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Sponsors of the Child and Adult Care Food Program

October 2010

Issue 1

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### In this Issue:

- 🍏 Workshops
- 🍏 A message for MM Kids Online Users
- 🍏 Apple Snacks and Crafts and Books
- 🍏 Provider's Spotlight
- 🍏 Mystery Provider
- 🍏 10 Tips to Keep Kids Fit
- 🍏 October Calendar

### An important message for all Minute Menu Kids Online Users:

- ☹️ Unfortunately technology doesn't always work as expected!
- ☹️ If you have any computer or internet issues that prevent you from recording your menus and attendance online, you must keep your records on approved Southwest Human Development Services forms.
- 😊 Keep some forms on hand just in case!
- 😊 Save any forms that you've had to use with your records and show them to your monitor during your visit.
- ☹️ Any menus or attendance written on any other type of paper will be disallowed by your monitor.
- 😊 Always contact your program coordinator or the main office if you need any forms or have any questions!

### Workshops for October

Saturday, October 2, 2010

Farmers Branch, TX 10a-12p  
 Food Program Workshop  
 Farmers Branch Manske Library  
 13613 Webb Chapel Rd at Goldfing Green  
 Farmers Branch, TX 75234  
 please RSVP 972-243-3237 Wend'e

Saturday, October 16, 2010

Saginaw, TX 9:30-11a  
 Food Program Workshop  
 Dawnette Pallas's new home  
 805 Big Willow Dr  
 Saginaw, TX 76179  
 Registration: 817-536-4514 Barbara  
 1<sup>st</sup> workshop of the year! Get trained early...



### WORMY APPLE SNACK

Use up that bounty of autumn apples with this easy, kid-friendly snack. You will have to do the most of the cutting, but kids will enjoy helping fill the apple with peanut butter, and placing their gummy worms in just-the-right spot. This fun, edible craft is quick and easy to make, full of nutrition and fun. The kids can play with their food and create all sorts of stories involving the worm and his edible home.



- apple
- 1 gummy worm
- peanut butter
- 1 large straw (similar to a Boba tea straw or a Slurpee straw)

Press the straw into the apple, ensuring that it goes all the way to the center core of the apple. Remove the straw and discard. Use a sharp knife to cut the top 1/3 off of the apple. Scrape the core out of the bottom part of the apple with a grapefruit spoon. Gently place your gummy worm into the center of your apple, and through the hole you've created with your straw. Spoon a dollop of peanut butter on top of the gummy worm, into the hollowed-out center of the apple. Replace the top of the apple. Serve immediately & enjoy!

\*blogs.babble.com

As a snack you must serve at least:  
 Ages 1-5yrs: 1/2c apple and 1 Tbsp peanut butter  
 Ages 6-12yrs: 3/4c apple and 2Tbsp peanut butter



### Workshops for November

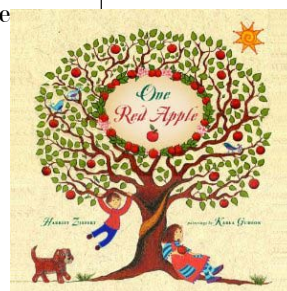
Tuesday, November 2, 2010

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!

### One Red Apple

Harriet Ziefert (Author), Karla Gudeon (Illustrator)

*Follow the life cycle of an apple: from fruit growing on the tree to market, to picnic, to seed, to sapling and tree, and finally to a new apple. This simple, joyful book with radiant illustrations introduces readers to the amazing and delectable way the earth provides food.*



## SPOTLIGHT PROVIDERS

These ladies have done a great job with their claims for the last 3 or more months. No errors!! They have submitted on time and have kept up with all record keeping on a daily basis. These are the ladies who deserve a spotlight:

Velia Astorga  
Enriqueta Cora  
Gloria Gonzalez  
Lucy Rigby

Thanks for making Nancy's job in El Paso so enjoyable!



