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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

570651

Annual training for 2013!

New Pay Rates for July Claims!!

These rates are effective from July 1, 2012 through June 30, 2013. The changes in the food service payment rates for day care homes reflect a 2.73 percent increase during the 12-month period, May 2011 to May 2012, in the food at home series of the CPI for All Urban Consumers.

Breakfast

Tier 1: \$1.27

Tier 2: \$.46

Lunch/Dinner

Tier 1: \$2.38

Tier 2: \$1.44

Snack

Tier 1: \$.71

Tier 2: \$.19

Training is past due!

All yearly training must be in our main office NO later than September 15th. If not completed and sent in by this time, corrective action will be taken. If you have any questions or need the test packages please call 1-800-369-9082 or you can visit our website swhuman.org to download it. Thank you!

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!



What is the new MM Kids HX?

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!

Tips for Celiac Kitchen Safety

Always offer foods that are free of Wheat, Barley, Rye and common Oats -- their crosses and derivatives (WBRO)

Many foods included in a lunch menu are always naturally free of WBRO. These include (but are not limited to):

- ✓ Fresh fruits and vegetables
- ✓ Fresh salads (without croutons or dressings)
- ✓ Un-breaded meats, fish or poultry
- ✓ Potato or cornstarch-thickened sauces and gravies

Be aware of hidden WBRO in processed foods

In many food items, the presence of WBRO is obvious, such as bread products, cookies, cakes, oatmeal, etc.

In most cases, however, a derivative of one of the grains is hidden in a product under an ingredient name such as:

Artificial coloring
Artificial flavoring
Caramel coloring
Cereal filler
Distilled vinegar from unspecified grains
Emulsifiers
Food starch

Gums
Malt (flavoring and extract) unless from corn
Modified food starch
Natural flavorings
Stabilizers
Imitation vanilla & other extracts with grain alcohol
Vinegar flavored with barley malt

When a product might contain WBRO, but the ingredient sources are not noted on the label, the only risk free choice is to avoid using that product. Wheat when present is required to be listed on the food label.

“When in doubt – leave it out!”

Common lunch menu items to be questioned include (but are not limited to):

- 👁 Pre-coated foods such as hamburger, sausage patties and frozen french-fries
- 👁 Pre-packaged side dishes and casseroles
- 👁 Bouillon and canned soups
- 👁 Sauces, au jus, roux
- 👁 Soy or steak sauces, marinades and dressings
- 👁 Additives, flavorings and malt

It is best to contact the food manufacturer for a complete list of ingredients and their sources if suspicious regarding a particular product. Other grain flours that must be avoided include: triticale, spelt, kamut, and mir.

For more information on grains that are acceptable and not acceptable, visit www.csaceliacs.org.

Clean utensils, gloves, work surfaces, etc. are imperative

In order to eliminate possible cross contamination, it is best, and often easiest, to use separate utensils and preparation surfaces when cooking for a person with celiac disease. For example, if a knife is used to cut a piece of bread and then is used to cut an apple, without being thoroughly cleaned in between, the student with celiac disease should not eat the apple.

The residue left on the knife from the bread is enough to cause him/her a problem.

**csaceliacs.info



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!

Answers to August quiz

1. proportions
2. false
3. true
4. jicama
5. zucchini
6. fruit
7. true
8. resistance
9. true
10. choice

September is both Rice Month and Wild Rice Month



Brown rice has the outer hull removed, but still retains the bran layers which are rich in minerals and vitamins, especially the B-complex group. It is a 100% whole grain food and takes about 40 to 45 minutes to cook. Because of the oil in the bran layer, brown rice has a limited shelf life of approximately six months.

Long grain rice has a long, slender kernel, three to four times longer than its width. Cooked grains are separate, light and fluffy. It is perfect for pilafs, stir-fry and Southern favorites like jambalaya and gumbo. Medium and short grain rice have a shorter, wider kernel. Cooked grains are more moist and tender, and have a greater tendency to cling together. Short and medium grain rice are good choices for dishes that have a creamier characteristic — such as risotto, rice puddings, as well as sushi and other Asian dishes.

Nearly 85 percent of rice consumed in the U.S. is grown here! Farmers in Arkansas, California, Louisiana, Texas, Missouri and Mississippi produce about 20 billion pounds of rice each year.

Technically wild rice isn't a rice but the seed of a type of aquatic grass. It has a pronounced flavor and is often consumed in combination with other rices or grains.

Rice is a versatile, gluten-free part of the food program. Within the food program guidelines: rice must be enriched or whole grain to be creditable. A serving is measured as cooked rice for breakfast, lunch, dinner, and snack ¼ cup for 1-5 yr olds and ½ cup 6-12 yr olds.

- ★ Breakfast – add precooked rice and spinach to scrambled eggs
- ★ Snack – add fresh mango pieces and a few toasted nuts for a sweet afternoon snack
- ★ Lunch – add steamed, chopped broccoli and fresh parsley to create a “green rice” side dish
- ★ Dinner – use rice in chicken soup as a gluten free alternative to noodles

10 Tips to Decrease Added Sugars

Cut back on your kid's sweet treats

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 Serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 Sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

3 Use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

6 Make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.

8 Play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 Make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Go to www.ChooseMyPlate.gov for more information.



September

							1
2 	3 Labor Day	4 Send in Claim!	5	6	7	8	
10 Grandparents Day	11 Patriot Day	12	13 Celiac Disease Awareness Day	14	15	16	17
18	19		20	21 International Day of Peace	22 First Day of Autumn	23	24
25	26	27		28 Native American Day	29	30	

Handprint Dishcloth – Fun Grandparents Day Craft!

Supplies:

- A solid color dishcloth
- Fabric paint
- Paintbrushes
- Trays for holding the paint

Directions:

Children should paint their hands with the color of their choice and make a handprint on the cloth. If the dishcloth is dark-colored, use a light colored fabric to paint and vice versa. Write the child's name and date on the cloth using a paintbrush.

Optional – attach a copy of the poem.

*buzzle.com



"Sometimes I might upset you
 Just because I'm small
 By leaving fingerprints of mine
 On a table, chair or wall.
 But everyday I grow a bit
 And I'll be big one day
 When all my tiny fingerprints
 Have long been cleaned away
 So keep these prints of my two hands
 To help you to recall
 Just how big my fingers were
 That time when I was small."
 – Anonymous