

Southwest Human Development Services  
 P.O. Box 28487 • Austin, Texas 78755-8487  
 (512) 467-7916 • Toll Free (800) 369-9082  
 Fax (512) 467-1453 • Toll Free (888) 467-1455  
[www.swhuman.org](http://www.swhuman.org)



**NATIONAL APPLE MONTH**

Volume 30, Issue 1  
 Blake Stanford, President  
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program  
 Brenda Baldwin, Program Director  
 Martin North, Website/MM Kids Specialist

October 2015  
 Liz Curtis, Compliance Officer  
 Sheena Walter, Training

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**NATIONAL FARM to SCHOOL MONTH**



## Workshops for October

Saturday, October 10, 2015

Farmers Branch, TX 10a-12p

Farmers Branch Manske Library  
 13613 Webb Chapel Rd 75234

Directions: 972-247-2511

RSVP please! 214-679-9257 Wend'e

This workshop counts for 2016 and completes all required food program training for next year! 080345

## Answers to September quiz



- |           |              |
|-----------|--------------|
| 1. true   | 6. true      |
| 2. now    | 7. familiar  |
| 3. true   | 8. true      |
| 4. home   | 9. beverages |
| 5. labels | 10. snacks   |



## Workshops for November

Thursday, November 5, 2015

Farmers Branch, TX 7-8:30p

Wend'e's home

3007 Harlee Dr 75234

Please RSVP so I know how many Goodies to prepare!

214-679-9257 Wend'e

This workshop counts for 2016 and completes all required food program training for next year!

## Mystery Provider

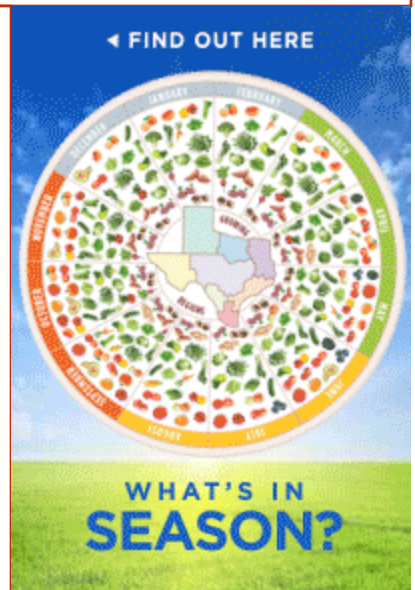
Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

## October is Farm to School Month!


Every fruit and vegetable has a season, the time of the year when locally grown options are easier to find and when fresh flavors are at their peak. Purchasing locally grown fruits and vegetables is good for Texans and good for local agriculture.


Use this tool from the Texas Department of Agriculture to identify the seasons and growing regions that match your favorite fruits and vegetables! Sort by fruit/vegetable or month to see what is available. Also click on regions of Texas to see what is unique about each area.


Copy and paste the link below into your web browser to explore this handy meal planning tool!  
<http://www.squaremeals.org/FandNResources/TexasFarmFresh/ProduceAvailability.aspx>





**October is National Apple Month!** Originally founded in 1904 as National Apple Week, National Apple Month's mission is to increase apple industry sales, and to enhance consumer awareness and usage of apples and apple products. Apples are grown in every state in the continental U.S. Top-producing states include Washington, New York, Michigan, Pennsylvania, California and Virginia. The average annual U.S. apple crop is 224 million bushels. Each bushel contains on average 126 medium-sized apples. An estimated 7,500 U.S. apple growers manage orchards covering more than 325,000 acres. Most apples are harvested between late August and October. Each apple is hand picked by people using ladders and cloth buckets. Nearly 100 varieties are grown commercially in the United States, but a total of 15 popular varieties account for almost 90 percent of production. (Continued on page 4 of this newsletter)


 **Braeburn** This apple originated in New Zealand in the early 1950s, as a chance seedling with Lady Hamilton and Granny Smith as possible parents. Now grown in the United States, Braeburn is a multipurpose apple good for all types of apple uses. Its color varies from orange to red over a yellow background. This crisp, juicy apple has a rich, spicy-sweet flavor. U.S. Braeburns are available beginning in October through July.


 **Cortland** This variety originated in the late 1890s in New York state, a cross between McIntosh and Ben Davis developed at the New York State Agricultural Experiment Station. Sweeter than its McIntosh parent, with only a hint of tartness. Cortland has tender, snow white flesh that resists browning, making it an excellent choice for salads, kabobs and garnishes. The Cortland is available September through April.


 **Empire** Empires premiered in 1966 in the Empire State of New York, a cross between Red Delicious and McIntosh developed by the New York State Agricultural Experiment Station. This crisp, juicy apple has a delightful sweet-tart flavor and creamy white flesh, making it a good all-purpose apple. Stake out your Empire between September and July.


