



# SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

December 1998

## Book Review

*JUMP FOR JOY!*, written by Myra K. Thompson, is a wonderful book, filled with "creative movement activities for young children." These activities are based on the "movement education approach." The goal of these activities is to have all the children active and involved at the same time. This makes it easier for the children by reducing individual embarrassment, as well as waiting time, which in turn reduces discipline problems. Open-ended questions result in creative thinking and problems solving to discover new ways to fulfill the movements. The following is an exercise from this book. If you like this and would like more suggestions, please contact your specialist.



## Surfing in January!

Have you got your ticket to the Internet? Here are some interesting health and nutrition sites.

### Recipes

Try *Cooking Light*. They have lots of healthy recipes and helpful cooking tips. (<http://cookinglight.com>)

### For Kids

The Dole Five a Day Web site is an interactive site that promotes healthy eating and lifestyle habits. Also has lots of info on fruits and veggies. (<http://www.dole5aday.com>)

### Nutrition

The American Dietetic Association Web site is a resource for accurate, up-to-date nutrition information. (<http://www.eatright.org>)

### Health

The KidsHealth site is devoted to the health of children and teens. It provides up-to-date information about growth, food, health and fitness. (<http://kidsheath.org>)

## 5 Ways to Beat Stress!

1. **Be Active.** Physical activity burns calories, helps relieve tension, and clears your mind. It also helps in treating depression.
2. **Eat Healthfully.** Good eating habits help keep your body and mind in shape. If overeating is a problem for you, consider other things you might be hungry for – like an engaging hobby, friendships, rest or quiet time.
3. **Take 30!** Take 30 minutes every day and do something you enjoy. Talk to a friend, play the guitar, listen to music, read a book, paint, feed the birds.
4. **Care For Your Relationships.** Find time to spend with your spouse, partner, children, and friends. Work toward relationships that have a balance of give and take.
5. **Keep things in perspective.** Is it impossible or challenging? Is it the worst thing you've ever heard of, or is it just different? Keep a positive point of view, and don't worry about things you can't change.

International Diabetes Center



## Space Exploration

**Equipment:** None.

**The "Scene":** The children are in scattered formation. "Today we are going to be space explorers. Reach your arms all around - to the sides, up high, behind you, twist and reach. The space your own body uses all by itself is called 'self-space'. That makes sense doesn't it? The space I use by myself is my self-space."

### Questions:

1. Can you be very tall in your self-space?
2. Very small?
3. Very wide? What does wide mean?
4. Very narrow? What does narrow mean?
5. Can you be very round in your self-space?
6. Very twisted? Don't get so twisted that you cannot get undone!

Do you see all the different shapes you can make with your body? What are the names of the shapes? What is the name of the space you use all by yourself?

## WHAT'S COOKING? MENU IDEAS FOR DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Bread/Cereal Fruit/Vegetable Milk	Kix Pears Milk	Oatmeal with Raisins Orange juice Milk	English Muffin with egg Kiwi Milk	Waffles Banana Milk	Raisin bread Grapefruit Hot Cocoa with milk
<b>SNACK, choose 2 food groups</b> Meat Bread Fruit/Vegetable Milk	Tortilla chips  Cheese	Crackers with Peanut butter  Apple cider	Pumpkin pie  Milk	Pretzels  Milk	Pumpkin seeds  Apples
<b>LUNCH OR DINNER</b> Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Split pea soup Cornbread Jicama slices Carrot stix Milk	Pork roast Roll Applesauce Broccoli Milk	Turkey Tortilla Tomato sauce Green salad Milk	Meat, cheese cubes Pita bread Coleslaw Pineapple Milk	Creamed tuna Rice Peaches Peas Milk

### Tip for 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.*

### Monkey Sandwiches

- ¼ cup Peanut Butter
- 1 large ripe Banana
- ¼ tsp. Cinnamon
- 1 tbsp. Shredded Coconut
- 4 slices Whole Grain Bread

1. Mash peanut butter and banana together.
2. Mix in cinnamon and coconut.
3. Toast bread, spread with peanut butter mixture and serve.

#### Yield:

- Preschool:** 8 Servings  
1 Serving...1 grains/breads
- School age:** 4 Servings  
1 Serving...1 grains/breads

### 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.

### Regarding School Age Children

When claiming school age children at AM Snack and/or Lunch, always remember to document on your enrollment information sheet the dates those children were served. This protects you from having disallowments on those meals.

### Pear Bear Picnic Blankets

- 2 Medium pears, cored, cut into 8 wedges
- 4 oz. Turkey or ham, thinly sliced
- 4 tbsp. Cranberry sauce
- Lemon juice (optional)

1. Dip pear wedges in lemon juice, if desired.
2. Spread each slice cooked turkey or ham with cranberry sauce.
3. Wrap each pear wedge in turkey or ham.

#### Yield:

- Preschool:** 10 Servings  
¾ cup...1 protein/meat alternate
- School age:** 8 Servings  
1 cup...1 protein/meat alternate

- *The 5 to 10 Cookbook*

### Note from the Staff

Due to an untimely breakdown of our computer, disallowment forms will be sent with next month's disallowment and enrollment mailings. If this is a hardship for you, please call your specialist. Thank you for your understanding.

### 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

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