate low-fat cheese over soups and salads.
3. Enjoy a smoothie made with yogurt.
4. Try plain yogurt as a vegetable dip.
5. Stir some nuts into a yogurt cup as a snack.
6. Include leafy vegetables in baked casseroles such as lasagna.
7. Drink skim milk instead of soda at lunch.
8. Eat hot oatmeal made with milk for breakfast.
9. Snack on crunchy broccoli instead of potato chips.
10. Substitute plain low-fat yogurt for recipes that call for sour cream.

Women's Health

As caretakers, many times adult bodies take a lesser priority. There is still a need for adults to focus on their health to show children how important it is to make good choices for their own bodies. Women's bodies in particular have certain nutritional needs that are vital to their health and energy. Showing kids how great we feel when we take care of ourselves is an essential lesson in healthy living.

How do nutrition needs change for women throughout their lifespan? During adolescence and early adulthood, women need to consume foods rich in calcium to build peak (maximum) bone mass. This will reduce the risk of developing osteoporosis, a progressive condition where there is a loss of bone that leaves those affected more susceptible to fractures. Women also need an adequate iron intake because they lose iron through menstruation. Women also need an adequate intake of calories to support energy and nutritional needs in order for the body to function properly. The amount of calories that an individual needs varies for each person and is based on age, gender and activity level. As a general recommendation, women between 23 and 50 years of age generally need between 1,700 and 2,200 calories per day to maintain their current energy needs and body weight. Older women generally require fewer calories to support and sustain energy needs. Consuming fewer than 1,500 calories per day, even in attempts to lose weight, can put women at nutritional risk and can result in malnutrition and poor health. For more information on how to calculate one's nutritional needs, go to www.choosemyplate.gov and insert your personal information.

What is a healthy diet? A well-balanced diet, comprised of a variety of foods, adequately meets women's needs for vitamins, minerals and energy. Here are some more suggestions for healthy eating:

Eat a variety of foods.

Maintain a healthy body weight.

Choose a diet low in fat, saturated fat and cholesterol.

Choose a diet moderate in salt and sodium.

Balance the food you eat with physical activity.

Choose a diet with plenty of whole-grain products, vegetables and fruits.

Choose a diet moderate in sugars.

If you drink alcoholic beverages, do so in moderation.

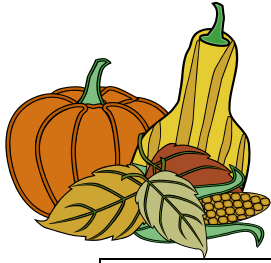
How can I determine how much fat is OK to eat daily? The total fat in your daily diet should average no more than 30 percent of your total calories consumed. And saturated fat should be no more than 10 percent of those 30 percent of calories. The amount of fat and saturated fat you eat depends on the foods you select and consume that have fat in them. Consider consulting with a nutrition professional to learn more about how to calculate your fat needs and to not exceed what are healthy amounts. There are many tools available to help you determine how much fat you should consume each day based on your current energy and nutrition needs. Reading food labels is one way to begin to identify where and how much fat is in particular food items.

How do you know which weight-loss programs are safe? Many commercial weight-loss programs can work if they motivate you to decrease the amount of calories you eat or increase the amount of calories you burn each day. A responsible and safe weight-loss program should have the following features:


- The diet should include all of the recommended daily allowances for vitamins, minerals and protein and be low-calorie, not low in essential foodstuffs.
- The program should direct an individual toward a slow, steady weight loss unless your doctor feels your particular health condition would benefit from more rapid weight loss. Expect to lose only about a pound a week after the first week or two.
- You should be evaluated and seen by your doctor before beginning any weight-loss program. Your physician also should be able to advise you on the need for weight loss, the appropriateness of the program you have in mind and a sensible weight loss goal.
- The program should include plans for weight maintenance after the loss phase is over.
- The program should assist in encouraging healthy lifestyle behaviors such as changing your dietary habits and level of physical activity to enhance the likelihood of permanently adopting good health habits.

Why is calcium important? All youth need calcium to build peak (maximum) bone mass during their early years of life. Low calcium intake is one important factor in the development of osteoporosis, a disease in which bone density decreases and leads to weak bones and future fractures. Women have a greater risk than men of developing osteoporosis. During adolescence and early adulthood, women should include good food sources of calcium in their diets. This is when bone growth is occurring and calcium is being deposited into the bone. This occurs in women until they are 30 to 35 years of age. Low-fat dairy products are excellent sources of calcium. Other good sources of calcium include salmon, tofu (soybean curd), certain vegetables (broccoli), legumes (peas and beans), calcium-enriched grain products, lime-processed tortillas, seeds and nuts. If you do not regularly consume adequate food sources of calcium, a calcium supplement can be considered to reach the recommended amount. The current recommendations for women for calcium are for a minimum of 1,200 mg per day.

Why is iron important for women? Women need more of this mineral because they lose an average of 15 to 20 milligrams of iron each month during menstruation. Without enough iron, iron deficiency anemia can develop and cause symptoms that include fatigue and headaches. After menopause, body iron generally increases. Therefore, iron deficiency in women older than 50 years of age may indicate blood loss from another source and should be checked by a physician. Animal products, such as meat, fish and poultry are good and important sources of iron. Iron from plant sources are found in peas and beans, spinach and other green leafy vegetables, potatoes, and whole-grain and iron-fortified cereal products. The addition of even relatively small amounts of meat or foods containing vitamin C substantially increases the total amount of iron absorbed from the entire meal.
















November

				1 All Saints' Day		2 All Souls' Day	
3 Daylight Savings Time Ends National Fig Week		4 Send in Claim!		5 Farmer's Branch Workshop		6	
7		8		9 Saginaw Workshop		10	
11		12 Veterans Day		13 		14 World Diabetes Day	
15 Clean Out Your Refrigerator Day		16 		17 Take a Hike Day		18	
19 The Colony Workshop		20 		21		22	
23		24		25		26	
27		28 Thanksgiving Day		29		30	

Turkey & Squash Soup

This Southwestern-inspired turkey-and-squash soup is a great way to use leftover turkey or chicken. If using precooked meat, just add it after the veggies are tender and heat until meat is warmed through. Enjoy!

-  2 teaspoons canola oil
-  2 leeks, trimmed, chopped and rinsed
-  1 red bell pepper, chopped
-  3 cloves garlic, minced
-  4 cups reduced-sodium chicken broth
-  1 1/2 pounds butternut squash, (1 small to medium), peeled, seeded and cut into 1-inch cubes
-  2 tablespoons minced fresh thyme, or 2 teaspoons dried thyme
-  1 1/2 teaspoons ground cumin
-  1 pound turkey cutlets, cut into 1/2-by-2-inch strips
-  2 cups frozen corn kernels
-  2 tablespoons lime juice
-  1/2 teaspoon crushed red pepper
-  Salt and pepper, to taste



Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, corn, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.

If using cutlets, add turkey; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add lime juice and crushed red pepper. Season with salt and pepper.

*eatingwell.com