

potpourri

April 2023

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In April, many religious holidays are observed. Whether you celebrate Easter, Passover or another religious observance, I hope it is a time of reflection, renewal and joy for you and your family.

National Child Abuse Prevention Month – along with the **Week of the Young Child (April 1-7)** and **Every Kid Healthy™ Week (April 24-28)** – also takes place in April. Learn how to recognize child abuse and neglect on page 10.

Tax Day is April 18. Help ACD reduce its carbon footprint – go paperless! As an online provider, you can easily view and download your tax summary report through Minute Menu.

ACD's Annual Online Spring Silent Auction starts April 24 at 9am (EST) and ends April 28 at 5pm (EST). Proceeds support ACD's mission to promote healthy childhood development – visit our Facebook page a week before for a list of items up for bid.

Providers using the manual claiming option will soon be transitioned to KidKare (ACD's online claiming platform). Field monitors have been instructed to discuss this option with providers.

Denise Meyer
Denise Meyer
 Executive Director

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■ **Cover:** Kraski/Getty Images | **Image (above):** goceris/Canva | **Image (back page):** Katerina Holmes/Pexels

Eco-Friendly Bites

April 22 is Earth Day – do your part for our planet

Strawberry Sheet Pan Pancakes

12 servings
eatingwell.com

Ingredients

1-1/3 cups white whole wheat flour
1-1/3 cups all purpose flour
2-1/4 tsp. baking powder
1-1/4 tsp. baking soda
1 tsp. kosher salt
3 cups lowfat buttermilk
3 large eggs
1/2 tsp. almond extract
1 tbsp. pure maple syrup (plus 1/2 cup for serving)
1/3 cup unsalted butter, melted
1-1/4 cups fresh strawberries, thinly sliced

- Preheat oven to 500° F.
- Lightly coat 18-by-13-inch rimmed baking sheet with cooking spray.
- Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl!
- Whisk buttermilk, eggs, almond extract and 1 tablespoon maple syrup in a medium bowl.
- Whisk wet ingredients into dry ingredients.
- Gently whisk in butter (batter will be lumpy).
- Let stand 5 minutes.
- Spread batter in even layer on baking sheet.
- Arrange strawberries on top.

■ Image: Billion Photos/Canva

- Transfer to oven and immediately reduce temperature to 425° F.
- Bake until golden brown and a toothpick inserted in the center comes out clean, 14 to 16 minutes.
- Cut into 12 pieces and serve with remaining maple syrup.

- **Fruit**
- **Meat/Meat Alternate**

Baked Tofu Nuggets

4 servings
beplantwell.com

Ingredients

1 block extra-firm tofu

[Marinade]

1/4 cup soy sauce
1/3 cup water
1 tsp. smoked paprika
1/2 tsp. garlic powder
1/2 tsp. onion powder

[Dry Mixture]

1 cup breadcrumbs
1 tbsp. nutritional yeast
2 tsp. smoked paprika
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. italian herbs
1/4 tsp. salt
1/8 tsp. pepper

[Wet Mixture]

1/2 cup flour
1/2 cup plant milk

- Press tofu and chop into 1-inch by 1-1/2-inch blocks that are 1/2-inch thick.

- Whisk together marinade mix and place tofu inside.
- Marinate 10-15 minutes, carefully flipping halfway through.
- Preheat oven to 450° F.
- Grab two bowls and whisk together dry ingredients in one bowl and wet in another.
- Once tofu has marinated, carefully remove a piece at a time and place into wet mixture to fully coat using one hand, then place in dry mixture and use your other hand to coat with the breading.
- Place nuggets on baking tray covered in parchment paper and spray with oil to make nuggets crispier (optional).
- Bake 20 minutes, carefully flipping halfway through and spraying with more oil.
- Allow to cool and serve with dipping sauce.
- To remove moisture from tofu: use tofu press or wrap block in a towel and place heavy item on top to squeeze out water.

