

Volume 27, Issue 1
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October 2012
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Supplies:

-  Empty cardboard juice box containers
-  2 tablespoons rice
-  Fold top sandwich bag
-  Tape
-  Black and white construction paper
-  Scissors
-  Glue stick
-  2 medium wiggle eyes
-  White craft glue








Juice Box Mummy

Don't throw out those empty juice box containers! Make a slew of these super easy mummies to celebrate Halloween!



Directions:

-  Cut open the top of the juice box container, rinse and dry thoroughly.
-  Place rice inside sandwich bag. Roll up the bag and secure with tape. Place bag of rice inside juice box and tape the top closed.
-  Cut a piece of black construction paper, large enough to cover the top half of the front of the juice box. Glue it in place with a glue stick.
-  Tear white construction paper into strips and glue them around the box, leaving a small section of the black paper visible for the eyes.
-  Use white craft glue to attach two wiggle eyes to the black paper.

*crafts.kaboose.com

Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods

Part 1 of 5 Be Prepared for Emergencies

- ★ Make sure you have appliance thermometers in your refrigerator and freezer.
- ★ Check to ensure that the freezer temperature is at or below 0 °F and the refrigerator is at or below 40 °F.
- ★ In case of a power outage, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
- ★ Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
- ★ Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
- ★ Group food together in the freezer. This helps the food stay cold longer.
- ★ Have coolers on hand to keep refrigerated food cold if the power will be out for more than 4 hours.
- ★ Purchase or make ice cubes in advance and store in the freezer for use in the refrigerator or in a cooler. Freeze gel packs ahead of time for use in coolers.
- ★ Check out local sources to know where dry ice and block ice can be purchased, just in case.
- ★ Store food on shelves that will be safely out of the way of contaminated water in case of flooding.
- ★ Make sure to have a supply of bottled water stored where it will be as safe as possible from flooding.



Workshops for October

Saturday, October 6, 2012

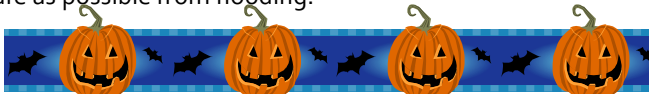
Farmers Branch, TX 10a-12p
 Farmers Branch Manske Library
 13613 Webb Chapel Rd at Golfing Green
 75234
 Directions: 972-247-2511
 Registration: 972-243-3237 Wend'e

Saturday, October 20, 2012

Arlington, TX 9:30-11a
 Jeretha Britton Smith's home
 5722 Indian Hill 76018
 Please call or text:
 817-703-7768 Barbara
 Southeast Arlington Area!

Saturday, October 27, 2012

Saginaw, TX 9:30-11a
 Dawnette Pallas's home
 805 Big Willow 76179
 Please call or text:
 817-703-7768 Barbara
 North Fort Worth and Saginaw!



Cranola Bars

- 3 1/2 cup Quaker Oats
- 2/3 cup Butter or Margarine, melted
- 1/2 cup Brown Sugar
- 1/3 cup Honey
- 1 Egg, beaten
- 1/2 Tspn Vanilla
- 1/2 Tspn Salt
- 1 cup Craisins
- 1 cup chopped Walnuts



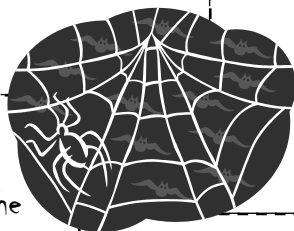
Toast oats in a 9 x 13 inch pan at 350° for minutes. Meanwhile, mix together butter or margarine, brown sugar, honey, egg, vanilla and salt in a large bowl. Add toasted oats, Craisins and walnuts.

Press firmly into well-greased 15 x 10 inch pan. Bake at 350°F for 20 minutes. Cool, cut into bars. Store in a tightly covered container or wrap each bar in plastic for portable snacks! 050585

*uscranberries.com

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 November

Wednesday, November 7, 2012

Stephenville, TX 7p

Stephenville Daycare Providers

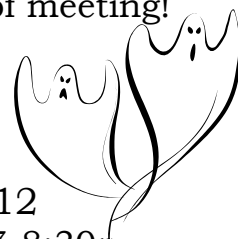
Association Meeting

Call Denae Carroll for place of meeting!

