

# Notes & Reminders

# TABLE TALK

Child Food Program of Texas  
PO Box 5465, Katy, TX 77491  
(t)281-395-7000 | (f)281-395-7002  
Childfoodprogramoftexas.org

Facebook.com/childfoodprogramoftexas

## Welcome New Staff

**Jay Lofland**  
Office Manager  
Greater Houston Area

**Ashley Lee**  
Area Manager  
DFW Metroplex

**Jocelyn Franklin**  
At-Risk Monitor  
Greater Houston Area

**Erica Miller**  
At-Risk Monitor  
Greater Houston Area

## Annual mandatory training Civil Rights, and Rules & Regulations

For those who have not attended

Upcoming dates, times, and locations

### At-Risk training in Dallas/Fort Worth

- 8/9/2022 – 8/12/2022
- 9 am – 3 pm

Hyatt Place Dallas/North Arlington/Grand Prairie  
1542 North Hwy 360 (Watson Rd)  
Grand Prairie, Texas 75050

Call the office to schedule your designated training day. We will have four days available to choose from.

### Daycare Centers training in Dallas/Fort Worth

- 8/13/2022
- 9am – 3pm

Hyatt Place Dallas/North Arlington/Grand Prairie  
1542 North Hwy 360 (Watson Rd)  
Grand Prairie, Texas 75050

### Daycare Centers training in Houston

- 8/27/2022
- 9am – 3pm

Hampton Inn & Suites Houston/Clear Lake-NASA  
506 W Bay Area Blvd  
Webster, TX 77598



Since Covid is under control and is no longer considered a pandemic, Texas Department of Agriculture (TDA) has stated that in-person training can resume. It is strictly up to each individual if one wishes to wear a mask.



Also in this newsletter...

**Don't forget to stay hydrated during our summer heat, and read on for tips about water safety around pools!**



# Water Safety means staying alert around pools and being aware of the risks of drowning.

Sourced from cdc.gov

## Drowning is a leading cause of death for children.

- More children ages 1 – 4 die from drowning than any other cause of death except birth defects.
- For children ages 1 – 14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes.

## While children are at highest risk, anyone can drown.

Every year there are an estimated:

- **3,960** fatal unintentional drownings, including boating-related drowning—that is an average of 11 drowning deaths per day.
- **8,080** nonfatal drownings—that is an average of 22 nonfatal drownings per day.

## What is drowning?

**Drowning** is the process of experiencing respiratory impairment from submersion or immersion in liquid. Not all drownings are fatal.

**Fatal drowning** happens when the drowning results in death.

**Nonfatal drowning** happens when a person survives a drowning incident with a range of outcomes, from no injuries to very serious injuries or permanent disability.

## Children have a higher risk of drowning.

Children ages 1 – 4 have the highest drowning rates. Most drownings in children 1 – 4 happen in swimming pools. Drowning can happen anytime, including when children are not expected to be near water, such as when they gain unsupervised access to pools. Fatal drowning is the second-leading cause of unintentional injury death behind motor vehicle crashes for children ages 1 – 14.

## Nonfatal drowning can result in long-term health problems and costly hospital stays.

- For every child who dies from drowning, another eight receive emergency department care for non-fatal drowning.
- More than **40%** of drownings treated in emergency departments require hospitalization or transfer for further care (compared with 8% for all unintentional injuries).
- Drowning injuries can cause brain damage and other serious outcomes, including long-term disability.

# There are certain factors that make drowning more likely.

Sourced from [cdc.gov](http://cdc.gov)



## Not being able to swim

Many adults and children report that they can't swim or that they are weak swimmers. Participation in formal swimming lessons can reduce the risk of drowning among children and young adults.



## Lack of close supervision

Drowning can happen quickly and quietly anywhere there is water, especially to unsupervised children. It happens in lakes and oceans, pools, bathtubs, and even buckets of water. Drowning can occur when lifeguards are present.



## Not wearing life jackets

Life jackets can prevent drowning during water activities, especially boating and swimming. The U.S. Coast Guard reported 613 boating-related deaths in 2019—79% of these deaths were drowning related, and of those who died from drowning 86% were not wearing life jackets.



## Missing or ineffective fences

Barriers such as pool fencing prevent young children from gaining access to the pool area without caregivers' awareness. A four-sided isolation fence which separates the pool area from the house and yard reduces a child's risk of drowning by 83% compared to three-sided property-line fencing (which encloses the entire yard, but does not separate the pool from the house).



## Location

The highest risk locations for drowning vary by age. Among infants under 1 year old, two thirds of all drownings occur in bathtubs. Most drownings happen in home swimming pools among children ages 1 – 4. More than half of fatal and nonfatal drownings among people 15 years and older occur in natural waters like lakes, rivers, or oceans.



