

# SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

April 1999

## Healthy Child Care Oregon Regional Training Conferences

The conference is almost here! This a last minute reminder to get registered to attend.

The workshops will include "Health and Safety Policies," "Special Needs Care," "Brain Development," "Behavior Challenges," "Nutrition and Feeding Relationships," and much more. Register as soon as possible. Scholarships are available for Washington County Residents.

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

## National Arbor Day

Arbor Day falls on April 30<sup>th</sup> this year. To celebrate, have a "Tree Day" with your children. You can take a walk and talk about different types of trees. Notice the variety and texture of bark, branches and leaves.

Cut out pictures of things that are made from trees (houses, furniture, boxes, paper, etc.) and make a group collage on a large sheet of butcher paper or posterboard.

Cut out one tree design for each child. Have each child tell you why they love trees and print the answer onto their tree.

For more information, visit the internet at [www.arborday.net](http://www.arborday.net). They have free trees, kid's activities and more!



## Food Safety Alert – Alfalfa Sprouts

Vegetable sprouts have recently emerged as a food safety concern. Since 1995, alfalfa sprouts have caused more than a dozen foodborne illness outbreaks worldwide, including two in Oregon. It's uncertain whether other types of sprouts pose similar risks.

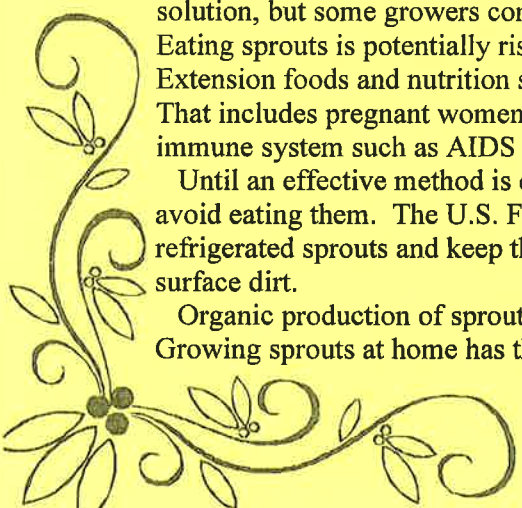
Alfalfa sprouts have been contaminated with both Salmonella and E. Coli O157:H7 bacteria. The source of contamination is unclear. Because of the bacteria can live in the intestinal tracts of animals, contamination of the seed with manure has been suggested as a possible cause.

Sprout growers have been investigating ways to safely and effectively decontaminate sprout seeds. The International Sprout Growers Association recommends soaking the seeds in a calcium hypochlorate bleach solution, but some growers consider this too toxic. Even this soaking may not destroy all the bacteria. Eating sprouts is potentially risky if you're susceptible to foodborne illness, says Carloyn Raab, OSU Extension foods and nutrition specialist. People with weak immune systems are more likely to become ill. That includes pregnant women, young children, older adults, and people with diseases that affect the immune system such as AIDS and cancer.

Until an effective method is developed to decontaminate sprouts, people in the high risk groups should avoid eating them. The U.S. Food and Drug Administration cautions people who are not at risk to buy refrigerated sprouts and keep them refrigerated at home. Rinse them with water before eating to remove surface dirt.

Organic production of sprouts doesn't guarantee safety, so the same precautions must be taken. Growing sprouts at home has the same risks as commercially grown sprouts.

**Pat Aune – OSU Extension Educator  
Family and Community Development**



## WHAT'S COOKING? MENU IDEAS FOR MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Bread/Cereal Fruit/Vegetable Milk	Cold Cereal Banana Milk	Rice and Applesauce Breakfast Casserole Milk	Pancakes Pears Milk	Cinnamon Toast Grapes Milk	Scrambled Eggs Biscuits Orange slices Milk
<b>SNACK</b> , choose 2 food groups Meat Bread Fruit/Vegetable Milk	Graham Crackers Apple Juice	Saltine Crackers Tuna Salad Water	Quesadillas With Cheese Kiwi	Parmesan Chz Potatoes Milk	Apple Slices w/Peanut Butter Water
<b>LUNCH OR DINNER</b> Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	English Muffin Cheese/Sausage Pizza Carrot Sticks Apple Milk	H.M. Mac-n-Chz Tomato Slices Jicama Milk	Teriyaki Chicken Pieces Rice Zucchini Sticks Mixed Fruit Milk	Ham & Cheese Cubes Cucumber Slices Strawberries Wheat Crackers Milk	Cod Fillets Oven Fries Dinner Rolls Mixed Veggies Milk

### Parmesan Cheese Potatoes

1 lb. Baking potatoes  
1 Cup Flour  
½ Cup Parmesan Cheese, grated

Scrub potatoes. Cut into quarters or sixths, lengthwise. In baggie, mix flour and Parmesan cheese. Add potatoes, a few at a time. Shake to coat well. Place on buttered cookie sheet. Bake at 375° for 45 minutes, turning occasionally.

Makes 9 servings.  
Serving size = ¼ cup.



### Tip of the Month...

To speed ripen a banana, poke a few air holes in a brown paper bag. Then put the banana in the bag with a ripe apple.

### ABC SOUP CCFP TEAM

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**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.

### Rice and Applesauce Breakfast Casserole

2 Cups leftover cooked rice  
1 Egg, beaten  
½ Cup Raisins  
2 Cups Applesauce  
Cinnamon and Nutmeg to taste  
1 Cup Milk, for topping

Add egg and raisins to cooked rice and bake at 350° for about 30 minutes. Before serving, top with applesauce, spices, and milk.

Makes 5 servings.  
Serving size = 1¼ cups.

