



Volume 29, Issue 1
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October 2014
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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!



Check out the suggestions for healthy eating this Halloween on page 2 of this newsletter!
 Additional recipes and pictures on page 4 of this newsletter!

Workshops for October

Saturday, October 4, 2014

Arlington, TX 3-5p
 Arlington DFW Childcare Association
 October Meeting
 Arlington Public Library Southeast Branch
 900 Southeast Green Oaks Blvd
 Contact Person: 817-642-5271
 Jerletha Britton Smith
 This association meeting is open to all Barbara's providers for their annual training. Southeast Arlington and Grand Prairie providers take note!

Monday, October 13, 2014

Kingwood/Humble, TX 6:45-8:45p
 Kingwood Branch HCPL
 4400 Bens View Ln, Kingwood, TX 77339
 RSVP: laurieramos58@gmail.com or
 text 281- 808-1137 Laurie

Saturday, October 18, 2014

Farmers Branch, TX 10a-12p
 A Whole Grain Above
 Farmers Branch Library
 13613 Webb Chapel Rd 75234
 Directions: 972-247-2511
 Registration: 214-679-9257 Wend'e
 This workshop counts for training for all of 2015! Please, Please, Please RSVP to Wend'e by October 13th!

Saturday, October 25, 2014

Saginaw, TX 9:30-11a
 Annual Training
 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. Saginaw, Haslett, and North Fort Worth providers be there!

Workshops for December

Saturday, December 6, 2014

Saginaw, TX 11a-12:30p
 Annual Training and Christmas Lunch
 Cotton Patch on South Hulen
 just south of Hulen Mall
 Please call or text to RSVP:
 817-703-7768 Barbara
 South Fort Worth and West Fort Worth this workshop is close to you all!
 200058

Answers to September quiz

- | | |
|---------------|-------------------|
| 1. true | 6. true |
| 2. vegetables | 7. full, satiated |
| 3. true | 8. true |
| 4. B | 9. darker |
| 5. selenium | 10. non fortified |

Hand washing is so important in keeping infections at bay especially in cold and flu season. October is a great time to talk to your children about proper hand washing techniques! See page 2 of this newsletter!



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

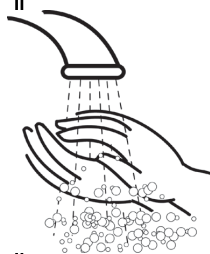
Make sure there are plenty of activities other than eating to keep children happy and entertained. The following are useful suggestions.

☞ 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



Hand Washing!

Keeping hands clean is one of the best ways to prevent the spread of infection and illness.

Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings — from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

What is the right way to wash your hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

*cdc.gov

Baby Food and Infant Formula Safety

Infants and young children are particularly vulnerable to foodborne illness because their immune systems are not developed enough to fight off infections. That's why extra care should be taken when handling and preparing their food and formula.

Baby Food

- The most important action that you can take to prevent foodborne illness in your babies and children is to wash your hands. Your hands can pick up harmful bacteria from pets, raw foods (meat, poultry, seafood, eggs), soil, and diapers. Always wash your hands:
 - Before and after handling food
 - After using the bathroom, changing diapers, or handling pets.
- Check the packaging of commercial baby food before serving: The following may indicate that the food is contaminated or at risk of bacterial contamination:
 - For jars: Make sure that the safety button on the lid is down. Discard any jars that don't "pop" when opened or that have chipped glass or rusty lids.
 - For plastic pouches: Discard any packages that are swelling or leaking.
- Don't "double dip" with baby food: Never put baby food in the refrigerator if the baby doesn't finish it. Your best bet: Don't feed your baby directly from the jar of baby food. Instead, put a small serving of food on a clean dish and refrigerate the remaining food in the jar. If the baby needs more food, use a clean spoon to serve another portion. Throw away any food in the dish that's not eaten. If you do feed a baby from a jar, always discard any remaining food.
- Don't share spoons: Don't put the baby's spoon in your mouth or anyone else's mouth – or vice versa. If you want to demonstrate eating for your baby, get a separate serving dish and spoon for yourself.
- Never leave any open containers of liquid or pureed baby food out at room temperature for more than two hours: Harmful bacteria grows rapidly in food at room temperature.
- Store opened baby food in the refrigerator for no more than three days: If you're not sure that the food is safe, remember this saying: "If in doubt, throw it out."