In Lewisville, TX, Jan Wrestler has been doing daycare a long time and that is a great thing. She loves all her children and treats each one of them as a special kid. She cooks healthy foods and really encourages her kids to eat those healthy foods. Her home is so peaceful, it's no wonder that the kids really thrive in her care. Thanks for being such a spotlight in these kids lives, Jan!

A little message from your program coordinators:  
Thanks for all those who attended this year's workshops! You made them so interesting and enjoyable. The new training season starts this month and we hope to make this year's workshops even better. See you soon and thanks again!



### 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!

### Answers to September's quiz

- |                     |                       |
|---------------------|-----------------------|
| 1. exploring        | 6. true               |
| 2. false            | 7. false              |
| 3. veggies, calcium | 8. what, how, several |
| 4. true             | 9. valuable, better   |
| 5. overeat          | 10. true              |

## Homemade Apple Crisps

2 large apples (Gala or Idared work well)

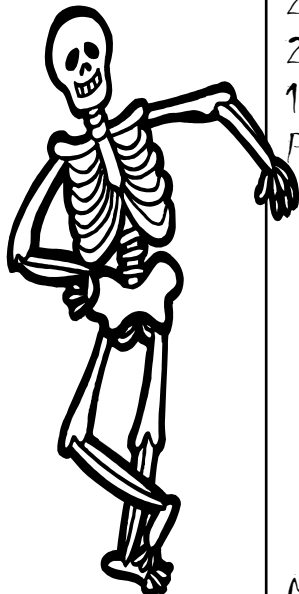
2 Tbsp. sugar

1 tsp. cinnamon

Preheat oven to 200°F.

- ◆ Thinly slice apples crosswise about 1/8-inch thick with a mandoline or sharp knife.
- ◆ Arrange apple slices in a single layer on two parchment-lined rimmed baking sheets.
- ◆ In small bowl, combine sugar and cinnamon.
- ◆ Put mixture into a sieve and sprinkle evenly over apple slices.
- ◆ Bake in the top and bottom third of the oven until apples are dry and crisp, about 2 hours.
- ◆ Remove from oven and let crisps cool completely before transferring to a sealed container for up to 3 days.

Makes about 2 cups apple crisps.



# 10 Tips to Keep Kids Fit

*The busy school year brings habits that encourage kids to become overweight or obese. Here's how to help your children lose weight or stay fit all year long.*

Approximately 16 percent of American children are obese, and 32 percent are overweight, according to research published in the Journal of the American Medical Association. Parents need to be aware that healthy weight in childhood is more than an aesthetic issue. Studies show that obesity in children and teens can be a predictor of not only a person's weight later in life, but also overall health and longevity. In fact, a recent study that followed 227,000 Norwegians from adolescence to middle age found that those who were overweight or obese as teens were three to four times more likely to die of heart disease. In addition, the risk of death from colon cancer and respiratory diseases, including asthma and emphysema, was two to three times higher in the subjects who were overweight or obese as teens. Yet, as concerned parents know, getting children to eat healthfully and exercise more frequently is easier said than done. Read on for tips on getting children to eat healthier and exercise more.