254-485-4710

Program coordinator:

817-703-7768 Barbara



Tuesday, November 13, 2012

Farmers Branch, TX 7-8:30p

Wende's home

3007 Harlee Dr 75234

Directions and Registration:

972-243-3237 Wend'e

This is an evening workshop and is limited to the first 15 people to RSVP.

Answers to September's quiz

- | | |
|-------------|--------------|
| 1. portions | 6. fun foods |
| 2. true | 7. false |
| 3. true | 8. sugar |
| 4. rewards | 9. true |
| 5. desserts | 10. meal |

We will be upgrading all online claiming providers alphabetically over the next several months. When it's time for your upgrade, we will send you an email to help walk you through the new process. Since providers cannot claim half of the month with the old program and half with the new program, you will be upgraded at the start of a new claim month. Please be sure to submit your claim on time to avoid any confusion with the old and new systems. Always contact your program coordinator or the main office with any questions!

Adjustment for those providers in the new MM Kids HX system!

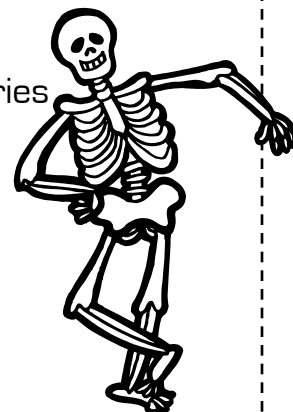
As you go to record your meals in the new system, you may find that you are stuck in the previous month. Easy fix:

- 1 Go to the Claims Menu at the top of the main screen
- 2 Select Change Claim Month
- 3 Move it forward to the current month
- 4 Click the save button.
- 5 If you have any questions, contact the main office by email minutemenusupport@swhuman.org or phone 1-800-369-9082.

Thanks!

Cranberry Trail Mix

- 1 cup Sweetened Dried Cranberries
- 1/2 cup Pumpkin Seeds
- 1/2 cup Chocolate Chips
- 1/2 cup Peanuts
- 1/3 cup Flaked Coconut
- 1 cup Granola Cereal



In a bowl, mix Sweetened Dried Cranberries, Pumpkin Seeds, Chocolate Chips, Peanuts and Flaked Coconut. Add Granola Cereal and mix well. Store in an airtight container.

*uscranberries.com

October is National Cranberry Month!

Packed with nutrients and a uniquely tart and tangy taste, it's easy to see why cranberries are unlike any other fruit in the world.

In fact, cranberries, along with blueberries and the Concord grape, are the only three fruits native to North America. From juice to sauce and dried fruit snack, cranberries are a versatile fruit that add delicious flavor to a variety of foods. Cranberries are scientifically recognizable as potent sources of antioxidants, specifically from a subclass of flavonoids called proanthocyanidins (PACs), which are unique to and abundant in cranberries. The great news is that these beneficial antioxidants can be enjoyed in different types of cranberry products.

Being one of nature's super foods, these refreshing fruits have unique health benefits. Cranberries have long been valued for their ability to help prevent urinary tract infections by preventing E. coli from adhering to the cells that line the urinary tract. This same effect may help prevent other types of infections involving host-tissue bacteria such as H. pylori, a major cause of gastric ulcers. In addition, the antioxidant properties of PACs may have a range of other health benefits, including the support of cardiovascular health and reduction of the risk for some cancers. Cranberries are naturally fat-free and have very little sodium, so adding them to a balanced diet is a delicious, refreshing, and nutritious way to meet the recommended servings of fruit daily.

History

The North American cranberry industry has a long and distinguished history. Native peoples used cranberries as food, in ceremonies and medicinally. Revolutionary War veteran Henry Hall planted the first commercial cranberry beds in Dennis Massachusetts in 1816. Today cranberries are farmed on approximately 40,000 acres (16,200 hectares) across the northern United States and Canada.

