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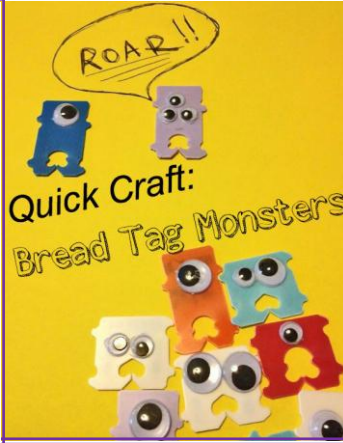
Volume 28, Issue 1
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 Lindsey Seybold, Editor

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October 2013
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NEWS!

Patricia Underdahl has a new business line: [210-718-3456](tel:210-718-3456)

And Renee Comley has a new business line: [972-369-3198](tel:972-369-3198)

Orange Enrollment forms are **OUT**
 Purple Enrollment forms are **IN**
 The old orange forms are not used any more so go ahead and throw them in the recycle bin. The office is now processing only the purple Minute Menu scan forms. If you do not have any of these purple enrollment forms, please call the office and we will send them to you ASAP. Thanks!

Additionally, **RE-ENROLLMENT** is right around the corner. The packets are being sent out now. Please DO NOT send any RE-enrollments in to the office before the official packet gets to you. Since enrollments are good for one year from the date signed, any sent to us early will expire early. The **re-enrollment packets will be due with your October claim** so please send the official packet in at that time. Any questions about this process, please call the office. Thank you!

Workshops for October

Saturday, October 12, 2013

Farmers Branch, TX
 10a-12p

The Perfect Monitor Visit
 Farmers Branch Library
 13613 Webb Chapel Rd
 75234

Directions: 972-247-2511
 Registration: 972-243-3237 Wend'e

This workshop counts for all of 2014! Please RSVP 972-243-3237 Wend'e

Saturday, October 19, 2013

Arlington, TX 9:30-11a

The Two Bite Club
 Jeretha Britton Smith's home
 5722 Indian Hill 76018
 Please call or text:

817-703-7768 Barbara
 This workshop location great for Southeast Arlington, East Arlington and Grand Prairie providers!

Workshops for November

Saturday, November 9, 2013

Saginaw, TX 9:30-11a
 The Two Bite Club

Dawnette Pallas's home
 805 Big Willow 76179
 Please call or text:

817-703-7768 Barbara
 Coffee and goodies at 9a, workshop begins at 9:30a. This workshop location great for Saginaw, Haslett, and North Fort Worth providers!

Tuesday, November 5, 2013

Farmers Branch, TX
 7-8:30p

Fabulous Fall Veggies
 Wende's home
 3007 Harlee Dr 75234
 Directions and

Registration:
 972-243-3237 Wend'e
 Please RSVP early to 972-243-3237, I have limited seating! This is an evening workshop.

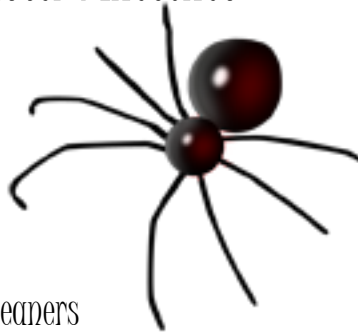


Bread Tag Monsters

- Collect many, many plastic tags from bread or similar products in bags.
- Glue assorted eyes in a variety of arrangements to create Monsters!
- Use these monsters to make fun, scary pictures or glue to magnets to create refrigerator decorations.
- Be creative and have fun!

Monster Pinecones

Pinecones
Tempura Paint
Paintbrushes
Googly eyes
Glue
Chenille pipe cleaners



Paint pinecones with tempura paint and allow to dry completely.
Affix plastic eyes with glue.
Bend chenille stems to create a variety of monster limbs.
Play or decorate with these crazy monsters!

Halloween Figures

- Collect or purchase orange ear plugs.
- Encourage the kids to create silly or monster style faces on them with permanent markers.
- Allow to dry completely before play.
- Use characters to create all sorts of fun or spooky play!

5 Tips to a healthier Halloween

- 🍁 Hand out healthier treats rather than just candy (granola bars; snack packs such as trail mix, raisins, crackers, or pretzels; 100% juice boxes; non-candy Halloween treats such as stickers, bookmarks, tattoos, erasers, and pencils).
- 🍁 Eat a nutritious meal before going trick-or-treating, so children are not hungry and only want to eat candy for supper.
- 🍁 Limit the number of treats your child can have each day. (Make sure to decide the appropriate number ahead of time and let children know the limits and why it is important to limit candy)
- 🍁 Keep candy out of reach to prevent continuous and mindless eating of candy.
- 🍁 Eat a piece of candy with a glass of milk or apple slices to add some healthy nutrients.

*food.unl.edu

SEPTEMBER QUIZ ANSWERS

1. FALSE
2. TRIPLED
3. TRUE
4. CONSUMPTION
5. MEDIA
6. TRUE
7. INCREASED
8. TRUE
9. MEDIA TIME
10. PREPARING

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!

Black Bean Dip

Place all ingredients into a food processor and blend until smooth. Makes a great spooky dip for veggies!

