

potpourri

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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.

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ANNOUNCEMENTS FROM ACD

Do you know how to view your Office Error Reports in KidKare?

You should! Logging in for just a few minutes every month allows you to fix any inaccuracies in your claims and maximize your reimbursement. Don't lose money over little mistakes!

Call your state's ACD office if you have questions about your errors. We are happy to assist you.

How to View Office Error Reports

1. In KidKare, go to "Food Program" on the left side of the screen and click on "View Claims."

2. Select the month that you wish to view from the top of the page.

3. Once it loads, click "Print Claim Summary" to download the report.

ON THE COVER Kayson is two years old. He loves dinosaurs, going to the zoo, hanging out with his older siblings, and the occasional chocolate chip cookie.

April Fools' Fun

Nothing is quite as it seems with these clever, healthy food pranks.



Mashed Potato Sundae

Good luck telling kids they're not REALLY having ice cream for dinner!

5 lbs russet potatoes, washed and peeled
8 cups chicken broth
1/2 cup salted butter
8 oz cream cheese
3/4 cup buttermilk
1 tsp salt, or to taste
Jarred gravy
Small, jarred red peppers

Peel and rinse the potatoes. Cut into 1-inch cubes and place in a large pot. Pour in the chicken broth, which should just cover the potatoes. Bring the pot to a boil over high heat, reduce to medium heat, and simmer until tender, about 15 minutes. Strain the potatoes and transfer to a large mixing bowl. Add the butter, cream cheese, buttermilk, and salt. Use a hand mixer to whip until light, fluffy, and creamy, about 3-5 minutes, or use a potato masher.



Spoon into ice cream bowls or glasses, drizzle with gravy, and top with a small, round red pepper.

✔ Vegetable

*Recipe from thestayathomechef.com;
Concept and photo: bakeat350.net*

Meatloaf Cupcakes

Transfer to real cupcake liners after baking for an authentic touch.

2 lbs lean ground beef
1/2 white onion, diced
1 cup dried bread crumbs
1/2 cup milk
1 large egg
2 Tbs Worcestershire sauce
1 tsp salt
1 tsp basil
1 tsp oregano
1/2 tsp black pepper
1/2 tsp red pepper flakes
Mashed potatoes (see recipe at left)

Preheat oven to 350°F and lightly grease an unlined muffin tin. In a large mixing bowl, combine the ground beef, onion, bread crumbs, milk, egg, Worcestershire sauce, salt, basil, oregano, black pepper, and red pepper flakes. Shape the meatloaf into large balls that fill the muffin tin holes. Bake for 35-40 minutes. Once cooked, remove the meatballs from the muffin tin and place in cupcake liners. Meanwhile, make a batch of mashed potatoes. Transfer potatoes to a pastry bag with a star tip and frost the "cupcakes" with mashed potatoes.



✔ Meat/Meat Alternate

✔ Vegetable

Source and photo: thestayathomechef.com

Baked Apple "French Fries"

Use with Kiku apples, or any variety that will hold together well during baking.

4 apples, peeled
1/2 tsp cinnamon
Granulated sugar or stevia
Strawberry preserves (optional)

Preheat oven to 400°F. Spray a cookie sheet with cooking spray and slice the apples into strips with a crinkle cutter. Toss with cinnamon and sugar and bake for 8-12 minutes. Serve with fruit preserves for dipping, if desired.



✔ Fruit

Source and photo: ameessavorydish.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Grain/Bread Product - OR- Meat/Meat Alternate 2. Fruit or Vegetable 3. Milk <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to 3x a week.</i>	1. Whole grain toast 2. Banana 3. Milk	1. Whole grain waffle 2. Apple slices 3. Milk	1. Cheese omelet 2. Potatoes 3. Milk	1. Whole grain cereal 2. Oranges 3. Milk	1. Ham 2. Carrot sticks 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Cheese 2. Whole grain spaghetti 3. Tomato sauce 4. Green beans 5. Milk	1. Fish sticks 2. Whole grain barley 3. Beets 4. Nectarines 5. Milk	1. Chicken 2. Egg noodles 3. Green peppers 4. Canned peaches 5. Milk	1. Ground beef 2. Whole grain bun 3. Baked sweet potato wedges 4. Applesauce 5. Milk	1. Kidney beans 2. Whole grain quinoa 3. Tomatoes 4. Corn 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Cottage cheese 2. Pineapple 1. Peanut butter* 2. Apple slices	1. Cheese 2. Whole grain crackers 1. Egg 2. Whole grain English muffin	1. Pretzels 2. Carrot sticks 1. Apple muffin 2. Milk	1. Whole grain toast 2. Banana 1. Hummus 2. Red pepper strips	1. Whole grain Cheerios 2. Milk 1. Yogurt 2. Strawberries

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

Chick Crackers

You will need:

Circular crackers Black olives
 Yellow cheese Spinach
 Small carrot

Grab a circle cookie cutter just smaller than the size of the crackers you choose. Cut the cheese into slices and use the cookie cutter to make circles from them. Save the circles and share the scraps to snack on. Slice the carrot into rounds. With a small paring knife, cut a triangle notch out of the "feet" and use this for the beak. Cut some of the carrot into matchsticks for the feathers. Lastly, slice olives into half circles for the eyes and lay the chicks on a bed of spinach.

