



# potpourri

April 2024

Volume 50 | Issue 4

## What's Inside?

Reducing Food Waste

What in the World is CSA?

Using Leftovers

Child Abuse Awareness

Childproofing Basics

& More!



**Potpourri** is published monthly by the Association for Child Development (ACD), a sponsor of the Child and Adult Care Food Program (CACFP). Child care providers sponsored by the ACD for participation with the CACFP receive Potpourri free of charge. No portion of Potpourri may be reprinted without the consent of ACD.

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Spring is in the air! Embrace the season with new beginnings and fresh possibilities! As we step into April, I want to take a moment to reflect on our progress and look ahead to the opportunities this quarter. In FY 2023, we helped to feed 148,241 children in Michigan and Illinois, and supervised \$24,710,415 in reimbursements.

We can all feel pride in having served so many children and families in the last year.

Congratulations to the winners of our CACFP week giveaway last month! Thank you to all of you who participated with us and with CACFP's other activities. From April 22-26, the majority of our staff will be at the Child Nutrition Conference gaining more information to better serve all of you.

As of this month, bubble and scannable menus are no longer supported by Minute Menu. Submissions must be online unless you have been otherwise approved to claim manually.

**In closing, I want to express my deepest gratitude for your commitment and resilience. Thank you for your hard work, dedication, and simply being an integral part of our success. Let's continue to support each other and use our collective effort to give children the healthy meals they deserve.**

**Denise Meyer**  
Executive Director

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# Reduce Food Waste

April is Reduce Food Waste Month. Here are a few recipes that help do just that!

## Use It Up Frittata

6 servings  
floridamilk.com

### Ingredients

6 eggs  
1 cup of milk  
1 - 1 1/2 cups diced veggies (use what you have, e.g., mushrooms, sweet peppers, tomatoes, zucchini, peas, beans, or corn)  
1/2 cup meat of choice (use what you've got - chicken, ground meat, turkey bacon, etc.)  
Salt, pepper, and seasonings to taste

- Preheat oven to 400 F.
- Clean and dice all veggies.
- Warm an oven-safe skillet.
- Sauté vegetables and your meat of choice.
- While vegetables and your meat of choice are cooking, mix 6 eggs and the milk in a small bowl.
- Once the vegetables are soft, gently pour in the milk/egg mixture to the skillet.
- Bake for 15-18 mins until eggs are thoroughly cooked and top is slightly brown.
- Serve with fresh fruit

⊕ **Vegetable**

⊕ **Meat/Meat Alternate**



## Quick Fix Tortilla Pizza

4 servings per large tortilla  
budgetbytes.com &  
cookieandkate.com

### Ingredients

1 soft corn tortilla  
1 cup veggies (whatever you have cut up and leftover)  
1/3 cup pizza or tomato sauce  
1/3 cup meat (use what you have leftover)  
1/3 cup shredded cheese

- Preheat the oven to 425 F.
- Place the tortilla in a 12-inch cast iron pan or baking sheet (max crispiness option: place the tortilla on a stainless steel, oven-safe cooling rack, and place that on the baking sheet).
- Spread sauce evenly across the tortilla, leaving 1/2 inch around the edges. Sprinkle with cheese and toppings.
- Bake until the cheese is golden and bubbling (no sooner!) and the edges of the tortilla are lightly browned, about 10 to 14 minutes. Let the pizza cool for a few minutes before slicing.

⊕ **Vegetable**

⊕ **Meat/Meat Alternate**

⊕ **Grain/Bread Product**

■ Image: floridamilk.com

## Kitchen Sink Fritters

10 small fritters  
somethingnutritiousblog.com

### Ingredients

1 cup cooked brown rice  
1 egg  
1/4 cup flour of your choice  
1 cup grated zucchini, about 2 medium (or whatever you have leftover)  
1 cup grated carrots, about 2-3 medium carrots (or whatever you have leftover)  
1/2 cup shredded cheese  
1 tsp garlic powder  
1/2 tsp salt  
1/4 tsp black pepper

- Preheat your oven to 375 F.
- Add your grated veggies to a thin dish rag or paper towel. Squeeze out as much liquid as possible and add them into a large bowl.
- Toss in your rice, cheese, spices, and egg, and mix well with a rubber spatula or your hands.
- Add in your flour, and mix until well combined.
- Line a sheet pan with parchment paper. Scoop out about 1/4 cup of the mixture onto the sheet pan to form a palm-sized fritter and flatten down slightly. Repeat with remaining mixture.
- Bake for 25 minutes, gently flip each one, then bake for an additional 15 minutes.

