

SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

February 1999

13th ANNUAL PRO CONFERENCE – March 20

This year's PRO Conference will be at:
Atheny Creek Middle School
2900 SW Borland Rd.
West Linn, Oregon

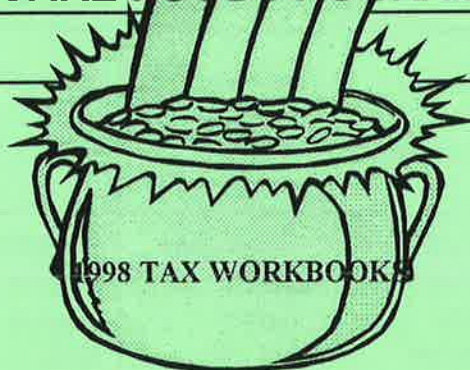
If you have questions regarding registration, please call:
Melinda Phillips at 698-7307
Or
Lorinda Rule at 692-3675.

New Enrollment Information Sheets

We have made some changes to the Enrollment Information sheets. These changes include:

- Holiday Care Documentation – if your childcare is open on a holiday, you must record it on the form. If you do not record the holiday, ABC Soup will not be able to reimburse you for any meals you serve on that day.
- Own Child Documentation – we have added a space to document when your child turns 2 years of age.
- Provider's Signature – there is now a place on the bottom of the form for you to sign and date the form.

Your specialist will be distributing these forms at your upcoming monitor visits. Any questions or comments can be addressed at that time.



We now have the 1998 Tom Copeland Tax Workbooks. The price is \$9.95. If you are interested in purchasing one, contact your specialist.

National CACFP Week

National CACFP week is coming up March 14-20. Watch for upcoming activity sheets.

ABC Soup's Spring Training Kick-Off

Meal Time: Keep It Simple. Keep It Fun. Just Keep It!
April 22, 1999, 7-9 pm.

Tualatin Valley Fire & Rescue
Training Center
20665 SW Blanton
Aloha

To register, use your Training Buck Voucher on the back of this newsletter.

Healthy Child Care Oregon – Regional Training Conferences

These workshops will include "Health and Safety Policies," "Special Needs Care," "Brain Development," "Behavior Challenges," "Nutrition and Feeding Relationships," and much more. Registration deadline is April 19, 1999. Scholarships are available.

The Portland Conference will be on June 5, 1999. For times, location, or other information, contact Laura Zukowski at (503) 731-4021.

Project Full Day / Full Year

Community Action Head Start is providing a partnership with professional childcare providers in Washington County.

Participating providers would receive Head Start curriculum and support, free CDA training, educational materials, ABC Soup reimbursement, funds from Head Start (including AFS fees), free training from The Learning Circle, and lots & lots of support!

Head Start has coordinated this collaborative project through the partnership with ABC Soup, Metro Childcare Resource & Referral, Adult and Family Services, and The Learning Circle.

Providers who are interested in the project need to contact Georgiana McQuown at Community Action Organization Head Start. Her number is 693-3264.



WHAT'S COOKING? MENU IDEAS FOR MARCH

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|---|
| BREAKFAST Bread/Cereal Fruit/Vegetable Milk | Waffles Pears Milk | Oatmeal w/ Raisins Orange Juice Milk | Top O' the Morning Eggs Hash Browns Toast Leprechaun Milk | Cheerios Banana Milk | Pancakes Applesauce Milk |
| SNACK, choose 2 food groups Meat Bread Fruit/Vegetable Milk | Homemade Muffin Apple Slices | Soft Pretzel Cheese | Orange Slices Milk | Bran Muffins Milk | Graham Crackers Milk |
| LUNCH OR DINNER Meat Bread Fruit/Vegetable Fruit/Vegetable Milk | Peanut Butter Sandwiches Cheese Pineapple Broccoli Milk | Tuna Sandwich Apricots Peas Milk | Meatballs Spaghetti Sauce Spaghetti Pears Milk | Chicken Combread Peaches Spinach Milk | Baked Fish Biscuits Corn Plums Milk |

Tip of the Month...

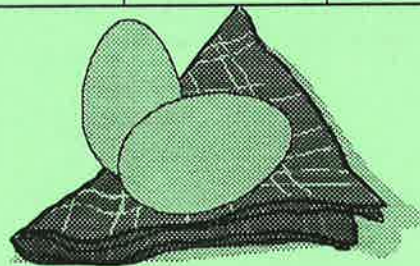
When cooking dried beans, add salt after you've finished cooking them. The cooking time will be reduced, and you'll need less salt for flavor.

Hearty Shamrocks

Cut three hearts from green construction paper. Form into a shamrock by gluing the points of the hearts together on a piece of paper. Draw a stem to complete the shamrock.

Leprechaun Milk

To add a little excitement on St. Patrick's day (March 17), add a couple of drops of green food coloring to the milk when you serve breakfast.



Top O' the Morning Eggs

- ❖ ¾ Cup Cottage Cheese
- ❖ 4 Eggs

Heat cottage cheese in skillet over medium-low heat. Cook for one minute. Crack eggs into cottage cheese and scramble with a fork. Cook for three more minutes. Serve in bowls with a little pepper.

Makes 6 servings. Serving size = ¼ cup.

ABC SOUP CCFP TEAM

NEW PHONE NUMBERS with voice mail

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

COMMUNITY ACTION ORGANIZATION does not permit discrimination because of race, color, disability, sex, age or national origin. If you believe that you have been discriminated against in any USDA-related activity, you should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

TRAINING BUCK

This entitles a very special person to attend the workshop below, presented by Metro CCR&R Resource Team, Washington County.

V.I.P.'S Name: _____

Title of Workshop: Workshop #3, Mealtime: Keep it simple, Keep it fun.

Date of Workshop: April 22, 1999

Approved by Resource Team Staff Person: Roni Pham