- **Meat/Meat Alternate**

Strawberry Basil Creamsicles

6 servings
godairyfree.org

Ingredients

2 cups fresh strawberries
1 can (14 oz.) full-fat coconut milk

[Continued on page 8]



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Nut/Seed Butter 2. Banana 3. Milk	1. WG Cereal 2. Strawberries 3. Milk	1. Scrambled Eggs 2. Clementines 3. Milk	1. WG Toast 2. Blueberries*** 3. Milk	1. Oatmeal 2. Peaches 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Turkey 2. WG Bread 3. Lettuce/Tomato 4. Baby Carrots*** 5. Milk	1. Beef Meatballs 2. WG Pasta 3. Spaghetti Sauce 4. Pears 5. Milk	1. Cheese 2. Corn Tortilla 3. Black Beans 4. Raspberries*** 5. Milk	1. Chicken 2. WG Biscuit 3. Collard Greens 4. Black-Eyed Peas 5. Milk	1. Fish Sticks 2. WG Bun 3. Coleslaw 4. Applesauce 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Cottage Cheese 2. WG Crackers 3. Kiwi 4. Snap Peas 5. Milk	1. Hummus 2. WG Pita Chips 3. Apple Slices 4. Cherry Tomatoes*** 5. Milk	1. Nut/Seed Butter 2. WG Pretzels 3. Grapefruit 4. Celery 5. Milk	1. Edamame*** 2. Graham Crackers 3. Banana 4. Sliced Bell Peppers 5. Milk	1. Cheese 2. WG Crackers 3. Melon 4. Cucumber 5. Milk
(*) Choose two food groups from “Snacks” list.				(**) MT may be substituted for GN/BP up to 3x a week.		
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate				(***) Choking hazard for children under age 4.		

REMINDERS:



- Check office error reports for items such as expired enrollments.
- Check/update expiring enrollments & submit new enrollments by **Apr. 7 (IL) & Apr. 10 (MI)**
- March first claim due: **Apr. 11 (MI) & Apr. 17 (IL)**
- February final claim due: **Apr. 25 (MI) & Apr. 26 (IL)**
- Mark school-age children “**out-of-school**” if caring for children during Spring school break.
- Complete “**Holiday Note**” form with required signatures if caring for children on a holiday.

Autism & Nutrition

Autistic children can benefit from a balanced diet

Sponsored by the Autism Society of America, April is **Autism Awareness Month** (also referred to as Autism Acceptance Month). Alongside **World Autism Awareness Day on April 2**, the goal of this month-long awareness campaign is to help autistic people feel supported.

According to the CDC, about **1 in 44 U.S. children** has been identified with **Autism Spectrum Disorder (ASD or “Autism”)**, with boys four times more likely to be diagnosed than girls.

In 2022, 1 in every 100 children was diagnosed with autism representing a 178% increase of autism prevalence since 2000!

Autism is a developmental and neurological condition appearing the first two years of a child’s life. Signs of autism often include food sensitivities, food refusal and ritualistic eating behaviors (as well as delayed movement and cognitive skills; repetitive behaviors; and trouble communicating and interacting with others).

As a result, autistic children may have unique nutritional challenges resulting in obesity and low protein and calcium intake which are critical to mental development and building of strong bones. Moreover, because many autistic children have behavioral issues that make it difficult for them to sit through mealtimes, the issue of inadequate or limited food intake is made worse.

For children with ASD, a nutritious, balanced diet can make a difference in their ability to learn, manage their emotions and process information.

Providers and parents/caregivers can consider the steps below to help support adequate nutritional intake for a child with autism:

- **Discuss concerns with a pediatrician.** If you suspect a child with ASD who is in your care may have a nutrition problem, ask parent(s)/caregiver(s) to discuss concerns with their pediatrician who may recommend using a dietary journal to help identify potential deficiency or excess nutrient intake.
- **Make mealtimes routine.** Serve meals at the same time every day; consider dimming lights for a child with light sensitivity and let them choose their favorite seat at the dinner table.
- **Introduce different foods with a flavor/texture similar to a child’s favorite food.** If a child likes chicken nuggets for instance, introduce fish sticks or fried vegetables to them.
- **Understand if a child has food “rules.”** Examples may include foods not touching each other on the plate or certain utensils, plates and/or cups preferred during mealtimes.
- **Mirror desired behavior.** Eat new foods as a group (or family) and talk about the new food positively.

NOTE: Before changing a child’s diet, always consult with a doctor and registered dietitian nutritionist or nutrition practitioner who can identify nutritional risks.