Infant Formula

If you're the parent or caretaker of an infant, you've probably heard that breast milk is the best source of nutrition for infants. In situations in which it's not possible to breastfeed an infant, you may choose to use a commercially prepared infant formula.

Why can't I give my baby cow's milk? Cow's milk by itself is not appropriate for infants less than 1 year old. Cow's milk does not have the correct balance of nutrients for infants to grow and develop normally, and it can cause problems with anemia and kidney function. Raw milk is never appropriate for infants – or anyone else. It should not be consumed by anyone at any time for any purpose. Raw milk can harbor dangerous microorganisms, such as Salmonella, E. coli, and Listeria, that can pose serious health risks.

But isn't formula made from cow's milk? Most infant formula is made with cow's milk, but it has been modified and supplemented with additional nutrients. As a result, the formula is more nutritious and easier for the baby to digest than cow's milk. Other formula options include soy-based formulas and hypoallergenic (or protein hydrolysate and amino acid-based) formulas. Special formulas are available for babies who are premature or have other health problems.

How does the government regulate infant formula? The FDA does not approve infant formulas before they can be marketed. All formulas marketed in the United States, however, must meet Federal nutrient requirements. The FDA also monitors infant formula, which means that it inspects facilities that manufacture formula and analyzes samples.

What can I do to make sure that formula is safe for my baby?

Here are a few basic steps that you can follow to ensure that formula is safe from bacteria that can cause illness.

- Prepare safe water for mixing: Bring tap water to a rolling boil and boil it for one minute. If you use bottled water, follow this same process unless the label indicates that it is sterile. Then, cool the water quickly to body temperature before mixing the formula.
- Use clean bottles and nipples: You may want to sterilize bottles and nipples before first use. After that, it's safe to wash them by hand or in a dishwasher.
- Don't make more formula than you will need: Formula can become contaminated during preparation, and bacteria can multiply quickly if formula is improperly stored. Your best bet: prepare formula in smaller quantities on an as-needed basis to greatly reduce the possibility of contamination. And always follow the label instructions for mixing formula.

October



	1	2	3 Send in Claim!	4 Arlington Workshop
	6 Child Health Day	7	8 National Children's Day	9
	10 <i>I Love You</i>	11		
12	13 Kingwood Humble Workshop	14	15	16 National Boss Day
17	18 Farmers Branch Workshop			
19 Columbus Day	20		24 United Nations Day	25 Saginaw Workshop
26 Mother- in-Law Day	27	28	29	30
				31 Halloween



Clementine Pumpkins – featured on page 1 of this newsletter

- Carefully peel a small tangerine keeping the slices together and insert a piece of celery in the top.

Crazy Fruit Pumpkin

- Carefully insert bamboo skewers into a carved or drawn pumpkin head and slip sliced fruit onto the skewers.

Bandage Crackers

- Break graham crackers into rectangles. Place a small square of cheese in the middle of the cracker and top with strawberry jelly.

Candy Corn Veggie Plate

- Organize yellow pepper slices, baby carrots, and cauliflower pieces into a candy corn shape on a platter. Serve with scary black bean dip, maple sweet potato dip, or crazy green dream dip (all featured in October 2013 newsletter).

Pita Spiderweb Pizzas

- Spread sauce on a slice of pita bread and top with slices of string cheese. Use a black olive to create an edible spider!

Deviled Eggs

- Get creative with deviled eggs and make them into healthy scary or festive fun!