⊕ **Grain/Bread Product**

⊕ **Vegetable**

# Meals & Menus CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
<b>BREAKFAST</b>	<b>1. GN/BP OR MT**</b> <b>2. FT OR VG</b> <b>3. MK</b>	1. Scrambled Eggs 2. Banana 3. Milk	1. WG Cereal 2. Strawberries 3. Milk	1. WG Pancakes 2. Banana 3. Milk	1. Egg & Sausage Bites 2. Blueberries*** 3. Milk	1. Oatmeal 2. Raspberries*** 3. Milk
<b>LUNCH/DINNER</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. VG</b> <b>4. FT OR VG</b> <b>5. MK</b>	1. Tuna Salad 2. WG Bread 3. Sweet Potato Fries 4. Cantaloupe 5. Milk	1. Grilled Chicken Bites 2. WG Roll 3. Green Beans 4. Watermelon 5. Milk	1. Beef/Beans & Cheese 2. WG tortilla 3. Salsa 4. Avocado 5. Milk	1. Cheese (grilled cheese) 2. WG Bread (grilled cheese) 3. Broccoli 4. Applesauce 5. Milk	1. Sweet & Sour Chicken 2. Brown Rice 3. Green Peas*** 4. Diced Carrots 5. Milk
<b>SNACKS*</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. FT</b> <b>4. VG</b> <b>5. MK</b>	1. String Cheese*** 2. WG Pretzels 3. Apple Slices 4. Sugar Snap Peas*** 5. Milk	1. Edamame*** 2. WG Crackers 3. Pears 4. Baby Carrots*** 5. Milk	1. Hummus 2. WG Pita 3. Grapes*** 4. Cucumbers 5. Milk	1. Hard Boiled Egg 2. WG Pretzels 3. Peaches 4. Cherry Tomatoes*** 5. Milk	1. Nut/Seed Butter 2. WG Crackers 3. Orange Slices 4. Celery*** 5. Milk
(*) Choose two food groups from "Snacks" list.			(**) MT may be substituted for GN/BP up to 3x a week.  (***) Choking hazard for children under age 4.			
<b>FT:</b> Fruit <b>VG:</b> Vegetable <b>GN:</b> Grain <b>WG:</b> Whole Grain <b>MK:</b> Milk <b>BP:</b> Bread Prdt. <b>MT:</b> Meat/Meat Alternate						



## REMINDERS:

February 2024 final claim due: **April 22 (Mon.)**

- **As of this month, bubble and scannable menus are no longer supported. You must begin claiming online unless otherwise approved for manual claiming.**
- Please remember to submit enrollments/renewals in a timely manner.
- Please remember to mark children out of school and to call in closures.
- Send enrollments to: **Michigan:** mifrontdesk@acdkids.org | Fax: (517) 332-5543  
**Illinois:** ilcustomerservice@acdkids.org | Fax: (708) 236-0872

# What in the World is CSA?

You may have heard of Community Supported Agriculture or CSA being popular these days, but what is it exactly?

**CSA - short for Community Supported Agriculture - is a sales model that connects people directly with farmers.** CSA was created in response to a globalized food economy to provide consumers with the ability to secure local food and develop relationships with the people and places that produce that food. The average distance food travels from farm to consumer in the United States is 1,300 miles!

The process of participating in a CSA is simple.

1. Consumers purchase a CSA share at the beginning of the season.
2. Farmers use up-front payments to cover the cost of seeds, tools, and other inputs at the start of the season.
3. Consumers receive regular distributions of vegetables, fruit, meat, or other farm products.

