



Volume 26

Sponsors of the Child and Adult Care Food Program

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Issue I

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Answers to September quiz

1. true
 2. bored, nervous
 3. true
 4. concretely
 5. listening
 6. emotional intensity
 7. bigger
 8. false
 9. adult body
 10. true
- 057-0185

Workshops for October

Saturday, October 22, 2011

Farmers Branch, TX 10a-12p
Nutritious Snacks that Count and Kids Love!

Farmers Branch Library
13613 Webb Chapel Rd
Farmers Branch, TX 75234

Directions: 972-247-2511
please RSVP 972-243-3237 Wend'e
This counts as a workshop for 2012!



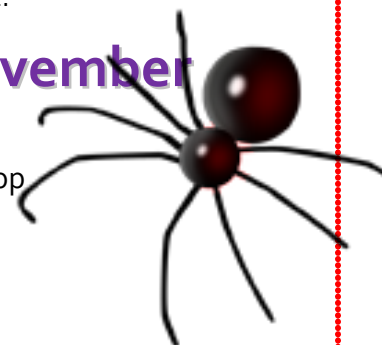
Workshops for November

Tuesday, November 8, 2011

Farmers Branch, TX 7-8:30p
Nutritious Snacks that Count and Kids Love!

Wend'e Pittmon's home
3007 Harlee Dr.
Farmers Branch, TX 75234

Please RSVP 972-243-3237 Wend'e
This is the **ONLY EVENING** workshop this year! Limited to 12 people so RSVP soon!



To change meal times...

All MM Online users: Please change your mealtimes in the program but you **ALSO MUST** call or email your program coordinator or the main office to officially change your meal times. We must fill out a form and send one copy to you and one copy to the State before your meal time change is official.

To all providers using paper forms: Please call your program coordinator or the main office to officially change your meal times. A notation on your CIF is not sufficient enough to change your mealtimes. We must fill out a form and send one copy to you and one copy to the State before your meal time change is official.







Thank you for your cooperation!

Prepare:

- Raw chicken tenders
- Whole wheat bread crumbs
- Grated parmesan cheese
- Seasoning (garlic powder, salt, pepper)
- Red or green pepper triangles
- Dipping sauce (examples: ketchup, BBQ sauce, sweet and sour sauce, black bean dip as seen on page 2 of this newsletter)

Monster Claws!

Create:

-  Heat oven to 400 °F.
-  Mix whole wheat bread crumbs and parmesan cheese in equal parts. Add garlic powder and salt/pepper to taste.
-  Bake 10 to 15 min. or until chicken is done.
-  Make 1/2-inch slit in thinner end of each chicken strip and insert pepper triangle in slit for the monster's claw.
-  Arrange claws on large serving plate to resemble hands.
-  Serve with monster goop (dipping sauce).



Healthy Halloween Eating

"One of the main things to remember for a children's party is that the food will likely replace a meal," says Kim Bilger, MPH, RD, LD, a pediatric dietitian for Dell Children's Medical Center of Central Texas. "It never hurts to serve a balanced selection that is heavy on fruits and vegetables, contains some low-fat protein choices, dairy and whole grains. With kids, food is all about access - if the children have access to a variety of healthy choices, they will eat them on their own."

She recommends making kid-friendly sandwiches with whole grain bread filled with low-fat cheese slices, lean lunch meat or peanut butter that have been dressed up for the occasion by using cookie cutters to turn them into season-appropriate shapes, such as pumpkins, ghosts, cats or any other Halloween character.

Be sure to think about beverages. "Try to pick something other than a drink with lots of added sugar," recommends Kim. "Small amounts of 100 percent fruit juice or low fat milk provide nutrition rather than just empty calories. Water is always a good choice and may be accepted better if you color it with food color. You can even let the kids choose the colors and make their own. The same can be done with milk."

