MARCH 2017
VOLUME 43 | ISSUE 3

FEATURED RECIPES
Whole Grain-Rich Recipes

HEALTH ISSUES
Poison Prevention

HEALTHY HABITS
Feeding Lessons: Intended & Unintended

CHILDHOOD CHALLENGES
Promoting Creativity
NO MEAT, NO PROBLEM!

You don’t always need meat to power up with protein! Potpourri will feature 12 protein-packed meat alternates throughout the year.

NUTS AND NUT BUTTERS

Nuts and nut butters are a versatile meat alternate. Their long shelf life makes them a handy pantry item. Peanuts are actually legumes (the same family as beans) not tree nuts because they grow from the ground, but they are credited on the food program the same way as tree nuts. Creditable nuts include almonds, cashews, hazelnuts, pecans, peanuts, pistachios, soy nuts, walnuts, and more. The most common nut butters are peanut, almond, and cashew butter. Soy nut butters are growing in popularity for children with peanut or tree nut allergies.

NUTRITION

Nuts are rich in heart healthy fats called monounsaturated and polyunsaturated fats. They are known to decrease bad cholesterol in the body and lower the risk of heart disease and type 2 diabetes. The protein and fat in nuts help people stay fuller longer, which may prevent excess weight gain.

SELECTION AND STORAGE

Look for natural nut butters with fewer ingredients and without added sugar or trans fats. Products labeled nut “spreads” instead of nut “butters” (such as chocolate hazelnut spread) are not creditable because they contain a low proportion of nuts. Acorns, chestnuts, and coconuts are not creditable due to their low protein content. Store nuts or nut butters at room temperature for 2-3 months or in the refrigerator for up to 6 months.

PREPARATION

Nuts are generally not recommended for children ages 1-3 because they present a choking hazard. If served, nuts should be finely minced. Nuts may only meet half the total meat/meat alternate requirement for lunch and dinner. Spread nut butters thinly on bread or crackers or incorporate them into dishes rather than serving them by the spoonful to prevent choking.

Source: http://www.todaysdietitian.com/newarchives/090313p64.shtml

AFRICAN STEW

1 cup instant brown rice
2 cups low-sodium chicken broth
1 teaspoon dehydrated onion
1/2 teaspoon garlic powder
1/2 teaspoon ground ginger
1 red pepper, diced
1 sweet potato, peeled and diced (about 2 cups)
1 14.5-ounce can diced tomatoes
1/2 teaspoon salt (optional)
1/2 cup smooth nut butter such as almond, peanut, or soy nut
1 1/4 cups non-fat milk
1/2 pound shredded chicken
3 cups fresh spinach, coarsely chopped or 12 ounces frozen spinach

Green onion, thinly sliced (optional)

Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes. Stir in nut butter and milk. Add shredded chicken. Return to gentle simmer and cook uncovered for 5 minutes. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat. Ladle stew into bowls and top with green onion, if desired.

Makes 6 servings for 3-5 year olds at lunch/dinner.

- Vegetables
- Grains/Breads
- Meat/Meat Alternates

* This food is a choking hazard for children under 4 years of age.

Source: www.whatscooking.fns.usda.gov/
Photo: www.flickr.com/photos/
**BANANA BERRY MUFFINS**
non-stick cooking spray  
4 tablespoons applesauce  
1/4 cup sugar  
1 egg  
2 ripe bananas  
2 tablespoons water  
1/4 cup all-purpose flour  
1/4 cup whole wheat flour  
1/4 cup quick cooking oats plus 2 tablespoons for sprinkling  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup blueberries or strawberries (fresh or frozen)

Preheat oven to 350°F. Spray a 12-cup muffin pan with non-stick cooking spray or use paper liners. In a medium-size bowl, combine applesauce, sugar, egg, banana, and water. Mix well. In a large bowl, mix flours, oats, baking powder, baking soda, and salt. Add the applesauce mixture to the bowl with the dry ingredients; mix just until the batter is moist. Gently add berries into the mixture. Fill each muffin cup about 3/4 full of batter. Sprinkle with additional oats. Bake for 25-30 minutes until lightly brown. Cool for 10 minutes and remove from pan.

Makes 12 servings for 3-5 year olds at any meal or snack.