A CSA share, sometimes called a membership, is an offering that varies from farm to farm in size and product mix but is essentially a subscription of farm fresh food that is either picked up or delivered on a regular basis.

## How do I join?

1. You pick a farm that fits your needs. Use a site like [www.localharvest.org](http://www.localharvest.org) to find a farm near you.
2. You purchase a "share" from a farm and become a farm "member."
3. You choose the pick-up location from a list of options the farm provides.



4. The farm provides a box of vegetables regularly throughout the growing season.

**When you sign up for a CSA membership at a farm, you pay in advance for a share of the farm's upcoming harvest.** CSA members will receive a regular (often weekly) box of farm-fresh food all season long. In addition to having a steady supply of in-season produce, you directly support local farmers and typically spend less money than when buying produce from a store.

Obtaining food locally keeps the money within the local community.

In recent years, farmers have made efforts to make CSAs adaptable to customer needs. Farms may offer shares in various sizes, offer flexible pickup or delivery schedules, allow you to make choices about what is put in your share, or partner with other local producers to offer high quality add-ons.

## What if I live in the city?

Many CSAs deliver to places in city locations. Along with [localharvest.org](http://localharvest.org), you can also simply use a search engine like Google. Type in a phrase like "CSA farms near (your city/state)." This way, you can also read reviews and find the CSA that's right for you.

Participating in a CSA is not the right choice for everyone, but it is an interesting way to connect with the farmers that grow your food while getting the freshest products possible.



## Benefits of joining a CSA:

- Provides access to fresh, nutritious, and diverse farm products
- Connects people of diverse life circumstances to the farmer, land, and food they eat
- Supports the agricultural costs incurred by farmers through up-front member investment in the upcoming harvest
- Provides fair market value to farmers through direct sales
- Helps individuals and families to spend their food dollars locally.

# Putting Leftovers to Good Use

For many of us, our grocery budgets have been stretched considerably in the past few years. One way to stay on a budget better is by using leftovers. Your planned cycle menu can include meals that use up leftovers. Keep in mind what children enjoy eating when you plan to feature leftovers on the menu.

## Ideas for using up leftovers:

- Cooked vegetables: use in an omelet, egg bake or as a homemade pizza topping
- Roasted meat: use in a sandwich/wrap, pita or quesadilla
- Rice: make fried rice or serve in lettuce wraps
- Noodles: make homemade soup

Other times you might not use up all of the ingredients when preparing a recipe. In this instance, find a use for the remaining ingredients in another recipe. You will see in the featured recipe this month that cooked ground turkey is used to make turkey meatballs. However, by cooking 2 pounds of turkey at once, you can reserve the remaining 1 pound of turkey to make another recipe, such as turkey chili or turkey tacos.



## Extra ingredient ideas:

- Extra vegetable trimmings: make homemade broth
- Extra ground meat or poultry: make chili, soup or freeze
- Extra grapes: wash, dry and freeze and for a refreshing snack
- Extra bread: after 1-2 days, make homemade breadcrumbs
- Extra greens or berries: wash, dry and freeze for soup or smoothies

Per the USDA: "Leftovers can be kept in the refrigerator for 3-4 days or frozen 3-4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer." Also, food plated and served must be discarded after a meal or snack.

By understanding how to serve leftovers safely and getting a bit creative with your menu planning, you can stretch your food dollars and still serve an appetizing and nutritious meal!

**According to Feeding America, people in the United States waste 80 million tons of food every year, which equals 149 billion meals. They throw away over \$444 billion worth of food annually. Shockingly, they waste 38% of all the food in America.**

## Turkey Meatballs

Yield: 36 meatballs (12 servings)

Juicy, flavorful meatballs are fun for kids to eat and a versatile recipe for adults to make! You can throw in extra vegetables you might have lying around too, such as the sweet potatoes and mushrooms featured in this recipe. 1 serving (3 meatballs) provides 1/3 cup vegetables and 1 oz meat/meat alternate.