Botany

The North American cranberry, *Vaccinium macrocarpon*, Aiton, is a member of the family Ericaceae and is related to Rhododendrons (*Rhododendron* spp.) and Blueberries (*Vaccinium augustifolium*, *V. corymbosum*). Cranberries are a low-growing, vining, woody perennial plant with small, alternate, ovate leaves. The plant produces stolons (horizontal stems) up to 6 feet (2 m) long. Short vertical branches, or uprights, 2 to 8 inches (5 to 20 cm) in height, grow from buds on the stolons and these can be either vegetative or fruiting. Each fruiting upright may contain as many as seven flowers. Pollination is primarily via domestic honey bees.

Harvest Information

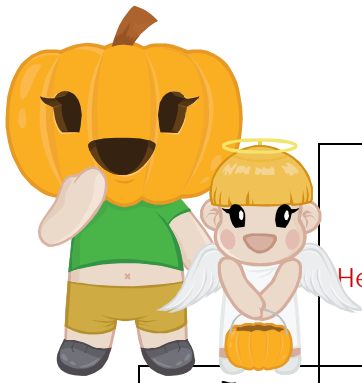
The majority of cranberries are harvested between September and October, and occurs in one of two ways. By far the most common is wet or water harvest. The beds are flooded and the fruit is "beaten" off the vine using a specialized harvester. The floating fruit is then corralled and loaded onto trucks for delivery to a receiving station. Wet harvested fruit is used for processed cranberry products like juice and sauce. Dry harvested fruit is "combed" from the vines using a mechanized picking machine. No water is involved during this process. The fruit is loaded into bins and shipped to receiving stations where it is cleaned and packaged as fresh fruit.

Selection and Storage

Scientific research is revealing how healthful cranberries can be. Packed with nutrients like antioxidants and other natural compounds, cranberries are a great choice for the health conscious consumer. Cranberries are available in a wide variety of forms including fresh fruit, juice, sauce, and dried. Juices and sauce are available year-round at your grocery retailer. Fresh fruit is generally available from October to December. In the store, choose berries that are bright red in color, plump, free from wrinkles with intact skin, firm to touch, without any cuts or cracks. Discard any wet, mottled ones, as they tend to spread the mold to rest others. Fresh, as well as dried berries contain the most antioxidants while bottled cranberry drinks and cranberry cocktails with added sugars contain the least. Fresh berries can be stored in the refrigerator for several days.

*cranberryinstitute.org





October



	1 Child Health Day	2	3 Send in Claim!	4	5	6 Farmer's Branch Workshop		
7	8 Columbus Day National Children's Day	9	10	11	12	13		
14	15	16 National Boss Day				20 Arlington Workshop Sweetest Day		
		21				22	23	24 United Nations Day
				30	31 Halloween			

Supplies:

- 1 basket type coffee filter
- Purple and black watercolor paints
- Paintbrush
- 1 miniature wooden clothespin
- Black or purple acrylic paint
- 2 small wiggle eyes
- White scrap of paper
- Scissors
- White craft glue

Coffee Filter Vampire Bats

These adorable little vampire bats will look ghoulish hanging from the ceiling! Make several of these fun little critters to dress up your house this Halloween.

- 1 Paint the clothespin either black or purple acrylic paint and set aside to dry.
- 2 Cut coffee filter in half.
- 3 Paint one half of the filter with black watercolor paint and the other half with purple watercolor paint. Let dry.
- 4 When filters are dry, place the purple half on top of the black half so that they line up. Pinch the filter with your fingers, gathering the paper in the center of the straight edge.
- 5 Open the clothespin, clamp the gathered end of the filter inside the clothespin. Add dab of white glue in the clamp.
- 6 Use scissors to cut half circles from the rounded wings to resemble a bat's wings. Use the color differentiation between the black and purple sides of the coffee filter as a guide.
- 7 Cut jagged edges along the circular side of the half circle to further define the shape of the bat wings.
- 8 Glue two wiggle eyes to the front of the clothespin.
- 9 Cut two small triangular fangs from white paper and glue to the clothespin "jaws".

*Attach these cute bats to curtains, plants, anywhere they will grab onto. *Suspend these bats from the ceiling by tying a piece of fishing line to the clothespin and pushing a thumbtack into the ceiling. *Instead of purple, try red for a different look!