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Volume 30, Issue 2  
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November 2015  
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### In this Issue:

- 🌀 Workshops
- 🌀 Mystery Provider
- 🌀 Re-enrollment Due!
- 🌀 Note from Program Coordinators
- 🌀 Foods to Avoid
- 🌀 Pick-Your-Own
- 🌀 Pumpkin Muffin Recipe
- 🌀 Understanding Digestion in Children
- 🌀 November Calendar
- 🌀 Crafty Dried Beans and Peas



### 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.

**Please have it to the office by November 3<sup>rd</sup>. Thank you!**

### A message from our program coordinators:

To be considerate of our time and family life, please keep calls and texts within day or early evening hours. If you need to send communication after hours, emails can be sent anytime. Additionally, any messages received on nights or weekends that are not urgent, will typically be replied to during regular business hours. Thank you!!

## Workshops for November

Thursday, November 5, 2015

Farmers Branch, TX 7-8:30p

Wendé's home  
 3007 Harlee Dr 75234  
 Please RSVP so I know how many Goodies to prepare!  
 214-679-9257 Wendé  
 This workshop counts for 2016 and completes all required food program training for next year!

Saturday, November 7, 2015

Saginaw, TX 9:30-11a

Annual Training  
 Dawnette Pallas's home  
 805 Big Willow 76179  
 Please call or text:  
 817-703-7768 Barbara  
 Coffee and Training!



## Workshops for December

Saturday, December 5, 2015

Ft Worth, TX 11a

Annual Training  
 Cotton Patch Restaurant  
 5030 S Hulen  
 Please call or text to RSVP:  
 817-703-7768 Barbara  
 Lunch and Training



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## Workshops for January

Saturday, January 7, 2016

Forest Hill, TX 8:30

Luby's  
 3312 Southeast Loop 820  
 Please RSVP:  
 817-703-7768 Barbara  
 Breakfast and Training!

Tuesday, January 12, 2016

Plano, TX 7-8:30p

Making Nutrition Count  
 Vicki Gibson's house  
 1809 Lake Side Ln 75023  
 Directions: 469-237-7343  
 Registration: 972-398-9398  
 Renee

Saturday, January 30, 2016

Frisco, TX 10-11:30a

Planning Low Cost Menus  
 Ana Gomez's house  
 9505 Presthopye Dr 75035  
 Directions: 469-237-9174  
 Registration: 972-398-9398  
 Renee

### Answers to the October quiz

- |             |                        |
|-------------|------------------------|
| 1. true     | 6. true                |
| 2. everyday | 7. canned              |
| 3. false    | 8. true                |
| 4. Eating   | 9. activity, nutrition |
| 5. Don't    | 10. food               |

## Are there foods you should avoid if your child has a tendency to get constipated?

(additional info from the article on pg 3 of this newsletter) That can depend on the child, dietitians say. Some foods that have been linked to constipation:

- Rice cereal for babies. (It's really not a necessary first food, so if your baby seems constipated, you can probably skip it and move on to things like veggie and fruit purees.)
- Refined "white" foods like sugar, white rice, and white breads
- Cheese and other dairy products
- "Some children are very sensitive to excessive dairy intake; you may try limiting that to help with bowel regulation," says Pinkos. "Other kids it doesn't seem to affect as much."
- Multivitamins can also be constipating for some kids. "Those containing iron can be a particular issue," says Erin Helmick, RD, a dietitian in the gastroenterology department at the Children's Hospital of Michigan in Detroit. "If your child needs more iron, try to get it to them in their food through iron-rich lean meats and dark green vegetables. But if they can't get enough iron in their diet, then you may need other medications to help with bowel regularity."

Autumn is a season of bounty and harvest. Take a field trip to a pick-your-own farm and explore. Here are a few reasons why it is a great idea to get out and enjoy the season!

1 – Kids love it! They will find it a fun adventure to hunt and pick for the perfect fruit or vegetable.

2 - Everyone will learn something about the growing seasons, the land and local ecology.

3 – The amount of nutrients in the foods that you pick is much greater than in foods that have traveled for a length of time before entering the grocery store.

4 – Your family gets to experience the land and people who produce the foods. You will gain a lot of respect for folks who work the fields for a living.

5 – It is environmentally smart to pick local foods to reduce travel costs.

6 – It puts money directly into your local economy and helps that green space continue to thrive.

Here is a website to help you find your local pick-your-own farms:

<http://www.pickyourown.org/TX.htm>

Also check out the GO TEXAN app for apple and android devices from the Dept of Agriculture!

<http://www.gotexan.org/locateGOTEXAN/MobileApps.aspx>

## 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!

**Pumpkins are still in season! Enjoy this amazing Pumpkin Muffin recipe and enjoy the bounty!**

1 1/2 cup	almond flour
3/4 cup	pumpkin puree, organic
3 large	eggs
1 teaspoon	baking powder
1 teaspoon	baking soda
1/2 teaspoon	cinnamon
1 1/2 teaspoon	pumpkin pie spice
1/8 teaspoon	sea salt
1/4 cup	honey, raw, (optional)
2 teaspoon	almond butter
1 tablespoon	almonds, sliced
	paper muffin liners



- ✓ Preheat oven to 350 F.
- ✓ Coat muffin tins with coconut oil (or use paper muffin cups and add 1/2 teaspoon melted coconut oil to batter).
- ✓ Mix all ingredients and pour evenly into tins.
- ✓ Bake for 25 minutes on the middle rack.
- ✓ Sprinkle almonds on top immediately after taking them out of the oven.

