



# SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

JULY 1998

## QUALIFYING FOR TIER 1 RATES

INCOME ELIGIBILITY GUIDELINES			
July 1, 1998-June 30, 1999			
Household Size	Year	Month	Week
One	14,893	1,242	287
Two	20,073	1,673	387
Three	25,253	2,105	486
Four	30,433	2,537	586
Five	35,613	2,968	685
Six	40,793	3,400	785
Seven	45,973	3,832	885
Eight	51,153	4,263	984
For each Additional Family member	+5,180	+432	+100

If your household income falls below these amounts you may now be eligible for the higher reimbursement rates for meals served to day care children. If you have children under the age of thirteen of your own who participate in your child care business their meals may also qualify for reimbursement.

If you have any questions about qualifying for the higher meal rates, call your Specialist immediately.

**Basic Tier Providers** – You may receive the higher tier 1 rates for children of qualifying families. Foster children placed by an agency always qualify for the higher rate regardless of family income. Only 38 providers have taken advantage of this option. If you want more information on qualifying children for tier 1 rates, talk to your Specialist.

A note to those 38 persistent

providers, many of your families need to update their income eligibility form. The form is good for 1 year. ABC Soup has sent a form, letter and return addressed envelope to families needing to renew.

## KEEP YOUR BABY SAFE

### Eat Hard Cheeses Instead of Soft Cheeses During Pregnancy

Pregnant women should be aware that certain soft cheeses can become contaminated with bacteria called Listeria. If a pregnant women becomes sick from Listeria, the baby she's caring could get sick or die. To protect unborn baby, eat hard cheeses instead of soft cheeses while pregnant.

Soft cheeses that can easily become contaminated include:

Mexican-Style Soft Cheeses: queso blanco, queso fresco, queso de hoha, queso de crema, asadero.

Other Soft Cheeses: feta, brie, Camembert, blue-veined cheeses, like Roquefort.

Listeria can also contaminate other foods. Contaminated food may not look, smell or taste different from uncontaminated food.

Symptoms of infection can develop from 2 to 30 days after eating contaminated food. If the infection spreads to the unborn baby, early labor could start. Tell your doctor right away if you get any of these symptoms:

- Fever and chills, or other flu-like symptoms
- Headache
- Nausea

- Vomiting

Although Listeria bacteria are killed with thorough cooking, these "tough bugs" can grow in the refrigerator and survive in the freezer.

To prevent infection, take these precautions:

- Use hard cheeses, like cheddar, instead of soft cheeses during pregnancy.
- If you do use soft cheeses during pregnancy, cook them until they are bubbling.
- Use only pasteurized dairy products. It will state "pasteurized" on the label.
- If you do use hard cheeses made from un-pasteurized milk, use only those marked "aged 60 days" or longer.
- Eat only thoroughly cooked meat, poultry or seafood.
- Thoroughly reheat all meats purchased at deli counters, including cured meats like salami, before eating them.
- Wash all fruits and vegetables with water.
- Follow label instructions on products that must be refrigerated or that have a "use by" date.
- Keep the inside of the refrigerator, counter tops and utensils clean.
- After handling raw foods, wash your hands with warm soapy water. Wash the utensils you used with hot soapy water before using them again.

Department of Health and Human Services Publication No.96-2304S.

## WHAT'S COOKING? MENUS FOR JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Bread/Cereal Fruit/Vegetable Milk	Waffles Apple sauce Milk	Cinnamon Buns Cantaloupe Milk	Biscuits Strawberries Milk	Toast Fried potatoes Milk Egg	Corn flakes Banana Milk
<b>SNACK, choose 2 food groups</b> Meat Bread Fruit/Vegetable Milk	Baked sweet potato sticks  Milk	Vegetable bagel  Raspberry juice	Sugar bread  Nectarine	Fresh salsa  Tortilla chips	Rice pudding  Cherries
<b>LUNCH OR DINNER</b> Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Ham Pasta Asparagus Pineapple chunks Milk	Peanut butter triangles Bread Ginger peach soup Celery sticks Milk	Hot dog Bun 3 bean salad Watermelon Milk	Chicken drumsticks Rice Broccoli Carrots Milk	Fish fillet Muffin Corn on the Cob Coleslaw Milk

### GINGER PEACH SOUP

An uncooked fruit soup made from fresh peaches. This is a good way to use bruised or spotted peaches or nectarines. Push fruit through a sieve or food mill if you do not have a blender or food processor,

2/3 cup apple juice  
2 Tbs. Lemon juice  
5-6 peaches, washed, peeled and pitted  
1 slice fresh ginger root, peeled and grated (about 1 tsp.)  
2 cups vanilla yogurt  
1/4 cup heavy cream (optional)  
Garnish with a mint leaf and a slice of fresh peach

1. Place apple juice and lemon juice into a blender
2. Add peaches and grated ginger and puree
3. Fold into vanilla yogurt and chill
4. Place into chilled bowls when ready to serve
5. Drizzle with a little cream
6. Garnish with a perfect slice of peach and a mint leaf

Provides 1/2 meat/meat alternate and 1 fruit/vegetable requirement.

### SUGAR BREAD

8-10 oz of bread dough  
3 Tbs of butter, hard  
3 Tbs of sugar

1. Roll out dough to fit a toaster oven or round cake pan
2. Let it rise 15 minutes
3. Dimple dough with your fingertips
4. Dot the surface with small pieces of butter
5. Sprinkle with sugar
6. Bake at 375 F for 15 minutes or until done

*Recipes and menu developed and tested by Hannelore Dawson-Holt*

#### ABC SOUP CCFP TEAM

##### **NEW PHONE NUMBERS with voice mail**

Stephany Anderson, Coordinator – 693-3291  
Susan Aguilar, FCC Specialist – 693-3296  
Ginger Cox, FCC Specialist – 693-3288  
Hejdi Johnson, FCC Specialist – 693-3287  
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