Positive Party Tips

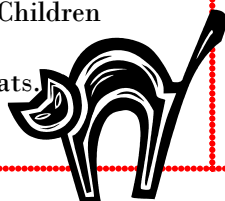
"If you know that most of the options you plan to offer are healthy, there is a place for sweets. Consuming sweets is more about moderation than trying to eliminate them altogether," says Kim. The following are tips to keep things under control.

- 👁️ A lot depends on the order in which you put out food. If the only thing available at first is wholesome, most will have already eaten something that is good for them, even if you serve sweets later. Timing is important.
- 👁️ If you have dessert-type foods on the table, also provide a choice that is good for them.
- 👁️ A lot of children's choices are determined by their home habits. Kids who are extremely restricted at home will indulge themselves. Kids who already know that sweets are okay if you only have a little will do a better job of controlling their intake on their own.

Focus On Fun

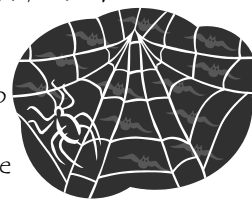
Make sure there are plenty of activities other than eating to keep children happy and entertained. The following are useful suggestions.

- 👁️ Getting dressed up is part of the fun. Consider awarding several prizes for funniest costume, scariest costume, prettiest costume, etc.
- 👁️ Hide party favors and conduct a hunt. It has the flavor of trick-or-treating without the calories.
- 👁️ Organize physical activities into the event. Children playing tag will burn off as many calories as they might consume in fatty or sweet treats.
*goodhealth.com



Scary Black Bean Dip

19-ounce or 15-ounce can black beans, rinsed
1/2 cup prepared salsa, hot or mild
2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro
1/4 teaspoon ground cumin
Salt & freshly ground pepper, to taste



- ~ Combine black beans, salsa, lime juice, cilantro and cumin in a food processor.
- ~ Process until smooth.
- ~ Season with salt and pepper.
- ~ Cover and refrigerate for up to 2 days.
- ~ Serve with orange peppers and carrots for festive colors!

Haunted Ghost Bananas

Ingredients:

Bananas
Popsicle sticks
Yogurt or peanut butter
Shredded coconut
A few raisins or chocolate chips



- 👁️ *Insert peeled bananas on popsicle sticks.*
- 👁️ *Spread a thin layer of yogurt or peanut butter on the banana.*
- 👁️ *Roll banana in shredded coconut.*
- 👁️ *Create eyes and a mouth using raisins or chocolate chips.*
- 👁️ *Eat as is or freeze for a cold treat!*

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!

Fresh Ideas

Everyone needs a little extra sometimes. These wonderful ladies illustrate great examples of appreciation for their childcare parents and families.

Evelyn Espinosa arranges a girls' night out for her daycare moms once a month.

Sylvia Lee gives her parents a free night of care once in a while to show her appreciation. Her daycare parents love her so much they stay in touch long after the kids have left. One family moved to Florida and actually sent her air plane tickets so she could visit their new home.

Barbretta Baker offers a reward of a \$5 gift card each month her childcare parents sign in/ out every single day with no skips.

Fall Food Party Safety

Preventing foodborne illness is easy as...

1. Clean Wash hands and surfaces often.
2. Separate Don't cross-contaminate.
3. Cook Cook to proper temperatures.
4. Chill Refrigerate promptly.

Welcome to Fall - the season to celebrate harvest, Halloween, Thanksgiving, and your favorite fall sporting events! Make these events even more enjoyable - and safe - for you and your family. The key is to handle foods carefully!

Boo!... It's Halloween

Follow these tips for a safe Halloween bash...

No matter how tempting, don't taste raw cookie dough or cake batter if it contains raw eggs. Harmful bacteria can be lurking in the raw eggs... so wait until the goodies are cooked.

Before going "bobbing for apples," an all-time favorite Halloween game, reduce the number of bacteria that might be present on apples and other raw fruits and vegetables by thoroughly rinsing them under running water. As an added precaution, use a produce brush to remove surface dirt.

