

SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

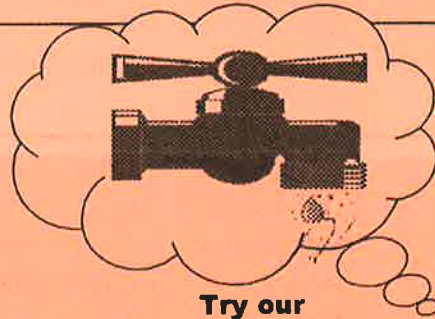
November 1998

Holiday Turkey Safety

Well, the holidays are here, along with the cooking and feasts. Taking proper care of your turkey is a good way to keep your family safe and healthy. So here is an article from the *UC Berkeley Wellness Letter* (1997):

Less than one-third of all turkeys are sold at Thanksgiving and Christmas, and whole birds represent less than a third of annual turkey production. But if you are roasting a whole bird for a holiday, here are some thoughts for safety, good taste, and the day after.

- ❑ Thaw a frozen bird in the refrigerator, allowing a day for every four pounds.
- ❑ If you haven't the time for refrigerator thawing, immerse the plastic-wrapped bird in cold water, changing the water every half-hour. Allow 30 minutes per pound.
- ❑ Use a meat thermometer. Cook from 170° to 175° in the thickest part of the breast, 180° to 185° in the thickest part of the thigh, and 160° to 165° in the stuffing. An instant-reading thermometer is handy for testing.
- ❑ Never stuff a bird in advance. Most experts advise cooking the stuffing separately. It's easier and safer.
- ❑ To store leftover turkey, remove meat from the bone, wrap tightly, and refrigerate or freeze. Store stuffing separately. Use refrigerated meat within three days; frozen, within two months.
- ❑ Idea for turkey chili: chop the meat and use in a chili recipe or mix.



Try our "Sanitation Challenge"!

Answer these questions with a "Always", "Sometimes", or "Never". Grade yourself with the score sheet on the back.

1. I wash my own hands with soap under warm running water every time I start to prepare or serve foods to the children.
2. I wash my own hands every time I touch a soiled object.
3. I wash my own hands and the hands of the baby every time I change a diaper.
4. I wash my own hands and see that the children wash their hands after using the toilet.
5. I wash my own hands and see that the children wash their hands after handling pets.
6. I keep pets away from the eating area during mealtimes and when preparing foods.
7. I wash my own hands and see that the children wash theirs after sneezing, coughing and nose blowing.
8. Children wash their own hands before every meal and snack.
9. Children are taught to wash their hands vigorously with soap, under warm running water.
10. Each child is given a paper towel or a separate towel to dry his/her hands.

11. I defrost food in the refrigerator, not on the counter, and I refrigerate food after it is prepared, if it will not be served right away.
12. After serving foods to the children, if there are leftover foods, I put them in the refrigerator.
13. I keep hot foods hot (above 140°), and cold foods cold (below 40°) prior to serving them.
14. I use separate cutting boards for raw meat and fish, and sanitize the boards after use.
15. I store bottled infant and baby food at 40° or below.
16. I make sure that all meals are served in a clean environment.
17. I wash and sanitize the table or surface before food is served.
18. Medications, including vitamins and iron pills, are not accessible to children, are stored in their original containers, and are given only on written authorization of a physician.
19. I keep cleaning supplies labeled and out of the reach of children.
20. Children have limited access to trash can.



So you love babies...

The Portland Metro area is in need of Child Care Providers who would like to care for infants. Particularly on a part time basis.

Metro Resource & Referral has informed us that this is fast becoming a crisis need.

If you have openings and wish to care for infants, please contact Metro Resource & Referral at 253-5000.

WHAT'S COOKING? MENU IDEAS FOR NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Cereal Fruit/Vegetable Milk	French toast Apple sauce Milk	Wheaties Tangerines Milk	Homemade muffins Pears Milk	Waffles Pineapple chunks Milk	Oatmeal with raisins Grape juice Milk
SNACK (choose 2 food groups) Meat Bread Fruit/Vegetable Milk	Yogurt Fresh vegetables	Pumpkin pie Milk	Cottage cheese Tangerines	Baked apple Milk	Peanut butter cookies Milk
LUNCH OR DINNER Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Turkey Roll Mashed potatoes Cranberry sauce Milk	Sausage Biscuits Sweet potato Peas Milk	Tuna Rye bread Tomato soup Baby carrots Milk	Turkey Noodles Green beans Grapes Milk	Fish sticks French bread Baked potato Green salad Milk

Terra Cotta Pottery Alert! LEAD!!!

From the Oregon Department of Human Resources:
"The Oregon Health Division has issued a health advisory warning consumers that some terra cotta pottery imported from Mexico and other Central or South American countries may release dangerously high levels of lead. **This glazed terra cotta pottery should not be used for preparing, serving, or storing foods or beverages.** This pottery is often available from vendors of imported traditional foods of folk goods."

If you have questions regarding this issue, or would like the rest of the article, call Bonnie Widerburg at 503-731-4180.

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.

Sanitation Challenge Score Sheet

To score, give yourself:

- 3 points for every "always" answer you listed
- 2 points for every "sometimes" answer you listed, and
- 0 points for every "never" answer you listed.

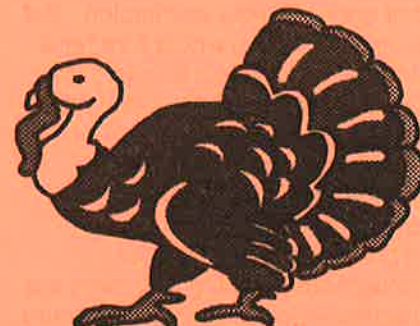
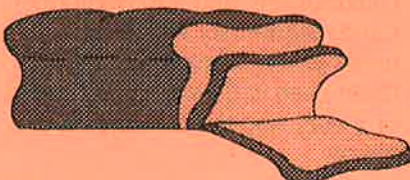
How did you do??

60-54 points – You're a fabulous germ fighter!

53-46 points – You're on the right track – keep it up!

45 or less – Watch out! Those germs may get the best of you...

This quiz was modified slightly from the sanitation Challenge by the Colorado Department of Public Health and Environment Child and Adult Care Food Program. We hope it gives you some "food for thought."



ABC SOUP CCFP TEAM

NEW PHONE NUMBERS with voice mail

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