

SOUP newsletter

CHILD CARE FOOD PROGRAM at Community Action Organization

May 1999

Stand for Children Day '99 Street Fair

Stand for Children Day will be celebrated at the "Street Fair" on Saturday June 5, from 10 am to 1 pm. It will be held on NW Flanders, between 10th and 11th. Outside the Hanna Anderson building in the Pearl District.

The following organizations will be on hand with information about health coverage, quality child care, after-school activities and schooling:

- CASA
- Children First for Oregon
- Children's Museum
- Head Start
- Metro Child Care Resource & Referral
- Oregon Council for Hispanic Advancement
- Oregon Zoo
- Portland Public Schools Foundation
- SMART

There will be music, a petting zoo for the kids, mural painting, crafts and more!

*"America's promise will
never be realized until
every child goes to school
Ready to Learn,
Ready to Succeed."*

For more information, call Pip Denhart at 503-242-0920, x342, or visit www.stand.org.

Head Start, Free Preschool, Accepting Applications

Community Action Organization in Washington County is accepting applications. Head Start is a free preschool program for low-income children and families. Children attend school 4 hours a day, Monday through Thursday. Class times vary, depending on where the Head Start site is located. Meals are provided. Transportation is available to children who live or have childcare within center service areas.

Children must be 3 or 4 years old by September 1999. Family's total yearly income cannot be over Federal Poverty Guidelines. Space is limited and children are selected based on established criteria. The program maintains a waiting list, vacancies are filled as children move or leave the program.

For an application, or for more information, call 693-3262 or 693-3242.

OREGON'S CHILD *Everyone's Business*

ABC Soup is starting a new series in our newsletter about child development and parenting. The information is directed to parents, but is very useful for childcare providers as well. Each month, we will feature one developmental stage in the child's life. This month, we start with birth through 2 months.

What to expect:

- Taking care of a newborn can be challenging! Providers and babies learn together. Be patient with yourself – don't expect to know how to handle everything all at once.
- Talking, reading and singing softly to the baby can have a calming effect and creates brain connections which develop language skills.
- Babies see best at a distance of 8-12 inches – the distance between your face and theirs when you hold them close to feed or talk to them.
- Touching is very important to babies. Being in your arms and hearing your heartbeat makes the baby feel safe.
- Breast fed babies receive important natural protections against allergies and disease. The American Academy of Pediatrics recommends breastfeeding for the first twelve months.

What you can do:

- Learn how the baby likes to be held, what her different cries mean and how to respond to them. Hold the baby as often as possible – especially when feeding. Read and talk to the baby daily.
- Change the baby's position so he can look at different things. Put the baby to sleep on his back and do not use a lot of bedding.
- If you feel overwhelmed, ask for help from someone. Consider taking a class on infant development, or refer to books which focus on the stages of infant development.



WHAT'S COOKING? APRIL ADAM'S MENU IDEAS FOR JUNE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Cereal Fruit/Vegetable Milk	Waffles Strawberries Milk	Cold Cereal Orange Slices Milk	Bread Pudding Raisins Milk	Egg Toast Milk	Hot Cereal Applesauce Milk
SNACK , choose 2 food groups Meat Bread Fruit/Vegetable Milk	Cinnamon Rolls Milk	Biscuits Mozzarella Chz	Graham Crackers Popsicle's (100% Juice)	Breadsticks Milk	Flour Tortillas Cheddar Chz
LUNCH OR DINNER Meat Bread Fruit/Vegetable Fruit/Vegetable Milk	Turkey Sandwiches Vege Soup Watermelon Milk	Chicken Sticks Bread French Fries Carrots Milk	Ground Beef Egg Noodles Corn Peas Milk	Split Pea Soup Cornbread Blackberries Carrots Milk	Tuna Sandwiches Celery Fruit Cocktail Milk

Tip of the Month...

To soothe sunburn pain, apply undiluted white vinegar to the reddened area.



KIDS' KOTTAGE Summer Art Camp

Kids' Kottage will be having a summer art camp for children entering grades 1-6. Each week will focus on a different process or media for the budding young artists. For more information or registration forms, call Bruce or Dorie Horne at 649-5980.

WACKY SNACKS

Burrito + Potato = BURRATO!

Ingredients:

- 1 Medium Potato
- 2 T. Refried Beans
- 1-2 T. Salsa
- 2 T. Grated Cheddar Cheese

Directions:

Clean and scrub potato. Using a sharp knife, carefully poke the potato (this allows steam to escape during cooking). Microwave on high for 6-7 minutes. After the potato has cooled, cut in half, press down to flatten, and spread remaining ingredients in the groove. Microwave on high for 1 minute. Makes one serving.

Tortilla + Pizza = TORTIZZA!

Ingredients:

- 1 10" Whole Wheat Flour Tortilla
- 2 T. Prepared Pasta Sauce
- ¼ Cup Grated Mozzarella Cheese
- ¼ Cup Chopped Veggies (e.g. red pepper, mushrooms, onions, broccoli, carrots, tomatoes, olives, etc.)

Directions:

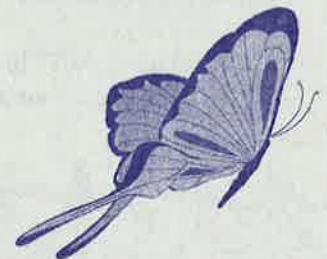
Spread sauce evenly over tortilla. Add Remaining ingredients and roll into a burrito-type shape. Microwave on high for one minute. Makes one serving.

ABC SOUP CCFP TEAM

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

WEBTREE –
abcsoup@grovenet.net

ABC SOUP Child Care Food
Program
1001 SW Baseline
Hillsboro, OR 97123



“The USDA is an equal opportunity provider and employer.”