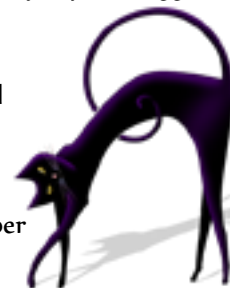
- 2 (15 oz) cans black beans, rinsed and drained
- 1/2 cup chopped yellow onion
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 2 tablespoons cotija cheese, for garnish, optional
- 1/3 cup chopped cilantro
- 2 tablespoons fresh lime juice
- 1/4 teaspoon chili powder
- 1/4 teaspoon black pepper

Maple Sweet Potato Dip

Place all ingredients into a food processor and blend until smooth. Makes a great spooky dip for veggies!

- 1 cup cooked sweet potato,
- *about 1 small potato
- 1/2 cup cannellini beans, drained
- 1 Tbsp maple syrup
- 1 small orange, juiced
- pinch of sea salt
- a few grinds of fresh black pepper

*kblog.lunchboxbunch.com



October is National Farm to School Month

This is a great opportunity to celebrate the connections that are happening all over the country between schools and local food. In 2010, Congress approved a resolution to officially designate October as National Farm to School Month. The passage of House Resolution 1655 demonstrated the growing importance of Farm to School programs as a means to improve child nutrition, support local economies and educate children about the origins of food.

What is farm to school?

Farm to school is broadly defined as any program that connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. Farm to school programs exist in all 50 states, but since farm to school is a grassroots movement, programs are as diverse as the communities that build them.

What are the benefits of farm to school?

Farm to school programs are based on the premise that students will choose healthier foods, including more fruits and vegetables, if products are fresh, locally grown, and picked at the peak of their flavor and if those choices are reinforced with educational activities. Farm to School programs provide benefits to the entire community: children, farmers, food service staff, parents, and teachers.

How can I start a farm to school program in my community?

Farm to school programs exist in all 50 states, so support and resources are available no matter where you are. And you don't have to be a cafeteria manager or school board member to get involved – parents, teachers and even students have the power to start programs and make change happen! Many farm to school programs begin with a small activity that generates interest and engages the whole community. We hope you can use these ideas for celebrating Farm to School Month as a starting point for establishing a new farm to school program or strengthening an existing program.

- Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
- Connect instructional school gardens and garden-based learning activities to the curriculum.
- Use local foods as a healthy school fundraiser or a feature at a special event.
- Organize farm tours or trips to the local farmers' market.
- Send information about Farm to School Month to parents.
- Do a taste test of local products or feature one item for lunch, breakfast or snacks.
- Create a farm to school salad bar using local products.
- Connect with your local farms and ask them to conduct a classroom session during October or host a visit to their farm.
- Start a farm - classroom pen pal. Many schools don't have the money for farm field trips, but stories and photos from the farm are the next best thing.
- Visit your local farmers' market. Buy something you've never tried before, cook it and share with your family and friends.
- Ask elders in the family for their favorite recipes featuring seasonal products grown in your region.
- Cook with seasonal products as much as possible. Find out what products are grown in your region and when. Most State Departments of Agriculture or Buy Fresh Buy Local chapters can provide you with a regional crop calendar.

*farmtoschoolmonth.org

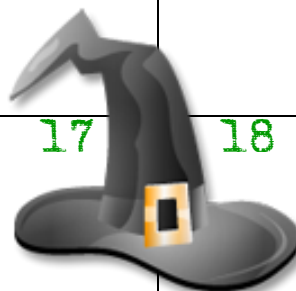
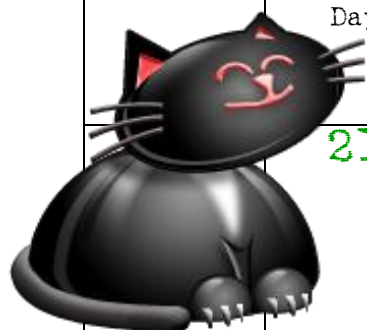
NATIONAL
FARM to
SCHOOL
MONTH





October

		1	2	3 Send in Claim!	4	5
6	7 Child Health Day	8 National Children's Day	9	10	11	12 Farmers Branch Workshop
13	14 Columbus Day	15	16 National Boss Day	17	18	19 Arlington Workshop Sweetest Day
20	21	22	23	24 United Nations Day	25	26
27 Mother- in-law Day	28 Chocolate Day	29 Oatmeal Day	30	31 Halloween		



Banana-Pillar

- 1 banana
- creamy peanut butter
- pretzel sticks
- 2 mini chocolate chips
- a red fruit snack



Slice the banana into 1-2 inch pieces. Spread a layer of peanut butter between each slice of banana. Break the pretzel sticks in half and press into the sides of the banana slices. Place of dollop of peanut butter onto the chocolate chips and stick on the front for the eyes. Dip the licorice or fruit snack in peanut butter and place that on the front of the banana for the tongue.

*cafezupas.com

Witches Fingers

- baby carrots
- sliced toasted almonds
- dip

Simply paste the almonds on the tip of the carrots with a dab of your favorite dip. The Green Dream Dip recipe below adds a great spooky effect!

Green Dream Dip

- 1/2 cup cannellini beans, drained
- 1/2 small ripe avocado
- 1 1/2-2 cups raw baby spinach
- 1/2 lemon, juiced
- pinch of sea salt
- a few grinds of fresh black pepper