

# TABLETALK

JULY, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000



In April 2016, the *Happy Mealtimes for Healthy Kids* yearly training and Civil Rights were sent out with the due date of July 1<sup>st</sup>, 2016. If you've never received this packet, or have not yet completed them, it is important that you call the office immediately. July 1<sup>st</sup> is right around the corner, and both tests **must** be in our office *before that day arrives!*

## Website Renovations

Our website will soon undergo extensive renovations. This means that *everything* you see now will be exchanged for a new, sleek look that will run much smoother to your needs. Better organization, better resources, better information. Oh, and a whopping mile-long list of recipes!

## Changes to the Clock-hour Modules

It's no surprise that the same tests you've been looking at are becoming out-of-date. In time, every module you are familiar with is going to change. And as the information updates, so will their names. Please keep in mind, it is possible that the titles to the tests you have on file will not be the same once these changes come into effect.



**We have a new monitor for Daycare Homes!**  
Her name is Jenna Gerardi. If you see her, please let her in.

## How to pick a good WATERMELON



1. **Look for the Creamy Yellow Field Spot** -- this is an indication that the melon ripened on the field.
2. **Look for a Dried Stem** -- the dried stem indicates that the watermelon is ripe and had stopped growing.
3. **Look for Dark Sugar Spots** -- this is an indication that the watermelon's sugars are seeping out and that it is sweet.
4. **Look at the coloring of the whole watermelon** -- a good watermelon will be dull in color with dark and light definitive stripes

## Facts:

- Watermelon Juice May Relieve Muscle Soreness
- Watermelon is 92% water
- Watermelon Is a Fruit and a Vegetable
- Watermelon Extract May Significantly Reduce Blood Pressure
- Watermelon contains an impressive variety of important nutrients like Vitamin C, Vitamin B6, Potassium, Vitamin A, Magnesium

## Chef Bob's Cookbook

## Watermelon Ice Pops



Watermelon  
ICE POPS  
eat-yourself-skinny.com

Watermelon  
Ice Pops  
Serves: 12

### Main Ingredients

- 5 cups seedless watermelon pulp
- ¼ cup mini chocolate chips
- ½ cup sugar
- 1 pint lime sherbet, softened

### Directions

1. Puree watermelon and sugar in batches in your blender or food processor until smooth and strain into a medium bowl. Cover and freeze until puree is slightly slushy, but not quite solid, about 2 to 3 hours. Remove from freezer, stir well and add in chocolate chips.
2. Place twelve 5-ounce disposable cups in a shallow baking pan and spoon watermelon puree into cups, leaving about a ½ inch left from the rim. Place pan in freezer for 2 hours, or until puree is solid, but not rock hard.
3. Allow lime sherbet to soften a bit, then spread over top of each portion of watermelon puree so that it comes up to the edge of the cup. Smooth sherbet with the back of a spoon and cover each cup with plastic wrap. Cut a small slit in the center of each cup and insert a popsicle stick into each pop so that it almost reaches the bottom of the cups. Freeze overnight (or until solid) and can be frozen for up to two days.
4. Allow pops to sit at room temperature for about a minute, then gently pull out from the cups. Serve and enjoy!