**NUT OR SEED BUTTER BREAD**
2 eggs  
1 1/2 cups milk  
1/3 cup sugar  
1 cup nut or seed butter such as almond, soy nut, peanut, or sunflower seed butter  
1 cup whole wheat flour  
3/4 cup all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt

Preheat oven to 350°F. Lightly grease or spray with non-stick spray, a loaf pan. In large bowl, beat eggs. Add milk, sugar and nut or seed butter. Mix well. In a separate bowl combine flour, baking powder, and salt. Mix thoroughly. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients. Pour into prepared pan. Pan will be half full. Bake for 1 hour.

Makes 28 servings for 3-5 year olds at any meal or snack.

**APPLE SLICE PANCAKES**
1 Granny Smith apple  
1 cup whole wheat flour  
1/2 cup old-fashioned or rolled oats  
2 teaspoons sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1 large egg  
2 teaspoons canola oil  
1 cup milk, low-fat

Peel, core and thinly slice apple into rings. In a large mixing bowl, combine the remaining ingredients for the pancake batter. Stir until ingredients are evenly moist. Small lumps are ok. Lightly coat a griddle or skillet with cooking spray and heat over medium heat. For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple. Cook until bubbles appear. Turn and cook other side until lightly brown. Cut the pancake in half for younger children.

Makes 20 servings for 3-5 year olds at any meal or snack.

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Isn’t that Rich?

Starting October 1, 2017, at least one serving of grains per day must be whole grain-rich. To learn more, visit our website at www.acdkids.org and select “CACFP Meal Pattern Changes” under the Nutrition tab.
**A WEEK’S WORTH OF IDEAS**

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<td><strong>GREEN EGGS AND HAM</strong></td>
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*This food is a choking hazard for children under 4 years of age.

For more menu and recipe ideas, visit our website at www.acdkids.org and select the “Nutrition” tab or like us on Facebook!
HAPPY NATIONAL CACFP WEEK!

National CACFP Week is celebrated every year in March. This year it takes place March 12-18, 2017. It is a great time for child care providers, sponsors, state agencies, and parents to come together to celebrate and raise awareness about the Child and Adult Care Food Program (CACFP).

A BRIEF HISTORY OF CACFP
The first government child care feeding program began in 1965 as a three-year pilot program called the “Special Food Service Program for Children.” Participating programs included child care centers serving children from low-income areas and areas with notable numbers of working mothers. In 1968, the Child Care Food Program (CCFP) was born as an official Child Nutrition Program providing reimbursement to day care centers, recreational centers, and settlement homes in low-income areas with many working mothers. The goal of CCFP was to prevent disease and improve nutrition for young children. The program expanded to include family and group child care homes in 1975. In 1989, the program expanded again to include adults and was renamed the Child and Adult Care Food Program (CACFP).

In 2016, CACFP reached more than 4.2 million participants and provided reimbursement for more than 2 billion meals for children in child care homes and centers. Now that is something to celebrate!

WHAT CAN PROVIDERS DO TO CELEBRATE NATIONAL CACFP WEEK?
• Educate parents/guardians about the benefits of CACFP.
• Plan a fun and healthy food tasting for the children in your care.
• Try a new recipe and share it with parents/guardians.
• Share your ideas for healthy recipes, tastings, or activities with ACD (nutrition@acdkids.org). Your idea may even make it into Potpourri!
• Check out all of the free CACFP resources available at www.teamnutrition.usda.gov.
• Write a letter to your legislators about why CACFP is important to you or even invite them to your child care home or center for a healthy lunch.
• Post on social media about why CACFP is important to you. Tag your post with #CACFP!

CACFP FUN FACTS
• CACFP is almost 50 years old!
• Children who participate in CACFP generally receive more healthy foods.
• Nutritious foods through CACFP prepare children to learn.

HOW IS ACD CONNECTED WITH THE CACFP?
ACD is a sponsor of the CACFP. This means that ACD monitors and administers the program in Michigan and Illinois.

ACD submits claims to the state agencies, monitors each home and center, prepares monthly reimbursement checks, and educates parents and caregivers to promote the development of children!

Available ACD Webinars
Join an ACD webinar and receive FREE training credits!