\*paleoplan.com

# Understanding Digestion in Children

There's a very simple formula for building a healthy digestive system: fiber, fluid, and exercise.

## Building Block 1: High-Fiber Foods

Let's start with fiber. How much should your child be getting, and where can you find it? Leading health organizations recommend that both kids and adults should get about 14 grams of fiber for every 1,000 calories they eat. That usually means that little ones ages 1-3 should get about 19 grams of fiber per day, and kids ages 4-8 should eat around 25 grams of fiber daily. Most dietitians consider a food high in fiber if it contains at least 3-5 grams per serving. If you're an adult, you might be able to get that by sprinkling bran flakes on your morning yogurt, but that's not likely to appeal to a 5-year-old. Some of the most kid-friendly high-fiber foods include:

- Apples and pears -- with the peel on, please!
- Beans of all kinds. Try a three-bean chili with kidney beans, black beans, and pinto beans, all of which have at least 16 grams of fiber per serving.
- High-fiber cereal. Kids may not flip for muesli, but many of them like raisin bran-type cereals, which contain about 5 grams of fiber per bowl.
- Sandwiches on whole-grain bread or wraps, or made with a whole-grain English muffin.
- Baked potatoes -- preferably with the skin on. Make it fun by setting up a "baked potato bar" and letting your kids choose toppings like shredded cheese, light sour cream, broccoli, and chopped green onions or sprouts.
- Any kind of berry with seeds. Kids love berries and often gobble them like candy. One of the highest-fiber berries, raspberries, has just as much fiber in a handful as you'll find in a whole apple.
- Yogurt. Although yogurt isn't necessarily a high-fiber food on its own, it's generally good for digestive health. "Yogurt contains probiotics, healthy bacteria that are good for the gut," says Beth Pinkos, MS, RD, LDN, a dietitian at Hasbro Children's Hospital in Rhode Island. "The Greek yogurts that are popular now are particularly good, high in probiotics and in proteins." You can also add to yogurt's fiber content by tossing in some granola, if your child won't protest the surprising crunch in the middle of the smooth.

## Building Block 2: Plenty of Fluids

It can be easy to get so focused on fiber for digestive health that you forget about the other component your child needs to take in: plenty of fluids.

"When you get plenty of fiber and not enough fluid, it's like putting superglue in your gut," says Pinkos. "It just makes matters worse. So you need to make sure that your child is drinking plenty of water, plus some milk, during the day." If you live in a warm climate, particularly if your child is getting a lot of outdoor exercise, they're going to be sweating out their fluid intake faster, so be sure to take plenty of water breaks. Parents may think that they're giving their child a boost with sports drinks and "power beverages," but they're really just sugary drinks like juices, Pinkos adds. "Children should be getting the majority of their fluids from water."

## Building Block 3: Exercise

It's good for your heart, it's good for your lungs, it's good for your immune system -- it makes perfect sense that exercise would be good for your digestive system as well. So the final piece of the digestive health puzzle for your child is plenty of physical activity. "Exercise just helps keep things moving along, as opposed to when you're sitting there," says Pinkos. "Any physical activity will stimulate activity in the gastrointestinal tract and help you to digest your food better."

When they're exercising or just very busy playing, kids may not want to take a break to go to the bathroom. Especially if they're younger, you may have to make sure that they stick to a regular toilet schedule, since frequently holding in urine and waste can lead to bowel problems and constipation.

Another factor that can play a big role in digestive health, particularly for kids, is stress. "Stress can definitely lead to constipation," says Goldberg. "It's often also a factor in other digestive problems, like irritable bowel syndrome or Crohn's disease." If you're working with your child on toilet issues, don't put on too much pressure. "Sometimes children will retain their stool because they're afraid of potty training, or it hurt at one point and they're a little fearful, so they make themselves not go," says Goldberg. "It's very important that if kids are potty training, or they've had a bad bathroom experience, that you don't make it overwhelming for them. Talk to your child and help them feel reassured and relaxed, and consult your pediatrician."

# November



1 All Saints Day Daylight Savings Time Ends	2	3 Send in Claim! And Re-enrollment!	4	5 Farmer's Branch Workshop	6	7 Saginaw Workshop
8			10	11 Veteran's Day	12	13
15 America Recycles Day			17	18		
22	23			25	26 Thanksgiving Day	27
29 Advent Begins	30			28		

## Dried Beans and Peas as Art!

Fall is a time of year when we think of nature's harvest and crafts that use natural materials. Dried beans come in all kinds of colors and make a wonderful medium for creating unique decorations.

### Supplies:

- Thin cardboard from a small box or cereal box
- Marker or pencil to create outlines
- Glue
- Assorted Dried Beans
- Washable Paint
- Brushes

### Instructions:

- If desired, paint a background color on the cardboard and allow to dry.
- Use an object or drawing to trace a simple outline on the dried cardboard. Leaves, turkeys, pumpkins, or just a simple pattern of lines are all excellent examples.
- Using beans and clear glue, fill in the center of the drawing and add an outline. Brushes can help spread the glue in a broad area. Try different types of beans such as lima, chick peas, split peas, lentils, unpopped corn, kidney, black, pinto, etc. Often these beans can be bought in smaller quantities in the bulk section of the grocery store. Set aside to dry completely.
- If desired, when the glue is completely dried, paint over some of the beans to complete this piece of art!