# Pick of the Season's Daily Menu

Find more on our website!  
[childfoodprogramoftexas.org](http://childfoodprogramoftexas.org)



Chef Bob's Cookbook

**BREAKFAST**

**Watermelon Chia Seed Muffins** from [www.watermelon.org](http://www.watermelon.org)  
PREP: 15 min | COOK: 17 min | TOTAL: 32 Min | YIELDS: serves 12

Ingredients

- 1 can cooking spray
- 1/2 c sugar
- 1/3 c sucralose (Splenda)
- 1 1/2 tbsp lemon zest
- 2 c flour
- 3/4 c chia seeds
- 1 tsp baking soda
- 2 tsp baking powder
- 1/4 tsp salt
- 4 tbsp canola oil
- 1/3 c plain, nonfat Greek yogurt
- 3/4 c liquefied watermelon juice
- 1/2 c egg substitute
- 1 c dried tart cherries
- 1 lemon, juiced
- 2 tsp vanilla extract
- 2 tbsp sugar

Directions

1. Heat oven to 375°F. Spray a 12-piece muffin pan.
2. In a large bowl, combine sugar, sucralose, and lemon zest. Use fingers to rub zest into sugar until sugar is fragrant. Add flour, chia seeds, baking soda, baking powder, and salt and thoroughly mix. Set aside.
3. In a medium bowl, whisk oil, yogurt, watermelon juice, and egg substitute until thoroughly blended. Add cherries, lemon juice and vanilla.
4. Add liquid mixture to flour mixture. Gently toss until flour is incorporated into liquid. Do not over-beat or muffins will be flat and tough. Spoon evenly into 12 muffin cups. Top each muffin with 1/2 tsp of sugar. Bake for 15 to 17 minutes, or until toothpick inserted into middle comes out clean. Remove from oven, allow to sit for 5 minutes, then transfer muffins to a cooling rack.

**SNACK**

**Watermelon Fruit Leather** from [www.bakedbyrachel.com](http://www.bakedbyrachel.com)  
PREP: 10 min | COOK: 3 hours | TOTAL: 3 hours 10 min | YIELDS: 2 trays

Ingredients

- 8 c watermelon cubed
- 2/3 c granulated sugar

Directions

1. Line two baking sheets with silicone baking sheets. Preheat oven to 170F°.
2. Puree watermelon, draining through cheese cloth, set over a mesh strainer. Drain almost all of the liquid, reserving for another use.
3. Combine watermelon solids with sugar, discarding any seeds. Blend again if needed to ensure a smooth mixture.
4. Divide watermelon mixture between pans, spreading into an even layer, roughly 1/8-inch thick. Bake for 3 hours or until no longer wet, but still slightly tacky. Rotate pans 180° and swap levels each hour until they are done.
5. Transfer fruit leather to a cutting board, cut into desired sizes. Store on parchment paper in an airtight container.

Notes

- ❖ 2 small seedless watermelons will produce 9c liquid and 2c solids. Some seeds may still be present, remove any found.
- ❖ Cook time will vary depending on the thickness of your mixture and oven temperature.

See next page for the  
Lunch & Dinner recipe



## Marinated Grilled Chicken with Watermelon BBQ Sauce and Watermelon Sticks

from iowagirleats.com, yummyhealthyeasy.com, and abbeyskitchen.com

YIELDS: all varies

### Marinated Grilled Chicken from iowagirleats.com

YIELDS: serves 4

#### Ingredients

- 1/4 c soy sauce or gluten-free Tamari
- 2 tbsp grapeseed oil (or other high-heat oil)
- 1 tbsp honey
- 4 crushed garlic cloves, peeled (not chopped garlic - it will burn on the grill!)
- 1/2 tsp red pepper flakes (or more or less)
- 1/4 tsp ground ginger

#### Directions

1. Whisk ingredients together in a bowl then transfer to a plastic Ziplock bag. Set inside another large bowl.
2. Pound chicken to an even thickness then score diagonally across the top and place inside bag with marinade. Marinate in the refrigerator for 30 minutes or up to 2 hours. Grill chicken breasts over medium-high heat for 3-5 minutes a side, or until no longer pink in the center. Let rest for 5 minutes before serving.

**The original recipe included a “watermelon-cucumber salsa” recipe. This newsletter has omitted it.**

### Watermelon BBQ Sauce from yummyhealthyeasy.com

PREP: 5 min | COOK: 10 min | TOTAL: 15 min

#### Ingredients

- 1/2 c watermelon puree
- 2 garlic cloves minced
- 1/2 c ketchup
- 2 tbsp brown sugar or 1/4 c light brown sugar
- 2 tbsp soy sauce
- 1 tbsp balsamic vinegar
- 1 tbsp white vinegar
- salt & pepper to taste

#### Directions

1. Combine watermelon puree, garlic, ketchup, brown sugar, soy sauce, and vinegars in a medium sized sauce pan. Heat to boiling and then lower to a simmer.
2. Simmer until thickened, about 10 minutes. Season with salt and pepper to taste. Cool and then serve. Enjoy!