PICKY EATING SOLUTIONS (1 CREDIT) – ENGLISH – REPEAT
Do you care for children who refuse to try new foods? Do you want to increase meal appeal and get parents on board with your healthy menus? This webinar will explore five picky eating scenarios and offer strategies and tools to help child care providers tackle each one to raise more adventurous eaters.

- Presented by Amanda Gallaher, ACD Registered Dietitian
- Presented on Monday, March 13, 2017 at 6:30-7:30 pm (Central Time Zone)/7:30-8:30 pm (Eastern Time Zone)
- This webinar is FREE and open to ALL child care providers, assistants, and center staff in Michigan and Illinois

PART 1 - NEW CACFP MEAL PATTERN ESSENTIALS (1 CREDIT) - ENGLISH
This is Part 1 of a two-part webinar series. This webinar takes a deep dive into the new Child and Adult Care Food Program (CACFP) meal patterns. Topics will include choosing whole grain-rich grains, selecting low-sugar yogurts and cereals, and finding alternatives to grain-based desserts. Pick only one:

- Saturday, March 4th, 9:00-10:00am CT/10:00-11:00am ET, OR
- Thursday, March 9th, 6:30-7:30pm CT/7:30-8:30pm ET

- Presented by Amanda Gallaher, Registered Dietitian
- Free and open to ACD Providers, their assistants, and center staff

PART 2 - NEW CACFP MEAL PATTERN ESSENTIALS (1 CREDIT) - ENGLISH
This is Part 2 of a two-part webinar series. This webinar takes a deep dive into the new Child and Adult Care Food Program (CACFP) meal patterns. Topics will include serving more whole fruits and vegetables, reducing flavored milk, using healthy cooking methods, introducing solid foods, and updating infant menus. Pick only one:

- Saturday, March 18th, 9:00-10:00am CT/10:00-11:00am ET, OR
- Thursday, March 23rd, 6:30-7:30pm CT/7:30-8:30pm ET

- Presented by Amanda Gallaher, Registered Dietitian
- Free and open to ACD Providers, their assistants, and center staff

Note: There is no need to attend the New CACFP Meal Pattern Essentials webinars if you plan to attend the Michigan Provider Conference on April 29th or another New CACFP Meal Pattern Essentials training hosted by ACD.

Webinars are live, online trainings. ACD webinars are interactive and easy to use. They give participants the opportunity to gain knowledge, discuss various child care topics, ask questions, and earn FREE training credits!

All ACD webinars are offered free of charge to home child care providers, assistants, center staff, and relative child care providers who participate in the Child and Adult Care Food Program with ACD. To learn more, go to www.acdkids.org and select “Online Training at Home” under the Training tab!

Visit www.acdkids.org and click on “Online Training at Home” on the Training tab to register.
PROMOTING CREATIVITY

Creative and imaginative experiences play an important role in a child’s learning and development. Imaginations can come in all shapes and sizes and every child has creative potential! These skills can be suppressed, however, if a child is in an environment that does not promote uniqueness or a sense of safety.

HERE ARE SOME WAYS TO ENCOURAGE CREATIVITY:

Be flexible. Having too strict of routines each day can stifle spontaneous behavior. Relaxing your control over the children’s activities can inspire self-confidence and creativity!

Allow problem-solving. Instead of giving children constant instructions or a list of do’s and don’ts, try providing them with a problem and allow them to think creatively for a solution. For example, if the weather is too bad to play outside, try asking the children to brainstorm what activities or exercises they could do inside instead. This gives them the opportunity to think creatively. Who knows, maybe they would invent a new activity or game!

Encourage determination. When children are faced with a challenging activity, encourage them to continue trying. Show appreciation for children’s efforts and avoid jumping in to accomplish the task for them. This could be especially tricky when the task is a craft or cooking. I would likely be faster and easier for you to do it yourself, but allowing the children to persevere encourages problem-solving and creativity.

Inspire uniqueness. Ensure children feel safe to be themselves by creating an atmosphere that applauds unique approaches to problems. When all personalities and opinions are valued, children are free to be imaginative!

Turn off screens. Encourage children to play and interact with each other. This allows them to use their imaginations and feed off each other’s ideas. To facilitate interaction, try giving the children a few props and start them out with a scenario. For example, you could give the children stuffed animals and have them pretend that they are in a zoo.