## Nutrition Tips to Fight Obesity

- 🥕 Eat meals together. Having family meals together helps adolescents eat more fruits, vegetables, and fiber and fewer fatty foods and soft drinks. Even if you don't have time to eat a family meal every night, make sure you have healthy options in the kitchen to avoid last-minute dinners of fast food or takeout, which tend to be higher in fat and calories than home-cooked meals. Some good options to have on hand are pre-washed lettuce, baby carrots, nitrate-free cold cuts, hummus, whole-grain bread, and almond butter.
- 🥕 Make favorite dishes healthier. You don't have to serve kids only salads and baked chicken. But do make their favorites, like tacos, pasta, and pizza in a healthier way. Try using olive oil instead of butter, and reducing the amount of cheese, sour cream, and other high-fat dairy products used in the recipes. Sneak extra veggies into tomato sauces, or use green peppers and broccoli as pizza toppings. For sandwiches, use whole-grain bread instead of white bread and low-fat versions of condiments like mayonnaise.
- 🥕 Limit soda and juice. Both contain lots of sugar and calories. If you do serve juice, dilute it with seltzer to lower the calories. Keep filtered water in the fridge so it is available and cold when kids need a drink.
- 🥕 Offer treats in moderation. Ice cream, cake, candy, and cookies should be limited to special occasions like birthday parties, holidays, amusement park trips, and other infrequent occurrences or celebrations. As alternatives, keep plenty of fruits like apples, bananas, grapes, and berries washed and easily accessible.
- 🥕 Pack a lunch. Let your child help plan his or her weekly school lunches. Not only will you likely save money, the meal will be healthier, too. Some good options include hummus in a whole-wheat pita with cucumbers, yogurt, homemade soups in a thermos, hard-boiled eggs, apples, nuts, and tuna sandwiches without mayo.

## Exercise Tips for Losing Weight (or Staying Fit)

With gym classes being cut across the nation – Texas public high schools now only require a single semester of physical education – it's more important than ever to encourage fitness at home.

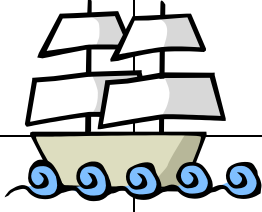


- 🏀 Sneak in exercise. "If you make working out into a game or play time, kids will be more interested," says Francesca Meccariello, volunteer for Concrete Safari, a non-profit after-school exercise program in New York City. Meccariello suggests skipping, crawling, playing tag, and jumping for children 5 to 8 years old. Older kids can play freeze tag, jump rope games, relay races, or run obstacle courses. The key, she says, is to make exercises "FUN"ctional.
- 🏀 Turn off the TV. Studies have found direct correlation between the number of hours of television that children watch and their risk of obesity. Video games and computer usage contribute to the problem as well. Limit the time your child spends on these sedentary activities to no more than an hour per day.
- 🏀 Chores count as exercise, too. Making the bed, mowing the lawn, and raking leaves all count as exercise. Assign older children more active chores and they'll exercise without even knowing it.
- 🏀 Get extra help. If your child's school doesn't offer extracurricular or organized team sports, search out programs like Concrete Jungle, Girls on the Run (a running program for pre-teen girls), or classes at the local YMCA.
- 🏀 Set a good example. Your kids watch what you do, so set a good example by improving your nutrition and exercise habits as well. 221-0058





# OCTOBER



					1	2 FARMER'S BRANCH WORKSHOP
3 SEND IN (CLAIM!)	4 CHILD HEALTH DAY	5	6	7	8 NATIONAL CHILDREN'S DAY	9
10	11 COLUMBUS DAY	12 	13	14	15	16 SAGINAW WORKSHOP  SWEETEST DAY
17	18	19	20	21	22	23 
24 UNITED NATIONS DAY	25	26	27	28	29	30
31 HALLOWEEN 						

## Apple Art!

### Supplies:

Tissue paper – red, green, and yellow  
 Thick cardstock or construction paper  
 Clear contact paper  
 Tape

Scissors  
 Pencil  
 Hole punch  
 Yarn

### Instructions:

- ✏ Cut many squares of tissue paper around 1 inch x 1 inch.
- ✏ Draw a large template of an apple with a stem and leaf on the cardstock or construction paper and cut it out.
- ✏ Tape the template to the non-stick, clear side of the contact paper.
- ✏ Take the wax paper off of the contact paper and lay face up on the table.
- ✏ Allow the kids to place the tissue paper squares on the sticky contact paper within the borders of the apple template.
- ✏ When they are finished, use another sheet of contact paper to seal in the tissue paper.
- ✏ Help the kids cut the contact paper around the apple template.
- ✏ Punch a hole in the stem and string with yarn.
- ✏ The kids can take them home to hang in their windows as a reminder of the fall season!