 **Fuji** Originally developed in Japan in the late 1930s and named after the famous Mt. Fuji, U.S.-grown Fujis began appearing in markets in the 1980s. Fuji is a cross between Ralls Janet and Red Delicious. This variety's popularity is skyrocketing, thanks to its sweet flavor and firmness. Fuji apples are bi-colored, typically striped with yellow and red. They are available year round, beginning in September.


 **Gala** This variety originated in New Zealand, a cross between Kidd's Orange Red and Golden Delicious. The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand. It was brought to the United States in the early 1970s, and is now one of the country's most popular apples. This crispy, juicy, very sweet apple is ideal for snacking. Galas can vary in color, from cream to red- and yellow-striped. U.S.-grown Galas are harvested beginning in mid-July, and are typically available year-round.

 **Ginger Gold** A Virginia grower discovered this apple sprouting amid the ruins of a hurricane-devastated orchard in the late 1960s, and named this greenish-gold, sweet-tart apple after his sweetheart. Its parentage includes Albemarle Pippin, a favorite apple of Thomas Jefferson. This early-season Eastern apple is great for salads, and cooks well too. Available in limited but growing supplies starting in mid-October.

 **Golden Delicious** This old favorite was discovered as a chance seedling in 1890 in Clay County, W.Va., and was originally named Mullin's Yellow Seedling. Renamed in 1916, its parents are thought to be Golden Reinette and Grimes Golden. Golden's have a pale yellow skin, sometimes with a red blush. Mellow and sweet, all-purpose Golden's are great for eating out of hand, baking and salads. Golden's crisp, pale yellow flesh resists browning, making it a good choice for salads and other dishes. Golden's appear on the market in September, and are available year-round. Cooks, note that you can reduce the amount of added sugar when making pies with Golden's.

 **Granny Smith** This Australian native was discovered in 1868 as a chance seedling by "Granny" Anne Smith of Ryde, New South Wales. One parent might have been a French Crab Apple. Grannys are known for their distinctive green flesh, which sometimes bears a red blush, and their very tart flavor. An all-purpose apple, Grannys work equally well as a snack or in pies and sauce. U.S. Grannys are harvested beginning in August, and are available year-round.

 **Honeycrisp** This honey of an apple has a honeyed, mild flavor and a crispness deemed explosive. Crispy, juicy and sweet, this popular newcomer is a cross between a Macoun and a Honeygold. Honeycrisp's skin is a distinctive mottled red over a yellow background, with coarse flesh. This apple is good for snacking, salads and sauce-making, and stores well. Honeycrisp is college educated, developed by the University of Minnesota. Harvested beginning in September, supplies are limited but growing.

 **Idared** Introduced in 1942, this Idaho Agricultural Experiment Station product is a cross between the Jonathan and Wagener apples. It has a tangy flavor like the Jonathan, but is much larger. It has a bright red skin, and firm texture. This apple is good for snacking and holds its shape ideally for baking. Available from September through June.

# Easy Ways to Help Your Kids Eat Healthier, Part 2

## Healthy eating for toddlers and young children

Toddlers can be introduced to new tastes and textures as they transition from baby food to “real” food. Keep in mind that toddlers have very small stomachs. It may be better to feed them 5-6 small meals a day, rather than three large ones. Depending on age, size, and activity level, your toddler needs between 1,000-1,400 calories a day. It is perfectly normal for your child to be ravenous one day and shun food the next. Don’t worry if your child’s diet isn’t up to par every day—as long as he or she seems satisfied and is getting a well-rounded diet.

## Healthy diets for school-age children

Eating becomes a social activity in this stage of life. Your kids probably spend more time in school than they do at home; eat meals at friends’ houses; and adopt eating habits from their peers. It can be difficult to ensure they are getting adequate nutrition when you are not around to monitor their choices, so try to maintain regular family mealtimes. For kids aged 5-12, the key word is variety. Creative serving ideas will go a long way towards maintaining the healthy eating habits established in the first years of life. Not only do family meals provide an opportunity to catch up on your kids’ daily lives, they also enable you to “teach by example.” Let your kids see you eating a wide variety of healthy foods while keeping your portions in check. Refrain from obsessive calorie counting, though, or commenting on your own weight, so that kids don’t adopt negative associations with food.

Limiting sugar The American Heart Association recommends that sugar intake for children is limited to 3 teaspoons (12 grams) a day. Cutting back on candy and cookies is only part of the solution. Large amounts of added sugar can also be hidden in foods such as bread, canned soups and vegetables, frozen dinners, ketchup, and fast food.