Caregivers have children’s best interests at heart, but sometimes the lessons children learn are not the ones caregivers intend. What providers say and do makes a world of difference at the table. What providers say and do makes a world of difference at the table.

“EAT YOUR VEGETABLES, AND THEN YOU CAN HAVE DESSERT.”

**Intended Lesson:** It is important to eat vegetables.

**Unintended Lesson:** Using dessert as a reward for eating vegetables tells children that vegetables are probably not very good and increases the value of the dessert. Instead, offer vegetables without using dessert as a reward.

“FINISH YOUR PLATE TO JOIN THE CLEAN PLATE CLUB.”

**Intended Lesson:** It is important not to waste food.

**Unintended Lesson:** Asking for a clean plate teaches children to ignore their body’s own signs of hunger and fullness. Instead, teach children to listen to their tummies. Prevent food waste by serving the minimum portion sizes required by the food program or encouraging children to serve themselves age-appropriate portions. They can always take more if they are still hungry.

“EAT YOUR MILK BECAUSE IT IS GOOD FOR YOU.”

**Intended Lesson:** It is important to drink milk.

**Unintended Lesson:** Telling children that they should eat foods because they are healthy can make children think they do not taste good. Instead, emphasize foods’ delicious flavor and other characteristics like bright colors, pleasant smells, or crunchy textures.

“I DON’T THINK YOU WILL LIKE THAT.”

**Intended Lesson:** It is important to eat foods you enjoy.

**Unintended Lesson:** Negative words from a caregiver or peer have a huge impact on what children are willing to eat. Avoid making assumptions about what children will like. One child’s least favorite food may be the next child’s favorite. Their preferences may be pleasantly surprising.

“I WILL MAKE YOU SOMETHING ELSE.”

**Intended Lesson:** It is important that children are fed.

**Unintended Lesson:** Telling children that alternative foods are always available will teach them that they are in charge when it comes to what foods are served. This has the unfortunate consequence of turning providers into short-order cooks. Instead, serve all children the same meal. Make sure there are a few foods every child likes. Encourage children to try them, but it is not necessary for every child to eat every food.

Frustrating mealtimes come and go, but stay focused on the ultimate goal of raising children who happily choose healthy foods when they become adults.
Health Issues

NATIONAL POISON PREVENTION MONTH
MARCH 19-25, 2017

National Poison Prevention month exists to raise awareness of poison prevention throughout the nation. There are many household products that can be fatal to children if touched or ingested. In fact, nearly 90% of all poisonings occur in the home.

The reality is, young children often explore and get into things that they shouldn’t. Approximately half of all calls made to the Poison Help Number involve children who are 5 years old or under. Understanding which items pose a threat in the home can help prevent accidents from happening. Just in case accidents do happen, it is also important to know how to respond in emergency situations.

POISON PREVENTION:

☐ Store all household products and cleaning supplies out of children’s sight and reach. If hazardous items are out of sight and out of mind, there is less likelihood for accidents. Commonly household cleaning products are stored under bathroom and kitchen sinks. This location, however, is eye-level for many young children and could pose a threat.

☐ Use safety locks on any cabinets that contain poisonous items. Even if the cabinet is out of reach for most children, the additional safeguard can ease your mind.

☐ Keep cleaning products in their original containers. Putting hazardous products in something other than the original container could cause it to be mistaken for something else.

☐ Store any purses or handbags out of reach of children. It’s easy to forget what medications or poisons might be in any particular bag.

☐ Make sure to have the Poison Help Number (1-800-222-1222) readily available at all times. It should be saved in, on, or near your phone for easy access.

☐ Purge any old medicines or potential poisons that are no longer being used.

☐ Secure the battery compartment on remote controls, cameras, watches, and every battery-powered product. When swallowed, batteries can cause fatal burns in the esophagus.

Sources: http://www.poison.org/ and www.safekids.org

Extra caution should be taken when dealing with the following extremely hazardous items:

☐ Antifreeze
☐ Winshield washer solution
☐ Drain cleaners
☐ Toilet bowl cleaners
☐ Insecticides
☐ Gasoline
☐ Oil
☐ Paint thinners
☐ Batteries
☐ Lead-based paint
☐ Medications

Poison Help Number 1-800-222-1222
ALTERNATIVES TO GRAIN-BASED DESSERTS

Starting on October 1, 2017, grain-based desserts can no longer be claimed as a grains/breads component. Grain-based desserts are defined as cookies (including vanilla wafers), sweet crackers (e.g. graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.

