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Annual 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! 080382

New Pay Rates for July Claims!!

These rates are effective from July 1, 2015 through June 30, 2016.



Breakfast
 Tier 1: \$1.32
 Tier 2: \$.48



Lunch/Dinner
 Tier 1: \$2.48
 Tier 2: \$1.50

Snack
 Tier 1: \$.74
 Tier 2: \$.20

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!



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!



September is Better Breakfast Month!
 September 13th is Peanut Day! Please enjoy these breakfast recipes featuring peanuts on Page 2 of this newsletter. Peanut Butter Apple Spice Oats (above) and Peanut Butter Banana Quesadillas (below). Enjoy ☺



Peanut Day is September 13!

Did you know? Peanuts technically aren't a nut but a legume. Unlike tree nuts, they actually grow underground. A single ounce of raw peanuts or dry roasted peanuts (a scant 1/4 cup) weighs in at around 160 calories, according to the Peanut Institute. Peanuts are packed with protein and contributes to satiety which may help us eat less. As a legume, they also are a source of dietary fiber. Peanuts are high in heart healthy unsaturated fat. Vitamin E, niacin, folate and manganese also are among the nutrients found in peanuts.

Virginia peanuts are often called "cocktail nuts" and are considered large-kernelled. Their size makes them wonderful for processing, particularly for salting, confections, and in-shell roasting. They are grown primarily in North Carolina, South Carolina, Virginia, and Texas.

Runner peanuts are the most widely consumed amongst all the types. They have delicious flavor, great roasting characteristics, and high yields. Runner's medium size makes them the first choice of producers for use in peanut butters. They are mostly grown in Georgia, Alabama, Florida, Mississippi, Texas, and Oklahoma due to their need for a warm climate and sandy, well-drained soil.

Spanish peanuts are identifiable by their smaller kernels and the reddish-brown skin that covers them. They are used mostly in peanut candies, peanut and nut snacks, and peanut butter. They also have a higher oil content than the other types, which makes them the best for extracting oil. Spanish peanuts are grown mostly in Texas and Oklahoma.

Valencia peanuts are a sweet type of peanut that are covered by a bright red skin and usually contain three or more kernels in a longer shell. They are mostly served as roasted and sold in shell or boiled. While grown less frequently in the U.S., the primary production here is in New Mexico and Texas.

Peanut Butter and Banana Quesadillas

2 Tablespoons peanut butter
2 (6 inch) whole wheat flour tortillas
½ cup fresh banana slices
1/8 teaspoon cinnamon

Spread peanut butter over one tortilla. Top with banana slices and cinnamon. Close quesadilla with remaining tortilla. Heat a nonstick skillet over medium heat; coat with cooking spray. Add quesadilla and cook 2 to 3 minutes per side or until golden brown. Cut into four wedges and serve immediately.

Peanut Butter Apple Spice Oats

Cooking spray
1 apple, diced
1/2 teaspoon pumpkin pie spice, divided
2 cups old fashioned oats
3 3/4 cups water
1 banana, mashed
2 tablespoons creamy peanut butter
Honey, brown sugar, or maple syrup (optional)

In a medium saucepan sprayed with cooking spray, saute the diced apple and 1/4 teaspoon of pumpkin pie spice over medium-heat until lightly browned and tender, about 4 minutes. Remove half the apple mixture and set aside. Add the oats to the remaining apple mixture in the sauce pan and stir over medium heat for 2 minutes, until the oats begin to toast. Add the water, remaining 1/4 teaspoon pumpkin pie spice, banana, and peanut butter. Stir and bring mixture to a boil and then turn heat to medium-low and simmer for 5 minutes. Top with the reserved sauteed apple before serving. Drizzle with honey, brown sugar, or maple syrup, if desired.

Easy Ways to Help Your Kids Eat Healthier, Part I

Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods. While peer pressure and TV commercials for junk food can make getting kids to eat well seem impossible, there are steps parents can take to instill healthy eating habits without turning mealtimes into a battle zone. By encouraging healthy eating habits now, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.

Developing healthy eating habits

Children develop a natural preference for the foods they enjoy the most, so the challenge is to make healthy choices appealing. Of course, no matter how good your intentions, it's always going to be difficult to convince your eight-year-old that an apple is as sweet a treat as a cookie. However, you can ensure that your children's diet is as nutritious and wholesome as possible, even while allowing for some of their favorite treats. The childhood impulse to imitate is strong, so it's important you act as a role model for your kids. It's no good asking your child to eat fruit and vegetables while you gorge on potato chips and soda.

How can I get my picky child to enjoy a wider variety of foods?

Picky eaters are going through a normal developmental stage, exerting control over their environment and expressing concern about trusting the unfamiliar. Many picky eaters also prefer a "separate compartmented plate," where one type of food doesn't touch another. Just as it takes numerous repetitions for advertising to convince an adult consumer to buy, it takes most children 8-10 presentations of a new food before they will openly accept it.

Rather than simply insist your child eat a new food, try the following:

- ☆ Offer a new food only when your child is hungry and rested.
- ☆ Present only one new food at a time.
- ☆ Make it fun: present the food as a game, a play-filled experience. Or cut the food into unusual shapes.
- ☆ Serve new foods with favorite foods to increase acceptance.
- ☆ Eat the new food yourself; children love to imitate.
- ☆ Have your child help to prepare foods. Often they will be more willing to try something when they helped to make it.
- ☆ Limit beverages. Picky eaters often fill up on liquids instead.
- ☆ Limit snacks to two per day.

Here are some fun, creative ways to add more fruit and vegetables:

- ☆ Top a bowl of whole grain cereal with a smiley face: banana slices for eyes, raisins for nose, peach or apple slice for mouth.
- ☆ Create a food collage. Use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for a sun. Then eat your masterpiece!
- ☆ Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes, and berries.
- ☆ Go food shopping with your children. Let them see all the different fruits and vegetables and have them pick out new ones to try.
- ☆ Try fruit smoothies for a quick healthy breakfast or afternoon snack.
- ☆ Add vegetables and fruits to baked goods – blueberry pancakes, zucchini bread, carrot muffins.
- ☆ Add extra veggies to soups, stews, and sauces, grated or shredded to make them blend in.
- ☆ Keep lots of fresh fruit and veggies washed and available as snacks. Apples, pears, bananas, grapes, figs, carrot and celery sticks are all easy to eat on the run. Add yogurt, nut butter, or tahini for extra protein.

Top tips to promote healthy childhood eating

1. Have regular family meals. Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
2. Cook more meals at home. Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.
3. Get kids involved. Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.
4. Make a variety of healthy snacks available instead of empty calorie snacks. Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
5. Limit portion sizes. Don't insist your child cleans the plate, and never use food as a reward or bribe.

September



		1	2	3 Send in Claim!	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13 Peanut Day	14	15	16	17	18	19
20	21 International Day of Peace	22	23 Fall Begins	24	25	26
27	28	29	30			

Kids2go Mobile App

Have you yet downloaded the Kids2go mobile app onto your smartphone? Although, you must still submit your claim monthly through the program on your computer, all daily meals and attendance can easily be recorded with your mobile device. Download this awesome app from your service provider as soon as you can so you can use all these convenient features!

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. true | 6. true |
| 2. why factor | 7. senses |
| 3. true | 8. true |
| 4. literacy | 9. familiar |
| 5. lifelong | 10. teachable |