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November 2016  
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## Workshops for November

### Thursday, November 3, 2016

Farmers Branch, TX 7-8:30p  
 New Food Program Meal Patterns  
 Wend'e Pittmon's home  
 3007 Harlee Dr 75234  
 Please RSVP to 214-679-9257  
 Wend'e by Oct 19<sup>th</sup>!  
 NOTE\*\*This counts for 2017 training\*\* Get it now and be complete for all of the next year!

### Tuesday, November 8, 2016

Garland, TX 7-8:30p  
 Infant feeding and New Meal Guidelines  
 Buckingham Church of Christ  
 3630 West Buckingham Rd 75042  
 Registration: 972-398-9398 Renee  
 For the Garland Daycare Home Association and Southwest. Early Thanksgiving meeting, You can bring a dish if you like and eat.



## Thursday, November 10, 2016

**Brenham, TX** 7p  
 Christ Lutheran Church  
 1104 Carlee Dr  
 Brenham, TX 77833  
 RSVP to Laurie by text 281-808-1137 or email [laurieramos58@gmail.com](mailto:laurieramos58@gmail.com)  
 I want to thank the [Brenham Professional Childcare Association](#) for the privilege of being their November guest speaker. They have graciously opened their meeting to include child care providers in surrounding areas. Since I will cover the required training topics for CACFP participation; those attending the meeting will receive a clock hour(s) to meet this new fiscal year's training requirement. I hope each of you will be able to take advantage of the BPCA's hospitality and complete your training requirement early this year! **Please RSVP to ensure enough materials and seating are available.**

### 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!

## Workshops for December

### Saturday, December 3, 2016

**Ft Worth, TX** 11a  
 Calendar Training  
 Cotton Patch Restaurant  
 5030 S Hulen  
 Please call or text to RSVP:  
 817-703-7768 Barbara  
 Lunch and Training

## Workshops for January

### Saturday, January 7, 2017

**Forest Hill, TX** 8:30a  
 Calendar Training  
 Luby's Cafeteria  
 3312 Southeast Loop 820  
 Please RSVP:  
 817-703-7768 Barbara

### Thursday, January 12, 2017

**Plano, TX** 7-8:30p  
 Recipes for Healthy Kids  
 Vicki Alexander's house  
 1809 Lake Side Ln 75023  
 Directions: 469-237-7343  
 Registration: 972-398-9398 Renee

### Saturday, January 28, 2017

**Frisco, TX** 10-11:30a  
 Nutrition and Wellness Tips for Young Children  
 Ana Gomez's house  
 9505 Presthope Dr 75035  
 Directions: 469-237-9174  
 Registration: 972-398-9398 Renee

## Answers to October quiz

- |                |                  |              |
|----------------|------------------|--------------|
| 1. true        | 4. best practice | 7. month     |
| 2. farm visits | 5. local         | 8. true      |
| 3. true        | 6. true          | 9. garden    |
|                |                  | 10. seasonal |



## Homemade Pumpkin Muffins

- 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
- 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

**RE-ENROLLMENT** is now due with your October claim. 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!!

## Food Safety for Fresh Produce

### **Buying Tips**

**\*foodsafety.gov**

- Purchase produce that is not bruised or damaged.
- When selecting fresh-cut produce - such as a half a watermelon or bagged salad greens - choose items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products.

### **Storage Tips**

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.
- Refrigerate all produce that is purchased pre-cut or peeled.

### **Preparation Tips**

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.
- All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Many pre-cut, bagged produce items like lettuce are pre-washed. If the package indicates that the contents have been pre-washed, you can use the produce without further washing.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

# Raising Healthy Eaters from Preschool to High School

Food, nutrition and eating skills are among the most important things you can share with children — food to fuel busy, successful lives, nutrition to nourish strong bodies and smart brains, and eating skills to enjoy the social aspect of meals with family and friends.

As with any part of raising children, no one does a perfect job with nutrition, not even nutrition professionals. As a parent, grandparent or adult caregiver, you can help raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Provide calm, pleasant meal times where adults and children can talk together.
- Allow children to use their internal signals to decide how much and what to eat.
- Explore a variety of flavors and foods from different cultures and cuisines.
- Share an appreciation for healthful food, lovingly prepared and shared with others.
- Make food safety, including washing hands, a part of every eating occasion.
- Teach basic skills for making positive food choices away from home.
- Find credible food and nutrition resources when you don't know the answer.

While this may seem like an intimidating list, two family habits go a long way in making this happen: regular family meals and involving kids in nutrition from the ground up.

## Make Family Meal Times a Priority

Sometimes a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family meal times. Eating and talking together helps:

- Foster family unity.
- Prevent behavior problems at home and school.
- Enhance academic success.
- Improve nutrition.
- Promote healthy weight for kids.

With that impressive list of benefits, it's worth making the time and effort to enjoy more family meal times each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

## Get Kids Involved in Nutrition

This one is fun for everyone and it can happen anywhere: your kitchen, the grocery store or a community garden. Every trip through the supermarket can be a nutrition lesson. Kids can learn to categorize food into groups: grains, fruits, vegetables, milk foods and meat/beans. They can choose new foods that they want to try, such as picking out a new fresh, frozen, canned or dried fruit each trip. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping.

Nutrition is just one of many reasons to have a garden. The process of planting, watching over and harvesting a garden provides daily opportunities for children to learn valuable lessons and enjoy physical activity, while reaping the fruits (and vegetables) of their labor.



# NOVEMBER

		<b>1</b> ALL SAINTS DAY 	<b>2</b>	<b>3</b> Farmer's Branch Workshop Send in Claim!	<b>4</b> <b>Veterans Day</b> 	<b>5</b>
<b>6</b> DAYLIGHT SAVINGS TIME ENDS	<b>7</b>	<b>8</b> Garland Workshop ELECTION DAY	<b>9</b>	<b>10</b> Brenham Workshop	<b>11</b> VETERANS' DAY	<b>12</b>
<b>13</b>	<b>14</b> WORLD DIABETES DAY	<b>15</b>			<b>18</b>	<b>19</b>
<b>20</b> UNIVERSAL CHILDREN'S DAY			<b>24</b> THANKSGIVING DAY			
<b>27</b> ADVENT BEGINS						

## Turkey Muffin Activity

Each child can build their own turkey muffin as a fun craft and snack!

What you need:

Pumpkin muffins (homemade recipe on page 2!)

Red apple

Green apple

Sliver of carrot

Squeezable icing—eyes

- From each apple, cut a slice from the side of the apple.
- Set flat and cut squared-off, tapered feathers.
- Cut a small beak from a thin slice of carrot.
- Make a slit in the end of a green grape and dab off excess moisture.
- Insert beak into grape.
- Poke small ends of feathers into muffin and set head on muffin, resting on the muffin paper.
- Once assembled, add tiny dot eyes with icing.

\*parenting.com

## 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