WHY NO GRAIN-BASED DESSERTS?
Grain-based desserts are top sources of added sugar and unhealthy fats in children's diets. There are many creditable grains that are healthier alternatives. Providers continue to have the flexibility to serve grain-based desserts as extra items or at meals or snacks that are not claimed.

WHAT CAN I SERVE INSTEAD?
Fortunately, there are many alternatives to grain-based desserts. Here are just a few examples!

- **Breakfast:** bagels, biscuits, breads, bread pudding, cereal, corn grits, English muffins, French toast, grain porridges, muffins, muesli, oatmeal, pancakes, quick breads, rice pudding, rolls, or waffles.

- **Snack:** bagels, biscuits, breads, bread pudding, bread sticks, buns, cereals, cornbread, corn muffins, (savory) crackers, English muffins, muffins, grain salads, melba toast, pasta, pita bread, pretzels, quick breads, ravioli, rice cakes, rice pudding, rolls, taco shells, tostada shells, tortilla chips, or tortillas. Alternatively, skip the grains at snack and serve two other components instead (fruits, vegetables, meat/meat alternates, or milk).

A COOKIE BY ANY OTHER NAME STILL TASTES AS SWEET...
Cookies, sweet crackers, and other grain-based desserts go by many names. Even if the package does not explicitly say “cookie,” wafers, biscuits, dessert squares, or even breakfast rounds may be the same as a cookie. The expectation is that child care homes and centers use their best judgement when planning menus and keep in mind the end goal of the new CACFP meal patterns: growing healthy children.

FREQUENTLY ASKED QUESTIONS
1. Are muffins and quick breads (such as banana bread or zucchini bread) still creditable?
   Yes, muffins and quick breads will still be creditable.

2. Are homemade grain-based desserts still creditable?
   No, both homemade and store-bought grain-based desserts will no longer be creditable.

3. Can I serve cake or another grain-based dessert for special celebrations such as birthdays?
   Cake or other grain-based desserts can be served as an extra food item. Claimed meals and snacks must meet the meal pattern requirements.

FUN FACT
Grain-based desserts are often more expensive than other grains. Child care homes and centers can save money by making the switch!
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<td>Dentist Day</td>
<td>Joke of the Day</td>
<td>Paint</td>
<td>Animal Day</td>
<td>Green Hunt</td>
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<td>In honor of dentist day, talk about the importance of good dental hygiene.</td>
<td>Q: When is the best time to jump on a trampoline? A: SPRING-time!</td>
<td>Create designs by blowing through a straw to move water-based paint around on paper.</td>
<td>Make animal masks by decorating paper plates and pretend that you are in a zoo.</td>
<td>Go on a green hunt. How many things can you find in and around your home or center?</td>
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**HAPPY NATIONAL CACFP WEEK**

**VISIT ACD’S FACEBOOK PAGE FOR MORE INFORMATION!**

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<td>Pig Day</td>
<td>Dr. Seuss Day</td>
<td>In honor of National Pig Day, read a few books about pigs or ask the children to draw a picture.</td>
<td>Read Dr. Seuss books today - it’s his birthday! Visit Seussville at <a href="http://www.seussville.com">www.seussville.com</a> to learn more!</td>
<td>Discuss the origins of our country’s anthem, the “Star-Spangled Banner.”</td>
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<td>Spring Walk</td>
<td>Clay Creations</td>
<td>Plant Flowers</td>
<td>Hopscotch</td>
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<td>Color to music by moving pencils, crayons, or markers to the rhythm.</td>
<td>Weather permitting, take a walk outside and look for signs of spring.</td>
<td>Have children make clay creations such as animals, flowers, or whatever they choose.</td>
<td>Plant flower seeds in individual flower pots that the children can take home.</td>
<td>Play indoor hopscotch using masking tape on the floor.</td>
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<td>Kabob Creations</td>
<td>Yoga Day</td>
<td>Tongue Twister</td>
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<td>Take turns allowing the children to select an object around the house. Have the other children ask questions to try figuring out what the chosen item is.</td>
<td>Mix different colors of food coloring in clear containers of water.</td>
<td>Have children make lunch from cubes of deli meat, cheese, and other fruits and vegetables. * This food is a choking hazard for children under 4 years of age.</td>
<td>Get moving by practicing some yoga and stretching moves with the children.</td>
<td>Practice short, funny tongue twisters such as “Greek grapes,” “Unique New York,” or “Freshly-fried flying fish.”</td>
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ACTIVITIES TO ENCOURAGE IMAGINATION & CREATIVITY