■ **Image (pg. 4):** marucyna/Getty Images ■ **Graphic (pg. 4):** Chanakarn Kwang ■ **Source:** autismspeaks.org | eatright.org | foodforthebrain.org | autismcincy.org | crossrivertherapy.com | raisingchildren.net.au | gikids.org | twinkl.kr | unlockfood.ca ■ **Image (top):** dragana991/Getty Images | **Image (bottom):** pixelshot/Canva



Religious Food Traditions

A tasty way for children to learn about diverse cultures

With spring comes a number of religious holidays.

Food is an integral part of many religious holidays, symbolizing important historical events that shape the religion. The terms below demonstrate how food is involved in religious traditions.

Fasting: People fasting chose not to eat certain foods or all foods, drinks or both for a period of time. Children, elders and those who are ill are typically not expected to fast.

Based on religious scriptures or rules, certain foods are excluded and usually include animal foods such as meat, poultry, fish or eggs.

Certain religions also require animal foods to be prepared in a particular way:

- **Halal:** Food or drink is prepared and handled according to Islamic law for practicing Muslims.
- **Kosher:** In meeting the requirements of Jewish law, kosher includes a ban on eating meat and dairy products at the same time and using separate utensils and/or equipment during food preparation and eating.

Symbolic foods and drinks: Represent important religious values attributed to items such as eggs (life), lamb (sacrifice) and olive oil (healing, strength or fuel).

Feasting: As part of many religious celebrations, feasting involves eating large portions of special foods. Many foods eaten at religious feasts were once considered exclusive and/or expensive to purchase.

Children can embrace religious food traditions as well.

For example, younger children can sample new foods or drinks from different religions and older children can learn which foods are celebrated or excluded in various religious groups.

Opening children's minds to religious food traditions is important because it not only teaches them something new, but helps them develop respect for other people and cultures.



■ Image (top): Nbyl/Pixabay | Image (bottom): vvoevale/Canva

Smashed Chickpea Pinwheels

5 servings (30 pinwheels total)

Looking for a meatless lunch or dinner option that's sure to please? Try these colorful pinwheels! They're fun for kids to pick up with their hands, while providing ample fiber and protein.



Ingredients

15 oz. can chickpeas, drained & rinsed***
 1/4 tsp. onion powder
 1/4 tsp. garlic powder
 1/4 tsp. dill
 1/4 tsp. salt
 1/8 tsp. pepper
 1 tbsp. olive oil
 1 tsp. lemon juice
 1/2 cup red cabbage, thinly sliced
 1/2 cup carrots, grated
 1/2 cup red bell pepper, diced
 8 oz. cream cheese
 5 spinach wraps



- In large mixing bowl, mash chickpeas with potato masher or fork.
- Leave about half of the chickpeas not smashed.
- Add seasonings to chickpeas, then olive oil and lemon juice; mix well.
- Stir in cabbage, carrots, red bell pepper and cream cheese; mix well to combine.
- Spread 1/2 cup of smashed chickpea mixture onto the wrap, leaving a 1/2-inch edge.
- Roll up wrap tightly and place on flat surface.
- Slice wrap into 6 pinwheels, about 1/2-inch in size.
- Serve immediately (moisture from the vegetables will make wrap soggy if left for too long).
- **Option #1:** Swap out cream cheese with hummus for vegan or non-dairy option.
- **Option #2:** Instead of a wrap, you can serve in a pita pocket or spread on bread.

Safety Note: (***) Choking hazard for children under age 4.

Nutrition Information (1 wrap/6 pinwheels): 493 calories, 25 grams fat, 57 grams carbohydrate, 7.5 grams fiber, 13.2 grams protein.

🌱 Vegetable

■ **Image (top):** ambitiouskitchen.com | **Image (bottom):** Ekkapan/Getty Images | **Image (right):** Billion Photos/Canva

BUSINESS

Go paperless.

Switch to online bill payments and bank statements that can be saved to digital devices and are less resource intensive to produce. Be sure to check online statements and balances regularly after switching. [\[bankrate.com\]](https://www.bankrate.com)



DAILY "TREATS"

Cut single-use plastics and takeout expenses.