### Ingredients:

- 1 pound ground turkey
- 1 tbsp olive oil
- 2 cups of sweet potatoes, peeled and cooked
- 2 cups of mushrooms, diced
- 2 eggs
- 1/2 cup breadcrumbs
- 2 tbsp milk
- 1 tbsp garlic, minced
- 1 tsp oregano
- 1 tsp parsley
- 1/2 tsp salt
- 1/4 tsp black pepper

### Instructions:

1. Preheat the oven to 400°F.
2. Cook the ground turkey in a large saucepan with olive oil until no longer pink. (minimum internal temperature of 165°F) Drain and set aside to cool for 10-15 minutes.
3. While the ground turkey is cooling, gather all of the other ingredients in a large mixing bowl. Once cooled, add the turkey and stir well to combine.
4. Using clean hands, roll the turkey mixture into 1 1/2 inch meatballs and place on parchment-lined sheet pans.
5. Cook for 25-30 minutes.
6. Serve and enjoy!

**Nutrition Information** (serving size: 3 each): 140 calories, 7 grams fat, 10 grams carbohydrate, 1 gram fiber, 9 grams protein.

*Optional: use ground beef or chicken in place of ground turkey. Serve with ketchup or other dipping sauce if desired.*

- ➕ **Vegetable**
- ➕ **Meat/Meat Alternate**

**Safety Note:** Test the temperature of the cooked meatballs by cutting them open and using a clean hand to feel how hot the meatballs are before serving.

■ **Images:** Allison Stock



## GROCERY APPS

We've been talking about how grocery shopping apps can be a great way to save money on your grocery bill.

This month, we'll focus on cash back apps.



### Cash Back Apps

- **Ibotta**  
Ibotta is an app that gives you cash back on your purchases. You either link your loyalty card or scan your receipts. Add the offers to your list, and the savings start to pile up. Once you have \$20 in earnings, you can cash out. *For Android & iOS*
- **Fetch Rewards**  
Fetch Rewards is a very simple receipt-scanning app to use. Just scan a receipt from any purchase and receive reward points. Every 1,000 points equals one US dollar. You can cash out with a minimum of 3,000 points (3 dollars). The payout options are gift cards to retailers like CVS, Target, and Amazon. You can also choose to donate your earnings to the Red Cross. *For Android & iOS*
- **SavingStar**  
Look through the coupons available on the app and select the ones you want to use. After making the relevant purchases, upload your receipt to receive your cash-back savings. Best for those who prefer to shop at small regional chain stores rather than big nationwide box stores. *For Android & iOS*

■ Source: [ibotta.com](http://ibotta.com) | [thewaystowealth.com](http://thewaystowealth.com) | [wellkeptwealth.com](http://wellkeptwealth.com)

# Signs of Child Abuse

April is child abuse awareness month, and it's time to talk about child abuse and neglect prevention. According to [preventchildabuse.org](http://preventchildabuse.org), child abuse and neglect are preventable, and all communities benefit when children and families are well supported. All community members play a role in ensuring that children have positive experiences and families have the resources they need when they need them, well before they are in crisis.

## Recognize the Warning Signs

Signs of child abuse or neglect include:

- Unexplained injuries, such as bruises
- Extreme behaviors, such as excessive crying, truancy or running away
- Poor hygiene and unsuitable clothing
- Excessive fear of parent(s), caregiver(s) or going home
- Depression or excessive crying
- Poor peer relationships or inability to relate to children of the same age
- Sudden change in behavior
- Constant hunger, tiredness, or lack of energy
- Attention-seeking behaviors

## Respond Appropriately

It is important to respond appropriately to a disclosure or suspicion of abuse. Try to keep your words and body language as calm and neutral as possible. Children may feel confused, scared, sad or angry. Be supportive and non-judgmental. You can let them know that you may need to talk to someone whose job it is to keep them safe.

Don't wait to make a call. In case of an emergency, or if a child indicates that they are afraid to return home, you should call local law enforcement immediately, or 911.

■ Source: [nationwidechildrens.org](http://nationwidechildrens.org) | [preventchildabuse.org](http://preventchildabuse.org)

# SHOP, SWIPE, SUPPORT!

Shop for groceries. Swipe your Kroger Card. Support the Association for Child Development!

