

SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

June 1999



5 Tips for Tasty Produce

1. USE YOUR SENSES

Feel a product, authorities say. In general, produce that is too soft is overripe; if it's too hard, it's not ripe enough. With certain fruits, like peaches and melons, a strong scent means they are ripening nicely.

2. LOOK FOR LOCAL PRODUCE

Fruits and vegetables grown by local farmers may be fresher and tastier than those shipped long distances from larger farms. Ask your grocery store's produce manager if any are in stock, or visit your favorite "farmer's market."

3. Make a Plan

Plan to visit a farm that allows you to pick your own fruits and vegetables.

4. Take a Stand

Take a weekend drive to the country to look for roadside stands where farm families sell their produce – usually picked just hours before you buy it.

5. Shop in Season

One of the most important tips for finding great tasting produce is to buy in season, when possible. Here are some fruits and veggies which are at their peak in the summer: berries, cherries, herbs, beans, corn, peppers, and more!

OREGON'S CHILD

Everyone's Business



When the child is 2 through 6 months:

What to expect:

- The baby is starting to look around, notice things, and listen to sounds.
- The baby has found his hands and feet and loves to watch them. He will soon be able to lift his head and chest when put on his tummy to play. The baby may be able to roll from his side to his back.
- Reaching and grasping skills are improving. Whatever the baby reaches goes right into her mouth!
- The baby loves to make sounds and will smile at you. Singing nursery rhymes and reading will comfort and entertain her.
- Some babies do not like to be cuddled. They may be extra sensitive to the world around them or just may not want to slow down.
- Babies do not do things on purpose to annoy you, even if it sometimes seems that way. Shaking or spanking a baby can cause permanent brain damage, blindness or even death.

What you can do:

- Do not leave the baby alone on a changing table or bed, or out of sight with other young children.
- Let the baby sit where he can watch you. Give him squeaky toys and rattles to hold. Look into his eyes when you talk to him.
- Play pat-a-cake and other rhyming, moving games with the baby. Get a book on games to play with babies from your local library.
- Taking care of a baby can be overwhelming for anyone. If you're ever afraid you may hurt the baby, call a friend or put the baby in his crib or another safe place and take 10-15 minutes to breathe deeply and relax.
- If the baby must have a naptime bottle, use water only. Juice or milk sugars may decay her gums or new teeth.
- Put unsafe, tempting things where the baby cannot get them. Use warning words like "ouch" or "hot" to teach him about dangers.

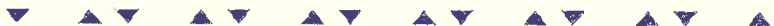
A Word from the Children

As you look at the mess we've made,
Thank you for letting us develop and enhance our:

Self esteem	Eye hand coordination	Pre-math skills
Language (and more language)	Creativity	Pre-reading skills
Small motor skills	Our senses	Social skills
	And	

What a great sense of accomplishment you've let us experience!!

Remember: It will get easier!!!!!!!



WHAT'S COOKING? MENU IDEAS FOR JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Cereal Fruit/Vegetable Milk	French Toast Oranges Milk	Wheaties Banana Milk	Pancake Applesauce Milk	Nutty Nana Rollups Milk	Oatmeal Berries Milk
SNACK , choose 2 food groups Meat Bread Fruit/Vegetable Milk	Soda Crackers Peanut Butter	English Muffins Cheese	Tuna Fish Bread	Delicious Devils Sugar Snap Peas	Chocolate Milk Toast
LUNCH OR DINNER Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Chicken Bread Sweet Potato Kiwi Milk	Hamburger Rice Tomato Sauce Carrots Milk	Sloppy Josefines HM French Fries Peaches Milk	HM Mac-n-Chz Green Beans Applesauce Milk	Ham Cornbread Peas Pineapple Milk

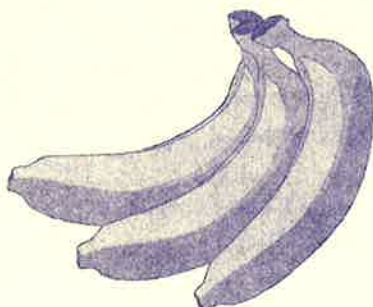
Sloppy Josefines

Ground Turkey 1 lb.
Onion, chopped ¼ cup
Tomato Sauce 1 cup
Prepared Mustard 2 T.
Worcestershire Sauce 1 T.
Brown Sugar 1 t.
Garlic Powder 1/8 t.
Salt and Pepper to taste

1. Sauté onion and turkey gently until turkey is cooked through, breaking up large clumps. Add small amounts of oil if necessary to prevent sticking.
2. Add remaining ingredients and simmer 15 minutes.
3. Serve on whole grain hot dog or hamburger buns.

Yield:

Preschool: 7 servings
1 serving... 1 protein/meat alt.
 And 1 grains/breads
School age: 5 servings
1 serving... 1 protein/meat alt.
 And 1 grains/breads



Nutty Nana Rollups

Ripe Banana
Bread
Peanut Butter

Place cut up banana and peanut butter in a ziplock bag. Have child take turns rolling and mashing banana and peanut butter. Cut hole in corner of ziplock bag. Squeeze mixture on bread square, roll up bread, and enjoy!

Delicious Devils

Arrange hard boiled egg white halves on a plate. Put yolks in a ziplock bag. Add mayonnaise, mustard, pickle relish, or whatever you prefer, to the bag and seal it. Let the children roll and mash the ingredients with a rolling pin. When mixed, cut a corner of the bag and squeeze mixture into egg whites. Top with paprika or parsley.

ABC SOUP CCFP TEAM

Val Laws, Program Coordinator
693-3285
Barbara Woodward, FCC Specialist
693-3287
Ginger Cox, FCC Specialist
693-3288
Margi Talavera, FCC Specialist
693-3284
Rosie Gomez, FCC Specialist
693-3296
Se Habla Español

WEBTREE -
abcsoup@grovet.net

ABC SOUP Child Care Food
Program
1001 SW Baseline
Hillsboro, OR 97123

NEW INCOME ELIGIBILITY GUIDELINES

USDA has published the new income eligibility guidelines effective July 1, 1999 – June 30, 2000.

Household size	Annual	Monthly	Weekly
1	15,244	1,271	294
2	20,461	1,706	394
3	25,678	2,140	494
4	30,895	2,575	595
5	36,112	3,010	695
6	41,329	3,445	795
7	46,546	3,879	896
8	51,763	4,314	996
Each Add.	+5,217	+435	+101

If the income eligibility you currently have on file with ABC Soup expires on June 30th, you will be receiving instructions and forms to completed. If you have previously not been eligible, but think you may qualify under the new guidelines, please notify your specialist.

“The USDA is an equal opportunity provider and employer.”