"Scare" bacteria away by keeping all perishable foods chilled until serving time. These include: finger sandwiches, cheese platters, fruit or tossed salads, cold pasta dishes with meat, poultry, or seafood, and cream pies or cakes with whipped-cream and cream-cheese frostings. Cold temperatures keep most harmful bacteria from multiplying.

Remember the 2-Hour Rule: Discard any perishables (foods that can spoil or become contaminated by bacteria if unrefrigerated) left out at room temperature for longer than two hours. When temperatures are above 90° F (32° C), discard food after one hour.

Time for Sports Games and Cookouts!

Keep food safe at parties by keeping hot foods hot and cold foods cold. Here's how...

Bring Out the Hibachi!

Grill hot dogs until they're steaming hot and hamburgers until they reach 160° F (71 ° C). Use a food thermometer to check the temperature. Heating foods to the right temperature for the proper amount of time kills harmful bacteria.

Sassy Soups & Cider

Serve up hot soup, chili, or crab dip, but keep it all piping hot by placing these foods in insulated thermal containers. Keep the container closed until serving time. Toast your team's victory with hot apple cider, but make sure the cider is pasteurized or otherwise treated to kill harmful bacteria. Unpasteurized cider may contain harmful bacteria. Be sure to read the label!

The Must-Chill Menu

If shrimp cocktail and cold dips are on the menu, serve them chilled on a bed of ice. Pack perishables, like cold fried chicken, directly from the refrigerator into the cooler - and include a cold pack. Keep all perishables chilled until serving time.

The best thing about the holidays are the leftovers! Here's how to handle them safely... Reheat leftovers to 165° F (74° C). Use a food thermometer to check. Bring leftover sauces, soups, and gravies to a boil before serving. Refrigerate or freeze leftovers within two hours of eating. Remember the 2-Hour Rule! Or 1-Hour Rule in warmer conditions!

Happy Thanksgiving!

Here's how to make your holiday feast safe...

- Cook the turkey to 180° F (82° C). Insert the food thermometer into the thickest part of the thigh muscle without touching the bone to get an accurate reading.

- For even heating, cook stuffing separately to 165° F (74° C). Use a food thermometer to check.

*fda.gov

October



						1
2	3 Send in the Claim!	4	5 World Teachers Day			8 National Children's Day
	10 Columbus Day	11 Full Moon	12	13	14	15 Sweetest Day
9						22 Farmers Branch Workshop
16	17					
23 Mother-in-Law Day	24 United Nations Day	25	26	27	28	29
	31 All Hallows Eve (Halloween)					
30						

Ghostly Sheppard's Pie



- 1 1/2 pounds ground beef
- 1 tablespoon Worcestershire sauce
- 1 carrot, grated
- 1 cup frozen peas
- 1 medium yellow onion, diced
- 1 cup cheddar cheese, grated (optional)
- 2 tablespoons butter
- 4 cups mashed potatoes
- 2 tablespoons all-purpose flour
- Black sesame seeds or peas (for eyes)
- 1 cup beef stock or broth

- Preheat oven to 375 degrees Fahrenheit and lightly grease a 3 quart casserole dish.
- In a large skillet, brown the beef until no pink remains. Drain off any rendered fat.
- Push the meat to one side and cook the carrot and onion for 4 to 5 minutes, until the onions are just turning translucent. Push the onions and carrots to one side and melt the butter. Whisk the flour into the butter and stir everything together.
- Add the stock and Worcestershire and cook for 5 minutes, just until thickened. Season to taste with salt and pepper and stir in the peas.
- Spoon the meat into the prepared casserole dish and sprinkle with the cheese.
- Fill a gallon-size Ziploc and cut off one corner so you can pipe the ghosts on top of the casserole. Add sesame seeds or peas for eyes.
- Bake 20 minutes, until the meat is bubbling and the ghosts are browned. Serve immediately.