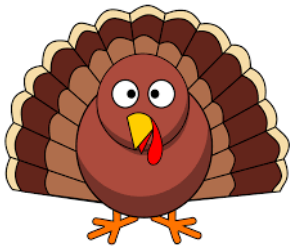


Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

Volume 32, Issue 12
Blake Stanford; President
Kelsey Garrett; Editor

Sponsors of Child and Adult Food Program
Brenda Baldwin; Program Director
Martin North; Website/ KidKare Specialist

November 2017
Liz Curtis; Compliance Officer & Training

Happy Thanksgiving!

Mystery Provider

Each month a mystery provider will be featured in the newsletter. If your provider ID number is within this newsletter call our office at 1-800-639-9082 to claim your free prize!

Thurs, Nov. 2, 2017

Workshop given by: Wende
Location: Wende's Home
3007 Harlee Drive
Farmers Branch, TX
75234
Time: 7:00 PM- 8:30 PM
RSVP by October 27th
RSVP: 214-679-9257

Whats in this Issue?

- October Quiz answers
- November Quiz
- New Meal Pattern Changes
- Thanksgiving Craft
- Mystery Provider
- Direct Deposit

Direct Deposit

If you do not currently have direct deposit for your reimbursements, follow the posted link and fill out the required paperwork. Once the paperwork has been completed, please send your information to the P.O Box for Southwest Human Development Services listed at the top of the newsletter. http://www.swhuman.org/content/Forms/DirectDeposit.pdf

Quiz Answers from October:

1. 1904, October
2. True
3. Alzheimer's Disease
4. Anti- oxidants
5. True
6. LDL, 40%
7. True
8. Bone Fractures
9. All of the above
10. October

New Meal Patterns

Just a reminder, the new meal patterns have taken effect! No need to worry though, below will explain the new requirements that have been changed. In order to access any new changes go to WWW.swhuman.org> links.

INFANTS

-Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.

-Juice or cheese food or cheese spread are no longer allowed to be served.

-Allows ready-to-eat cereals at snack

080408

CHILDREN

-The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.

-At least one serving of grains per day must be whole grain-rich.

-Grain-based desserts no longer count towards the grain component (sweet crackers allowed).

-Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

-Yogurt must contain no more than 23 grams of sugar per 6 ounces.

-Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.

-Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.

-Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

-Frying is not allowed as a way of preparing foods on-site. Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).

-Tofu counts as a meat alternate.

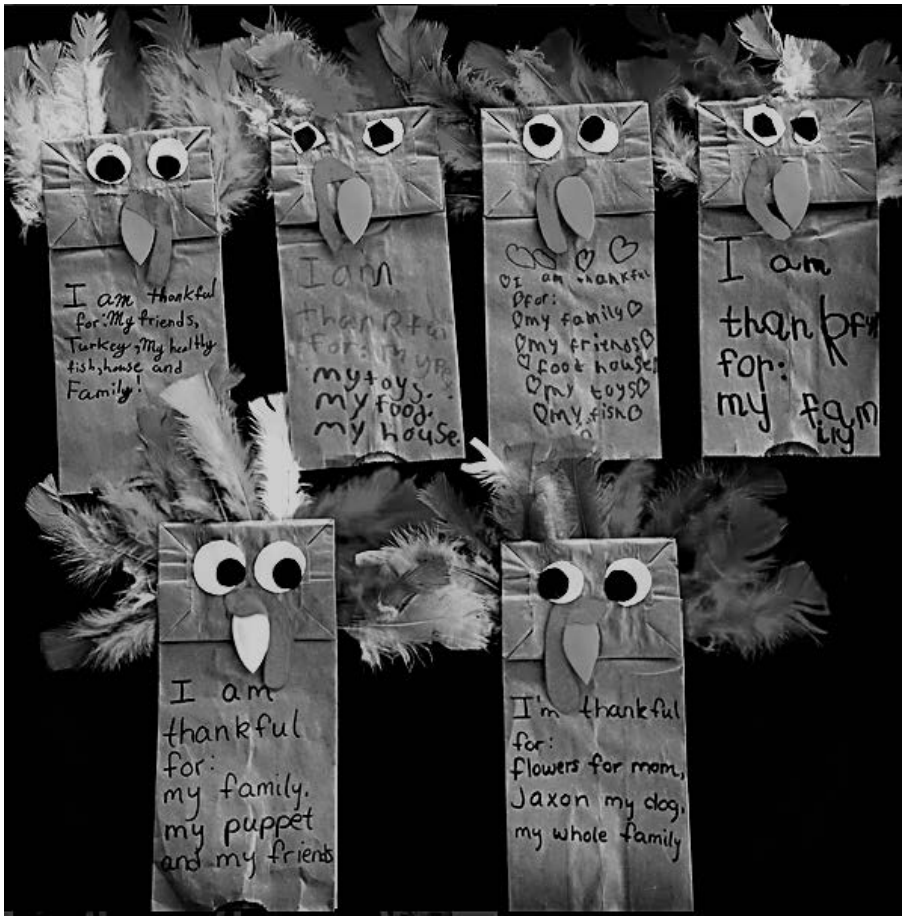
-Juice is limited to once per day

For those providers that submit paper claims juice numbers have changed and are as follows:

-Apple Juice (53) - Cranberry Juice Blends (54) - Grape juices (55) - Grapefruit juices (56)
-100% Fruit Juice (57) - Orange juices (58) - Pineapple juice (60) - Carrot Juice (62)
-Tomato juice (81) - Vegetable Juice/ Blend (82)

New serving sizes:
https://www.cacfp.org/files/7615/0463/8220/NMP_Reminder_One_Page.pdf

Paper Bag Turkey Puppets



Supplies

- ✓ Paper Bag
- ✓ Googly eyes
- ✓ Glue & Scissors
- ✓ Colorful Feathers
- ✓ Orange, Red, Yellow paper
- ✓ Black crayon or marker

Instructions:

1. Use the bag so that the rectangle side is showing
2. Use the rectangle as the face to decorate. Add eyes, a beak, etc.
3. Add feathers on to the bag of the bags for more decoration for the turkey.
4. Last, have the children write what they are thankful for on the body of the turkey.

2017 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Workshop w/ Wend'e 7-8:30	3 **Claims Due!**	4
5	6	7	8	9	10 **National Cupcake Day**	11
12	13 **World Kindness Day**	14	15	16	17	18
19	20	21	22	23 **Thanksgiving Day**	24	25 **Small Business Saturday**
26	27	28	29	30		

Laughter is Timeless

Imagination has No Age

And Dreams are Forever

-Walt Disney