Instead of ordering coffee or takeout multiple times a week, bring beverages with you in a reusable water bottle or coffee mug and cook more meals at home. Reducing takeout, delivery and other food purchases with large amounts of single-use plastic helps reduce your budget and carbon footprint. [\[bankrate.com\]](https://www.bankrate.com)

HOME

Start composting. Composting not only reduces food waste; but also provides a free source of nutrient-rich soil for a home garden that in turn, can produce vegetables, herbs and fruits you don't need to purchase. Start small with a compost bin and fill with food scraps and waste such as stale bread, fruit and vegetable peels, crackers, cereal, tea, coffee grounds and egg shells. [\[earthday.org\]](https://www.earthday.org) | [\[pelacase.com\]](https://www.pelacase.com)

Gardening With Children

Start with veggies kids know & love

TRY THESE VEGGIES

- Baby Carrots
- Cherry Tomatoes
- Corn
- Green beans
- Herbs
- Lettuce
- Potatoes
- Radishes
- Rainbow Carrots
- Snap Peas
- Tomatoes
- Zucchini

GARDEN IDEAS

- **Rainbow garden:** Plant vegetables representing colors of the rainbow: red, orange, yellow, green, blue and purple.
- **Pizza garden:** Plant vegetables in a circle and assign wedges to pizza ingredients such as tomatoes, onions, peppers and garlic. When harvested, they can be used to make pizza!

BEGINNING TIPS

Choose Veggies That:

- Children Enjoy Eating & Know
- Are Easily Picked
- Vary In Textures & Colors
- Grow Quickly & Continuously
- Require Watering & Feeding Only
- Can Be Eaten From The Plant
- Have Large Seeds For Small Hands To Hold



Strawberry Basil Creamsicles (Cntd') [Continued from page 3]

2 tbsp. maple syrup (or other sweetener)
10 to 15 fresh basil leaves

- Place all ingredients into a blender and blend until smooth.
- Taste and add more basil or sweetener, if desired.
- Pour into ice cream molds, add ice cream sticks and freeze for 4 to 6 hours or until firm.
- Remove molds by dipping them in hot water for a moment.

✦ **Fruit**

■ **Source:** theeducatorsspinonit.com | kidsinthegarden.co.uk | planetnatural.com

■ **Graphics:** Macrovector/Freepik | freepik.com

Tissue Paper Flower Craft

Bright pink, light pink & white tissue paper
3" & 2" scalloped circle cookie cutter

Pen

Scissors

Wavy craft sticks

Teal green craft paint

Stapler

Elmer's glue



- Paint sticks with teal green craft paint (one coat) and let dry.
- Fold tissue paper so it is about 10 sheets thick.
- Place cookie cutters on top and trace with a pen.
- Hold tissue paper together and cut 10 pieces together.
- Take pen piece off and staple the other nine pieces together.
- One piece at a time, bunch the top piece first and continue until you reach the bottom but leave the bottom flat.
- Glue one flower to top of each green craft stick and let dry.

Lambwiches

Sliced cheese

Mini bagels

Mustard

Ham slice

Black olives***

Shredded cheese



- Trim a piece of sliced cheese to fit on top one half of a mini bagel.
- Cut a round muzzle and pair of half-circle ears from more sliced cheese then attach with mustard (or mayonnaise).
- Add a nose cut from a ham slice, plus a mouth and a pair of eyes trimmed from black olives.
- Finish with a sprinkle of shredded cheese between the ears.
- Two types of cheese can be used and give this open-faced sandwich its sweet-as-can-be look.

Safety Note: (***) Choking hazard for children under age 4.

✦ **Vegetable**

✦ **Meat/Meat Alternate**

Earth Day is April 22. Teach children about the importance of caring for our planet.



My Friend Earth by Patricia MacLachlan

This book features cut-outs, flaps and curved contours encouraging exploration as its text celebrates everything the Earth does for us, while reminding us to be a good friend in return.



Un recorrido por la selva by Laurie Krebs

Three children embark on a day-long trek through the Amazon, discovering all sorts of rainforest creatures in their natural habitats. Educational endnotes about the creatures in the story and peoples of the rainforest compliment the book.

Child Abuse & Neglect

Learn the signs to help protect a child

Several campaigns focused on child well-being take place in April. Alongside the **Week of the Young Child (Apr. 1-7)** and **Every Kid Healthy™ Week (Apr. 24-28)**, is **National Child Abuse Prevention Month**.

With ACD's ongoing efforts to expand our mission to include child safety and wellness, the issue of child abuse is particularly important.

According to Prevent Child Abuse America, this campaign is intended to bring awareness to "...child abuse and neglect [which is] both widespread and too often invisible."