Kroger Community Rewards® is partnering with the Association for Child Development to fight childhood obesity and establish healthy eating habits to last a lifetime!



## IT'S AS EASY AS 1...2...3...

**1. REGISTER:** your Kroger Plus Card online at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) by selecting "Create an Account".

Sign In

Create an Account

Create an account by entering in your email address and zip code. Then, enter your Kroger Plus Card number found on the back of your card. Do you use your phone number at the register? Call 877-576-7587 to get your Kroger Plus card number.

**2. CHOOSE:** the Association for Child Development as your charitable organization. Once your account has been created, select "Enroll" under the Community Rewards section. Enter the Association for Child Development's name or organization number.

Community Rewards

Earn money for your favorite community organization when you use your Plus Card.

Enroll

**ACD's organization number is: 18290**

**3. SHOP:** Every time you shop, Kroger Community Rewards® will make a donation to the Association for Child Development as we strive to fulfill our mission of establishing healthy eating habits to last a lifetime.



## Q: How can someone donate to ACD?

There are a couple of ways people can donate to ACD. The first way is online. We have a donate button on our website, as well as a pinned post on facebook that have links to a [Paypal donation page here](#).

Another way to donate is to connect your Kroger Shopper's Card to ACD. Log in to your digital account and connect to Kroger Community Rewards. Search for Association of Child Development or use our organization number: 18290. If digital payment is not an option, a check can be sent to our Michigan P.O. Box at ACD  
P.O. Box 1491  
East Lansing, MI 48826



Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg). We'll answer questions monthly in "Potpourri."



## Spring Is Here!

### Q-Tip Daisy

#### SUPPLIES:

Cotton Swabs

Play-Doh (yellow is shown)

Green Pipe Cleaners



#### STEP 1

Cut cotton swabs in half.

#### STEP 2

Roll Play-Doh into a ball and squish to flatten into a thick circle.

#### STEP 3

Poke the swab halves into the edge of the Play-Doh until you've gone around the whole ball.

#### STEP 4

Poke a green pipe cleaner into the side to form a stem. An additional pipe cleaner can be twisted around the stem to form a leaf.

#### STEP 5

You can choose to put your daisies in a "vase," or glue them onto a sheet of paper.



**Safety Note:** (\*) Carefully supervise or monitor children when using cotton swabs so they do not put them in their nose, ears, or mouth.

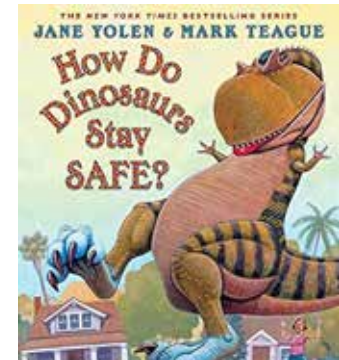
■ Craft/Image: [thepinterestedparent.com](http://thepinterestedparent.com)

### Some Spring Facts to Share with Kids

- Lots of cuddly animals have their babies in the spring, including deer, birds, and rabbits.
- Animals who hibernated through the winter, like bears and hedgehogs, come out to play again in the spring.
- Spring brings out the bees, which are super important for our environment. They help flowers, plants, and trees grow.
- Spring is the best time for planting many plants because the soil is cool enough for roots to thrive, there's lots of rain, and new plants love the warmer air.

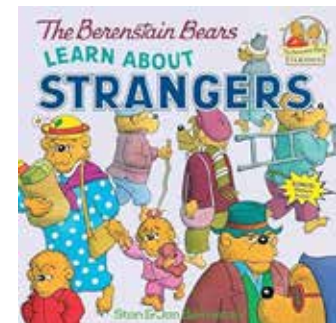
■ Source: [swimtastic.com/](http://swimtastic.com/)

**Safer Kids Week is April 24-26. Here are some timeless books that remind kids that safety is important!**



### How Do Dinosaurs Stay Safe?

by Jane Yolen (Author), Mark Teague (Illustrator)