- Don’t ban sweets entirely. Having a no sweets rule is an invitation for cravings and overindulging when given the chance.
- Give recipes a makeover. Many recipes taste just as good with less sugar.
- Avoid sugary drinks. One 12-oz soda has about 10 teaspoons of sugar in it, more than three times the daily recommended limit for children! Try adding a splash of fruit juice to sparkling water instead.
- Cut down on processed foods, such as white bread and cakes, which cause blood sugar to go up and down, and can leave kids tired and sapped of energy.
- Create your own popsicles and frozen treats. Freeze 100% fruit juice in an ice-cube tray with plastic spoons as popsicle handles. Or try freezing grapes, berries, banana pieces, or peach slices, then topping with a little chocolate sauce or whipped cream for an amazing treat.

## Limiting salt

- Avoid processed, packaged, restaurant, and fast food. Processed foods like canned soups or frozen dinners contain hidden sodium that quickly surpasses the recommended limit. Many fast food meals are also loaded with sodium.
- Opt for fresh or frozen vegetables instead of canned vegetables.
- Cut back on salty snacks such as potato chips, nuts, and pretzels.
- Choose low-salt or reduced-sodium products.

## A “weighty” problem: children, weight and self esteem

Children who are substantially overweight or obese are at greater risk for cardiovascular disease, bone and joint problems, sleep apnea, and poor self-esteem, as well as long-term health problems in adulthood. While childhood obesity doesn’t always lead to obesity in adulthood, it does raise the risks dramatically. The majority of children who are overweight during preschool or elementary school are still overweight as they enter their teens. Most kids do not outgrow the problem. Addressing weight problems in children requires a coordinated plan of physical activity and healthy nutrition. Unless directed by your child’s doctor, though, the treatment for childhood obesity is not weight loss. The goal should be to slow or halt weight gain, thereby allowing your child to grow into his or her ideal weight.

Think of exercise as a food group in your kid’s diet. Add physical activity to your child’s day, just as you would add fruit or veggies. To encourage physical activity, play with your kids - throw around a football; go cycling, skating, or swimming; take family walks and hikes; and help your kids find activities they enjoy by showing them different possibilities. The benefits of lifelong exercise are abundant and regular exercise can even help motivate your kids to make healthy food choices.

Not all types of fat are equal:

Monounsaturated fats, from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans), and seeds (such as pumpkin, sesame).

Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids, found in fatty fish, such as salmon, herring, mackerel, anchovies, and sardines, or in unheated sunflower, corn, soybean, and flaxseed oils, and walnuts.

Kids, like the rest of us, should limit: Trans fats, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

# October

				1 World Vegetarian Day	2	3 Send In Claim!
4 	5 	6	7	8 	9	10 Farmer's Branch Workshop
11	12 Columbus Day	13	14 	15 	16	17
18 	20	21 	22 National Nut Day	23	24 United Nations Day	
25	26	27	28 HALLOWEEN 		31 Halloween	

**Apples and Nutrition** USDA recommends at least 1-2 cups of fruit per day for children and adults based on gender and age. So, start with apples: Fat-, sodium-, and cholesterol-free, an excellent source of fiber (5g/apple), and weighing in at only 80 calories each (for a tennis ball-sized apple). 1 small apple = 1 cup. Be sure to eat the whole apple. Health-promoting phytonutrients can be found throughout, but the bulk of antioxidants – including a big dose of vitamin C – are concentrated in or just under the skin.



**Jonagold** A blend of Jonathan and Golden Delicious apples, New York native Jonagold offers a unique honey-tart flavor, and crispy, juicy nearly yellow flesh. It debuted in 1968, a product of the New York State Agricultural Experiment Station. With a yellow-green base skin color and a red-orange blush, it is excellent both for eating fresh and for cooking. Jonagold is typically available October through July.



**Jonathan** This variety of apples was discovered in Woodstock, N.Y., in the 1920s and is known for its use in pies and applesauce. This crimson apple with occasional touches of green has a spicy tang that blends well with other varieties in sauces and cider. Jonathan is typically available from September through April.



**McIntosh** This old, well-known variety, was discovered as a chance seedling by John McIntosh in 1811. Its deep red finish sometimes carries a green blush. Juicy, tangy tart McIntosh has a tender, white flesh. It is best used for snacking and applesauce, but some people enjoy its tart flavor in pies as well. (Cook's hints: McIntosh's flesh cooks down easily; if pie making, cut your slices thick or add a thickener). This apple is typically available from September through May.



**Red Delicious** This most widely recognized of all U.S. apple varieties originated in Iowa in the 1870s. This sweet, crispy, juicy apple varies in color from striped red to solid midnight red. Western Red Delicious are elongated in shape, with pronounced "feet"; Eastern-grown Delicious are more round. This apple is best eaten fresh or in salads. Red Delicious apples are available year round, starting in September.



**Rome Beauty** Referred to as the "baker's buddy," this apple was discovered as a chance seedling in the early 1800s on a farm near Rome Township, Ohio. Famed for its storage qualities, this mildly tart apple is primarily used for cooking and is especially good baked or sautéed. The Rome apple is typically available beginning in September.