### Watermelon Sticks from abbeyskitchen.com

PREP: 5 min | TOTAL: 15 min | YIELDS: 12 servings

#### Ingredients

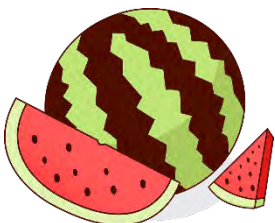
- 1 watermelon rind removed and cut into long fry-like shapes
- 2 tsp Tajin Classic Seasoning
- 1 cup coconut yogurt
- Zest and juice of 1 lime
- 1 tbsp coconut sugar or to taste

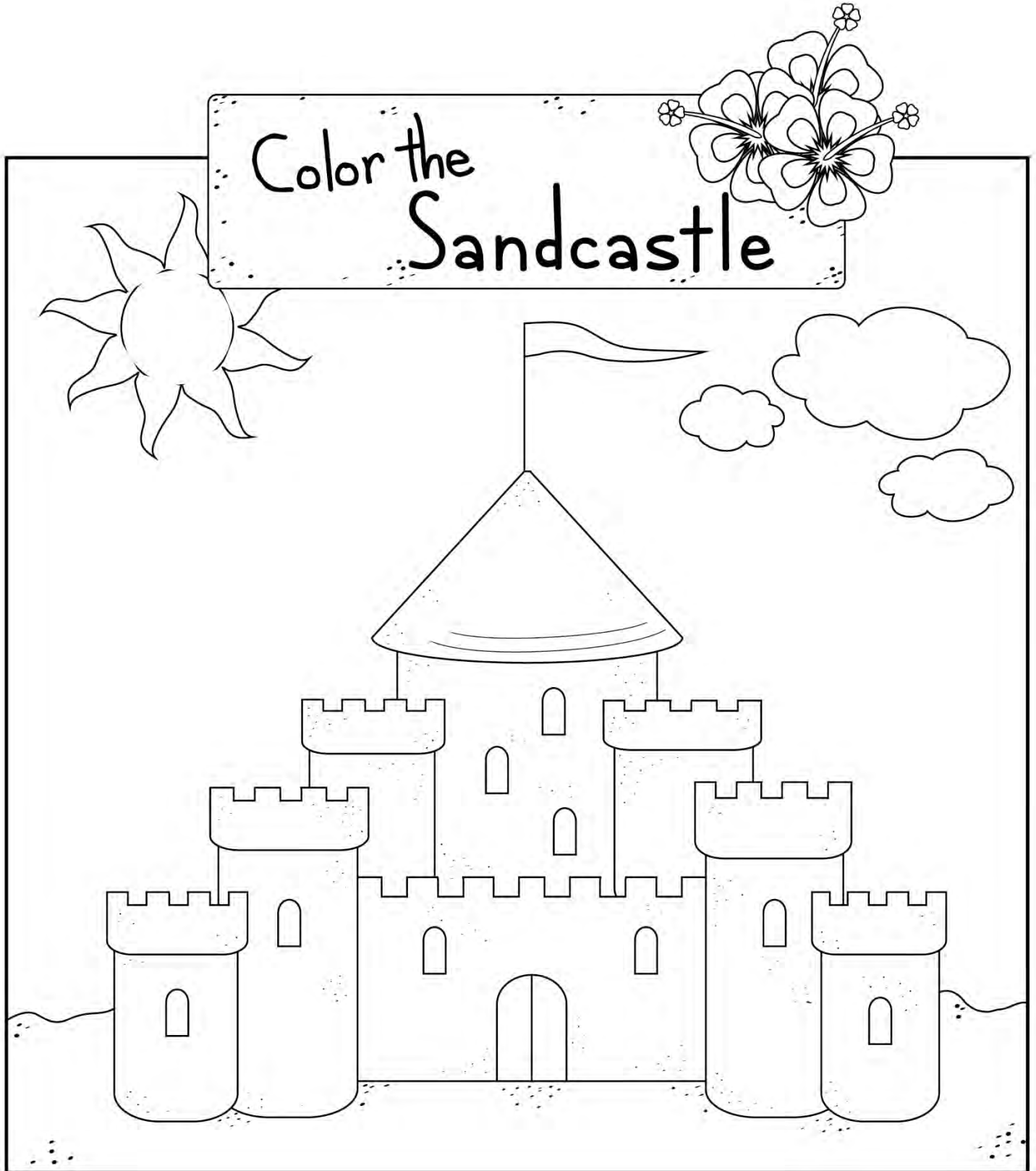
#### Directions

1. In a bowl, combine yogurt, lime juice and zest and coconut sugar. Set aside.
2. On a plate, scatter watermelon fries and sprinkle Tajin classic seasoning.
3. Serve with dip and enjoy!

#### Notes

- ❖ To cut the watermelon into sticks, you can simply slice the watermelon into rounds, cut off the rind, and then cut the watermelon into sticks the size of fries.
- ❖ The easiest way to cut a watermelon is by using a serrated knife like a bread knife!





\_\_\_\_\_

Name