### The Berenstain Bears Learn About Strangers

by Stan & Jan Berenstain (Authors)



### Oscar and the Bird: A Book about Electricity

by Geoff Waring (Author, Illustrator)

■ Books: [amazon.com](http://amazon.com)

# Let's Talk Childproofing

As little ones start to crawl, walk, and explore, every corner of their environment becomes a new adventure, and with that adventure comes the inevitable risk of not only bumps and bruises, but serious injury. Our goal is to help you create a safe haven where children can learn, play, and grow without the constant worry of potential dangers lurking around every corner. From securing heavy furniture to safeguarding electrical outlets, we'll talk about some simple ways you can make your space as child friendly as possible. The Consumer Product Safety Commission recommends making use of several safety devices to protect your children, including:

- Safety latches and locks for cabinets and drawers in kitchens, bathrooms, and other areas help prevent poisonings and other injuries. Safety latches and locks on cabinets and drawers can help prevent children from gaining access to medicines, laundry detergent, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects. Even products with child-resistant packaging should be locked away and kept out of reach.
- Outlet covers to help prevent electrical shock. Outlet covers and outlet plates can help protect children from electrical shock and possible electrocution. Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them.
- Anchors to prevent furniture, TVs and ranges from tipping over and crushing children. Deaths and injuries occur when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges. For added security, anchor these products to the floor, or attach them to a wall. Free-standing ranges and stoves should be installed with anti-tip brackets to prevent scalding and crushing injuries.
- Corner and edge bumpers help prevent injuries from falls against sharp edges on walls, furniture and fireplaces.
- Knob covers or door locks snap over door knobs to prevent young children from turning them. Knob covers help prevent children from entering rooms and other areas with possible dangers. Door knob covers and door locks can help keep children away from places with hazards. Be sure the door knob cover is sturdy and allows a door to be opened quickly by an adult in case of emergency.
- Safety gates help to prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. Use safety gates that meet current child safety standards. Pet gates should never be used as a child safety gate. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck. Look for safety gates that children cannot dislodge easily, but that adults can open and close without difficulty. For the top of stairs, only use gates that screw to the wall.



■ Sources: nsc.org || cpsc.gov Images: Adobe Stock Images

# April 2024

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

**1. How much food do people in the US waste?**

- a. 100 tons
- b. 65 million tons
- c. 80 million tons
- d. 120 million tons

**2. Baby gates at the top of stairs do not need to be screwed to the wall.**

- a. True
- b. False

**3. CSAs will deliver to cities.**

- a. True
- b. False

**4. Leftovers can be kept in the refrigerator for how long?**

- a. 3-4 days
- b. 1-2 days
- c. 2-3 weeks
- d. 5-7 days

**5. Child abuse and neglect are preventable:**

- a. True
- b. False

**6. The average distance food travels from farm to consumer in the US is:**

- a. 1,400 miles
- b. 2,000 miles
- c. 1,500 miles
- d. 1,300 miles

**7. Hazardous products with child-resistant packaging do not need to be put out of children's reach.**

- a. True
- b. False

**8. A sign of child abuse is:**

- a. Unexplained injuries, such as bruises
- b. Depression or excessive crying
- c. Sudden change in behavior
- d. All of the above

**9. One way to use extra bread is to make homemade breadcrumbs.**

- a. True
- b. False

**10. Anti-tip brackets on stoves cause scalding or crushing injuries:**

- a. True
- b. False

**11. What percentage of food is wasted in the US?**

- a. 15%
- b. 38%
- c. 36%
- d. 27%

**12. Leftovers can be kept in the freezer for how long?**

- a. 6-12 months
- b. 3-4 months
- c. 1-2 months
- d. 1 year

**13. Bubble and scannable menus are no longer supported:**

- a. True
- b. False

**14. Obtaining food locally keeps money within the community.**

- a. True
- b. False

**15. Some important childproofing tools include:**

- a. Knob covers & corner bumpers
- b. Safety gates
- c. Anchors & outlet covers
- d. All of the above



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](http://www.acdkids.org).**