In its annual child maltreatment report released February 9, 2023, the Children's Bureau at the Department of Health and Human Services' (HHS) Administration for Children and Families (ACF) revealed nationally that of the estimated 3,016,000 children that were part of a child welfare agency response in fiscal year 2021, an estimated 600,000 were victims of maltreatment and an estimated 1,820 children died from abuse and neglect.

For children under the age of 18, there are four common types of abuse and neglect at the hand of a parent, caregiver or guardian:

- **Physical:** intentional use of physical force resulting in physical injury (i.e. hitting or burning).
- **Sexual:** pressuring or forcing of a child to engage in sexual acts.
- **Emotional:** harming a child's self-worth or emotional well-being (i.e. name-calling or rejecting).
- **Neglect:** failing to meet a child's physical and emotional needs (i.e. food and withholding love).

Child abuse and neglect are preventable! **As a provider, you can help protect a child from abuse and neglect:**

- **Recognize signs of child abuse and neglect.** They may include a child:
 - reporting injury by a parent or adult caregiver
 - having unexplained injuries (i.e. burns, bites, bruises or black eyes)
 - being frequently absent from school
 - begging or stealing food or money
 - consistently dirty with severe body odor
 - lacking sufficient clothing for the weather
 - unable to gain weight (especially in infants) or with sudden dramatic weight gain
 - not receiving help for physical or medical problems brought to a parent's/caregiver's attention
- **Report suspicions.** Reporting concerns is not an accusation. It is a request for an investigation and assessment to determine if help is needed. As a provider, you may be a "mandated reporter" and so, required by state law to report child maltreatment.
- **If you believe a child is in IMMEDIATE danger, contact 911.** If you suspect abuse or neglect, contact a confidential hotline: **800-252-2873 (IL); 855-444-3911 (MI) or 1-800-4-A-CHILD (1-800-422-4453)** – a national child abuse hotline offering referrals and support resources.

■ **Source:** preventchildabuse.org | acf.hhs.gov | cdc.gov | childwelfare.gov | healthychildren.org | nationalchildrensalliance.org
 ■ **Image (top):** Nadezhda1906/Getty Images Pro | **Image (bottom):** Adrienn/Pexels



April 2023

Submit quiz answers to your Field Monitor to receive FREE training credit.
Do not (e)mail quiz to the ACD office.

1. Since 2000, autism has increased by:

- a. 1%
- b. 50%
- c. 178%
- d. 8%

2. Child abuse and neglect are not preventable:

- a. True
- b. False

3. When gardening with children, which vegetable is a good option to start with?

- a. Asparagus
- b. Beets
- c. Rutabaga
- d. Corn

4. The National Child Abuse Hotline number is:

- a. 1-800-123-4567
- b. 1-855-422-4453
- c. 1-800-422-4453
- d. 1-800-422-4444

5. Fasting involves eating all foods and drinks:

- a. True
- b. False

6. Reporting concerns of abuse is an accusation:

- a. True
- b. False

7. 1 in 40 U.S. children has been identified with autism:

- a. True
- b. False

8. Children and elders are expected to fast:

- a. True
- b. False

9. What is NOT a sign of child abuse and neglect?

- a. Unexplained injuries
- b. Frequent school attendance
- c. Dramatic weight gain
- d. Begging for money

10. Compost bins can be filled with which two items?

- a. Fresh bread
- b. Cereal
- c. Tea
- d. Milk

11. How many more times are boys likely to be diagnosed with autism than girls?

- a. 1
- b. 4
- c. 14
- d. 2

12. A mandated reporter is required by state law to report child abuse:

- a. True
- b. False

13. Autistic children may have nutritional challenges leading to:

- a. Itchiness
- b. Low protein intake
- c. Obesity
- d. Happiness

14. In some religions, olive oil represents fuel:

- a. True
- b. False

15. Single-use plastics help reduce carbon footprint:

- a. True
- b. False



The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.



As a nonprofit, ACD has been operating for more than 45 years in Illinois and Michigan. A large part of our work involves serving more than 36,000 children through the Child and Adult Care Food Program (CACFP) – a program ensuring children have access to nutritious meals.

Alongside this critical work, ACD looks to make a greater impact by expanding our mission to include a safety component focused on decreasing the risk of harm or injury in homes children are cared for through outreach, education and safety products.

Support ACD's efforts to prevent child injury.

Donate today at www.acdkids.org.