

**Volume 31, Issue 11**

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**September 2017**

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Mystery Provider

Each month a mystery provider will be featured in the newsletter. If your provider ID number is within this newsletter call our office at 1-800-639-9082 to claim your free prize!

Attention Providers:

Beginning October 2017, any providers that makes claims online will need to switch from Minute Menu to KidKare. KidKare will be used for enrollment, meal records, submitting claims, and much more! Go to [WWW.Kidkare.com](http://WWW.Kidkare.com), enter your provider ID number as your username and the password you use for Minute Menu to login. If you use the bubble forms to record your meals you may continue submitting paper claims. Please contact your program coordinator with any questions or issues.

What's in this Issue?

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Contract Renewal

If you have not sent your contract renewal paperwork to the office, please do as soon as possible. This is very important for you to be able to participate in the food program. Contact your program coordinator or the office with any questions you may have regarding your contract renewal.

(This excludes any new providers that have recently joined)

Training Dates- *These will count towards 2018 training hours*

October 7, 2017

10:00-11:30 AM  
Lorena Calderon's House; 9701 Beck Drive Plano, TX 75025  
Directions: 214-425-6871  
Registration: 972-398-9398  
"Recipes for Healthy Kids & New Meal Patterns"  
RSVP with Renee

October 15, 2017

10:00 AM-12:00 PM  
Topic: TBA  
Farmer's Branch Manske Library; 13613 Webb Chapel Road  
Please RSVP to Wende by Monday Oct. 9th

Annual Training

OCTOBER IS QUICKLY APPROACHING! BE SURE THAT YOU COMPLETE YOUR ANNUAL TRAINING BY ATTENDING A WORKSHOP HOSTED BY ONE OF OUR PROGRAM COORDINATORS OR BY DOWNLOADING THE LEARNING MATERIAL AND COMPLETING THE TRAINING CERTIFICATE AND SENDING IT TO THE AUSTIN OFFICE. MEAL PATTERNS WILL BE CHANGING AS OF OCTOBER 1, SO THIS TRAINING WILL BE EXTREMELY IMPORTANT.

Direct Deposit

If you do not currently have direct deposit for your reimbursements, follow the posted link and fill out the required paperwork. Once the paperwork has been completed, please send your information to the P.O Box for Southwest Human Development Services listed at the top of the newsletter. <http://www.swhuman.org/content/Forms/DirectDeposit.pdf>

August Quiz Answers

- 1) Dietary Fibers
- 2) Eyes
- 3) 1-2 days
- 4) True
- 5) Orange
- 6) False
- 7) August
- 8) Place it in a paper bag
- 9) True
- 10) Vitamin C, Fiber, Potassium



Happy Fall!

# CHILDHOOD OBESITY AWARENESS MONTH

Childhood obesity is an epidemic that has taken over today's society. While we are all aware of this epidemic we do not always know how we can do our part in preventing the children in our lives from become obese as well. The Center for Disease Control and Prevention has designated September as "National Childhood Obesity Awareness Month". Many different factors can attribute to a child becoming overweight or obese, however there are some that are harder to prevent than others. For example, age, puberty, gender, and even family genes and genetics are all factors that may cause obesity, but are more difficult to avoid. However, lack of exercise and lack of healthy eating habits causes obesity in children, but can be more easily prevented. Let's further discuss childhood obesity effects on children, as well as how this epidemic can be prevented with small changes. How is obesity determined? This is determined by calculating ones Body Mass Index (BMI), which is calculated with age, weight, height, and gender all considered to be more accurate. Overweight is defined as a child having a BMI greater than the 85th percentile and less than the 95th percentile of the same age. Obesity is defined as children of the same age having a BMI of greater than the 95th percentile.

**BMI Calculations:**

$$\text{Weight (Kg)} \div \text{Height (Meters)}^2$$

Weight Status Category	Percentile Range
Underweight	< 5th percentile
Normal Weight	5th percentile to less than 85th percentile
Overweight	85th to less than 95th percentile
Obese	95th percentile or greater

<https://www.cdc.gov/obesity/childhood/>

Obesity effects as many as 17% of children in the United States, 33% of children between the ages of ten and seventeen make up majority of obese adolescents. Obesity has many effects on children, whether it is their health or even their behavior and mental health. Health risks that come along with this epidemic include, risk of cardiovascular disease, insulin resistance and type 2 diabetes, asthma, sleep apnea, as well as joint problems. Unfortunately, these health problems will not just effect them during their childhood, but are likely to become more severe when these children mature into adults. In some cases, these health problems caused from obesity can later develop into different forms of cancer. A child's health is not the only part of the body that can be effected by obesity, but a child's mental health has its risks as well. Mental health problems that are most commonly seen are depression and anxiety, however those are not the only health effects. Lower self- esteem, lower self-reported quality of life, as well as bullying for those that are school aged. Although these health risks and effects of obesity are very serious there are ways to help children prevent these disease and health risks, as well as preventing obesity overall. How can we do this? By getting active and teaching children how to exercise and play outside, rather than just playing video games and watching TV. Children between the ages of 5 and 17, should have at least 60 minutes of moderate to vigorous activity. Examples being, playing sports, swimming, dancing, or even just playing tag! So with this information, go ahead and get those children active and help them learn what is healthy as opposed to what is unhealthy.

[http://www.who.int/dietphysicalactivity/factsheet\\_young\\_people/en/](http://www.who.int/dietphysicalactivity/factsheet_young_people/en/)

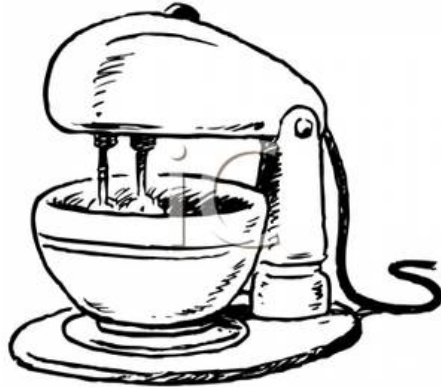
# Berry Tasty Muffins

## Ingredients

- Ingredients
- Flour: 1 Cup
- Oatmeal: 1 Cup
- Sugar: 3 tbsp
- Salt: 1 tsp
- Baking Powder: 4 tsp
- Blueberries (washed)- 1 Cup
- Egg: 1
- Milk- 1 Cup
- Vegetable Oil- 1/4 Cup
- Non-stick cooking spray to grease the pan



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## Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large bowl mix together the dry ingredients; Flour, Oatmeal, Sugar, Salt, Baking Powder.
3. Next, mix in the blueberries.
4. In another bowl, you will mix the wet ingredients; Egg, Milk, Vegetable oil.
5. Add the egg mixture to the dry ingredients.
6. Using a mixing spoon mix the ingredients together (Do not overmix!). The batter should be lumpy not smooth.
7. Next, line the muffin tin with paper liners or use the non-stick cooking spray.
8. Bake the muffins for about 20 minutes.
9. Next remove the muffins. Allow them to cool down and then enjoy!

Recipe Yield: 12 muffins

# SEPTEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
<i>Submit claims!</i> 3	<i>Labor Day!</i> 4	5	6	7	8	<i>National Teddy Bear Day</i> 9
10	<i>9/11</i>  <i>Remembrance Day</i> 11	12	13	14	15	16
17	18	19	<i>National Pepperoni Pizza Day</i> 20	21	22	<i>First Official Day of Fall</i>  23
24	25	26	27	28	29	30

*"Be the Reason  
Someone Smiles Today"*

*- Unknown*