

SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

March 1999

Documenting Holiday Care

After making some changes to our Enrollment Information Sheet, there have been questions regarding the Holiday Care and which holidays must be documented. Specifically, the holidays are as follows:

New Year's Day
Easter
Memorial Day
4th of July
Labor Day
Thanksgiving Day
Christmas Day

If you still have questions regarding this issue, please call your specialist.

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.

Golden Egg Baskets

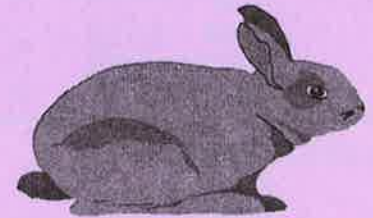
1 Pkg. Refrigerated biscuit dough
1 Egg per serving
Grated Cheese (your choice)

Place refrigerator biscuit dough in a muffin tin, pressing it into the sides and bottom to make a well. Pour 1 egg into each basket. When all the baskets have been completed, bake for 10 to 15 minutes at 400°. Sprinkle with cheese. Serve when cheese has melted.
Each basket is 1 serving.



Redleaf Press

We still have many 1999 Calendar Keepers available to sell. The Calendar Keeper is \$8 by itself, \$15 with The Basic Guide. We also have Tom Copeland's 1998 Tax Workbook for \$9.95. Please see your specialist to order your copy.



Green Grass Mini Village

What you need:

- Drainage saucer for 10" flower pot
- Fresh potting soil
- Wheat berries or rye grass seed
- Clear plastic wrap
- Miniature items (toys, figures, animals eggs, etc. Plastic cake decorations work well!)

Kids can design their own village while nature takes care of the plant life!

Fill saucer with soil. Sprinkle seeds over entire surface. Use plastic spray bottle filled with water and lightly spray until soil is damp but not soggy. Cover with plastic to retain moisture. (Remove if mold develops.) Place in indirect sunlight, and keep soil moist until seeds germinate (about 4-5 days).

After seeds have germinated, remove plastic wrap and place tray near a sunny window. Your children will be amazed to see how rapidly the green sprouts will grow. Create a village setting by placing miniature items in the grass. Use twigs for trees and bright tissue paper bits for flowers. Pathways can be added to the village by clipping the grass however you wish. Add miniature bunnies and eggs as Easter approaches.

WHAT'S COOKING? MENU IDEAS FOR APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Cereal Fruit/Vegetable Milk	Egg Basket Applesauce Milk	Oatmeal Strawberries Milk	Cheese Toast Orange slices Milk	French Toast Pears Milk	Cinnamon Rolls Apple Slices Milk
SNACK, choose 2 food groups Meat Bread Fruit/Vegetable Milk	Graham Crackers Milk	Bread Sticks 100% Juice	Animal Crackers Easter Bunny Salad	Soft Pretzel Milk	Cheese Grapes
LUNCH OR DINNER Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Ground Beef Pizza Tossed Salad Corn Milk	H.M. Mac-n-Chz Sweet Potato Fruit salad Milk	Chicken Drumsticks Biscuits Vegetable Sticks Peaches Milk	H.M. Bean & Cheese Burrito Apple Slices Avocado Slices Milk	Fish Sticks Bread Rolls Scalloped potatoes Peas Milk

Tip of the Month...

To keep cookies soft, place a piece of bread in the bottom of the cookie jar. To keep them crisp, place a piece of crumbled tissue paper in the jar.

Easter Bunny Salad

This is a fun salad that counts double as an activity. Allow the kids to put together their own "Easter Bunny."

- "Body" 1/2 Pear on a bed of lettuce
- "Mouth" 1/2 Cherry
- "Eyes" 2 Raisins
- "Tail" 1 Mini Marshmallow
- "Whiskers" Raw Carrot Slivers
- "Ears" Slivered or Halved Almonds

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.

ABC SOUP CCFP TEAM

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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: _____

Phone number: _____

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 _____