CHARADES
Ask the children to take turns thinking of and acting out an animal, action, or item. Have the other children try to guess!

FOLLOW THE LEADER
Ask the children to take turns being the leader. Have the leader move freely about. They can dance, wiggle, exercise, or imitate animals. The other children must follow the leader until the time is up.

CREATE A SCENARIO
Show the children a picture and ask them to create the atmosphere. For example, you can ask questions:

- What do you think the people in this photo are doing?
- What are they saying?
- What would happen if it started raining?

ASK QUESTIONS
Ask open-ended questions to keep the children thinking outside of the box. Here are a few ideas to get started:

- What would taste better if it were sweeter?
- What would be more fun if it were faster?
- What always stays underwater?
- How many different ways could a button be used?

CATEGORIES
Have the children sit in a circle. Give them a category and have each child list an object or item that fits within the category without repeating any of the items that have already been listed.

PLAY PRETEND
Give the children props and try playing pretend. Here are just a few ideas to help, but there are many more ideas that will come up along the way:

- Doctor's office or hospital
- Outer space
- Store
- Picnic or dinner party
- Restaurant
- House
- School
- Make up your own games


Kellan Jackson is an amazing one-year-old boy who loves to smile and has been a little hero to his parents. He has endured a lot in his first year of life because he has been diagnosed with Wiskott-Aldrich Syndrome. He is currently awaiting a bone marrow transplant and will be treated at Cincinnati Children’s Hospital.
March 2017 Nutrition Quiz

Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office.

1. Peanuts are...
   a. Tree nuts
   b. Legumes (the same family as beans)

2. When selecting nut butters look for...
   a. No added sugar
   b. No trans fats
   c. Both A and B

3. Which of the following is not considered a grain-based dessert?
   a. Animal crackers
   b. Vanilla wafers
   c. Muffins

4. Providers do not continue to have the flexibility to serve grain-based desserts as extra items or at meals or snacks that are not claimed.
   a. TRUE
   b. FALSE

5. Which of the following are alternatives to grain-based desserts at breakfast?
   a. Bread pudding
   b. Pancakes
   c. Waffles
   d. All of the above

6. Imaginations can come in all shapes and sizes and every child has creative potential!
   a. TRUE
   b. FALSE

7. Which of the following is a technique for encouraging creativity?
   a. Turn off the screens
   b. Inspire uniqueness
   c. Both A and B

8. When children are faced with a challenge, adults should jump in and complete the task for them right away.
   a. TRUE
   b. FALSE

9. Which of the following are benefits of participating in the Child and Adult Care Food Program (CACFP)?
   a. Children who participate in CACFP generally receive more healthy foods.
   b. Nutritious foods through CACFP prepare children to learn
   c. Both A and B

10. National CACFP Week is celebrated every year in March.
    a. TRUE
    b. FALSE

11. Which of the following is a good poison prevention technique?
    a. Out of sight, out of mind
    b. Use safety locks
    c. Both A and B

12. The Poison Help Number (1-800-222-1222) should be saved in, on, or near your phone for easy access.
    a. TRUE
    b. FALSE

13. Why is the following phrase not an effective way to build healthy habits, “Eat your vegetables, and then you can have dessert.”?
    a. It gets children to eat their vegetables
    b. It tells children that vegetables are probably not very good
    c. It does not use food as a reward

14. Teaching children to always clean their plates builds healthy habits.
    a. TRUE
    b. FALSE

15. What is the ultimate goal at the table?
    a. Get children to eat the healthy foods on their plates by any means possible
    b. Raise children who happily choose healthy foods when they become adults

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