

# SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

January 1999

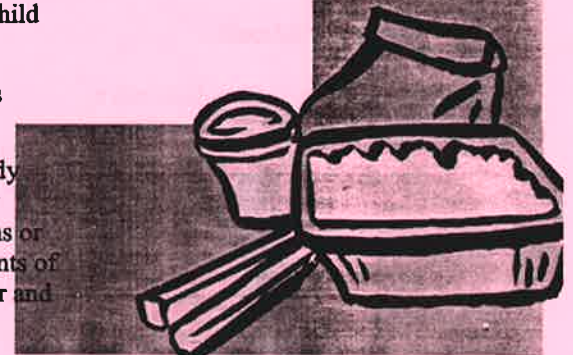
## Preparing Food with Young Children

from *The Center on Hunger, Poverty, and Nutrition Policy*

Preparing food helps children learn about nutrition, where foods come from, and how they are made. Helping in the kitchen also lets young children practice skills like stirring, pouring, counting, and sorting. Your child will learn best by using his senses (touching, tasting, smelling). Let him explore but keep safety in mind.

### How to make your kitchen a classroom:

1. Keep your child SAFE in the kitchen.
  - Do not leave children alone in the kitchen.
  - Make sure they do not taste foods with raw egg or raw meat. When these foods are not cooked they have germs that can make people very sick. Cooking these foods thoroughly helps kill these germs. Wash raw fruits and vegetables before tasting.
2. Treat spills and other mishaps as part of learning. Wipe up spills quickly to avoid slips and falls. Show your child the best way to clean them up.
3. Try the Parent and Child Activities when you have time.
  - Have your child do tasks on a sturdy work surface like a kitchen or play table. Have him use smaller spoons or bowls, or work with smaller amounts of food. This makes most tasks easier and safer for young children.
  - Teach your child to wash his hands before handling food and after using the bathroom, sneezing, coughing, eating or touching raw foods. Follow this rule yourself: your child learns by watching what you do.
  - Teach your child to stay away from hot stoves and ovens, boiling liquids, sharp knives, and things with moving parts (like mixers or blenders).
  - Teach your child how to do something by showing him first, then letting him try.
  - Keep in mind that your child might not do a perfect job at first. Give praise for effort ("I can see you've worked hard on that. I am proud of how hard you tried").
  - Share with other family members how your child helped. Ask him to describe what he did and what it was like.



*Is on its way... Here are some things you can do!*

## Soft Pretzel Hearts with Spaghetti Sauce

### Ingredients:

- |                             |                 |
|-----------------------------|-----------------|
| 1 loaf frozen bread dough   | 1 egg           |
| Poppy seeds or sesame seeds | Spaghetti Sauce |

Cover dough and thaw for several hours until soft enough to shape. Preheat oven to 425°. On a floured surface, cut dough the long way into 16 strips. Cover and let rise 10 minutes. Let children shape strips into hearts. Place on greased baking sheet. Brush with beaten egg. Sprinkle with poppy or sesame seeds. Let rise, uncovered, for 15 to 20 minutes. Bake 10 to 15 minutes. Serve with 1/3 cup individual servings of spaghetti sauce.

## Alphabet Heart Puzzles

OBJECTIVE: Matching beginning sounds to letters.

MATERIALS: Red heavy weight paper, pictures of objects, scissors, felt tip markers, and glue.

These valentine puzzles will encourage the children to review their beginning sounds. Cut out the desired number of heart shapes from red posterboard or heavy duty paper. Cut the heart shapes into two sections. Each heart should be cut in a different way. On one half of the heart, write the letter you wish to review. On the other side, draw or glue a picture of something that begins with this letter. You could use pictures cut from alphabet activity and color books, magazine pictures, or draw your own pictures. The child is to match the letter to the proper picture. He will know when he is successful because the puzzle pieces will match.

## WHAT'S COOKING? MENU IDEAS FOR JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Bread/Cereal Fruit/Vegetable Milk	Bagels w/ Peanut butter Pears Milk	Cheese Toast Peaches Milk	Pancakes Bananas Milk	Oatmeal Apples Milk	Cheerios 100% Fruit juice Milk
<b>SNACK</b> , choose 2 food groups Meat Bread Fruit/Vegetable Milk	Ritz crackers Celery Carrots	Oatmeal cookies Milk	English Muffin Tomato sauce Cheddar cheese (mini-pizzas)	Cottage cheese Pineapple chunks	Muffins Apples Slices
<b>LUNCH OR DINNER</b> Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	H.M. Vege & Pasta soup Grilled cheese sandwiches Cantaloupe Bananas Milk	Sausage Applesauce Potato Biscuit Milk	Chicken Rice Yogurt Peas & Carrots Milk	Spaghetti w/ Meat & Tomato sauce Green beans Orange slices Roll Milk	H.M. Turkey & Vege Pot Pie (w/ peas, carrots, and potatoes) Cornbread Banana boats Milk

### Tip of the Month...

To remove bubble gum from hair, rub a dollop of peanut butter into the gum.



**Oh, my aching Back!**

ABC Soup is proud to say that one of your fellow providers is now also a Licensed Massage Therapist. Her name is **Kathleen Westran**. She lives in Hillsboro, but also does in-home services. If you are interested, please give her a call at 640-1091.

**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.

### Banana Boats

Here's a fun recipe that the kids will love. But remember, not for infants.

*Here's what you need:*

- 1 small Banana
- ½ cup cottage cheese (or yogurt)
- small amount of canned fruit (peach slices, pear slices, or fruit cocktail)
- 1-2 graham crackers

*Here's how you do it:*

1. Split banana lengthwise and lay on a small dish.
2. Scoop cottage cheese (or yogurt) on top of bananas.
3. Drain canned fruit and spoon over cottage cheese (or yogurt).
4. Crumble graham crackers over mixture.
5. Serve for breakfast or lunch. Grab two spoons and share as a snack.

**ENJOY!**

### Reminder

Please remember to write on your Enrollment Information Sheet whenever you serve AM snack or lunch to school age children.

### 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  
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