- ✓ Meat/Meat Alternate
- ✓ Grain/Bread Product
- ✓ Vegetable

Source and photo: superhealthykids.com



Money Saving Tip

Spring is coming! Starting a garden is a great activity for the kids; plus growing your own vegetables is a good way to save money. Some easy vegetables to grow are: peas, carrots, and cucumbers.

Cooking Tip

Mise en place (pronounced mee-zahn-plas) is a French cooking term that literally means to "put in place". Having all your ingredients washed if needed, measured, and laid out within reach helps to alleviate stress and prevent such things as forgetting an ingredient. It's worth the extra work!

Source:
dartagnan.com



Spring into Good Nutrition

How to Prevent Vitamin D Deficiency



April showers might bring flowers, but they also mean cloud cover and chilly temperatures that keeps us indoors well into springtime. Sun exposure is critical for vitamin D synthesis and production, so those of us in the Midwest who receive lake-effect precipitation much of the year need to be especially mindful of this.

In particular, parents and pediatricians should keep an eye on children's vitamin D intake, as it is a critical and often overlooked part of a healthy diet. This vitamin is important for bone growth, metabolism, and immunity, and even affects the body's ability to absorb other nutrients. For example, without sufficient vitamin D, we only absorb 15% of the calcium in our diets. Vitamin D deficiency in childhood can also lead to skeletal deformities, fractures, and may be linked to cancer or heart disease later in life, although it doesn't often present obvious symptoms among children.

Groups at high risk for deficiency include breast-fed infants, since breast milk contains little vitamin D; obese children;

those with darker complexions, since dark skin synthesizes less of the vitamin than light skin; and those with medical conditions like cystic fibrosis, diabetes, and inflammatory bowel disease, which interfere with the absorption of food.

Thankfully, vitamin D is easily prevented and treated. Good dietary sources include fish such as salmon and tuna, egg yolks, fortified milk and orange juice, breakfast cereals, yogurt, and cheese. The American Academy of Pediatrics recommends that all breast-fed infants receive a supplemental 400 IU daily until they are weaned and begin consuming formula or foods fortified with vitamin D. Of course, when possible, good old-fashioned sunshine in moderation is important, too.

Vitamin D deficiency can be corrected with supplements, but parents should first consult a pediatrician. Supplements of any kind should only be added to a child's diet under the guidance of a health professional. 🍷

Source: hopkinsmedicine.org

Photos: Ben White and Delfina Cocciardi on Unsplash

HOW MUCH VITAMIN D IS ENOUGH?

Children under 12 months
400 IU

Children 12 months and older
600 IU or more





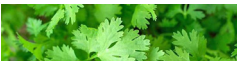






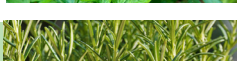



One cup of fortified 1% milk contains about 100 IU, while the average egg yolk has 41 IU.

IU, short for international unit, is a unit of measurement that varies based on which substance is being measured. 1 IU of vitamin D is not the same as 1 IU of vitamin C!

Sources: cdc.gov, eatright.org, everydayhealth.com



ACD's Guide to Growing Herbs

HERB	START SEEDS INDOORS? 🕒	START SEEDS OUTDOORS? 🕒	SOIL	LIGHT
BASIL 🌞 	6-8 WKS BEFORE	ANYTIME AFTER	RICH, MOIST	FULL SUN
CHIVES 	8-10 WKS BEFORE	3-4 WKS BEFORE	RICH, MOIST	FULL SUN
CILANTRO (CORIANDER) 	NO	ANYTIME AFTER	LIGHT	FULL/PARTIAL SUN
DILL 	NO	4-5 WKS BEFORE	RICH	FULL SUN
FENNEL 	4-6 WKS BEFORE	ANYTIME AFTER	RICH	FULL SUN
LEMON BALM 🌞 	6-10 WKS BEFORE	2-3 WKS BEFORE	WELL-DRAINED	FULL/PARTIAL SUN
MINT ✂️ 	NO	NO	RICH, MOIST	PARTIAL SUN
OREGANO 🌞 	6-10 WKS BEFORE	ANYTIME AFTER	POOR	FULL SUN
PARSLEY 🌞 	10-12 WKS BEFORE	3-4 WKS BEFORE	MEDIUM-RICH	PARTIAL SUN
ROSEMARY 🌞 	8-10 WKS BEFORE	ANYTIME AFTER	NOT TOO ACIDIC	FULL SUN
SAGE 	6-10 WKS BEFORE	1-2 WKS BEFORE	WELL-DRAINED	FULL SUN
TARRAGON ✂️ 	NO	NO	WELL-DRAINED	FULL/PARTIAL SUN
THYME 🌞 	6-10 WKS BEFORE	2-3 WKS BEFORE	WELL-DRAINED	FULL/PARTIAL SUN

KEY

- 🌞 Minimum recommended soil temperature to germinate is 70°F
- 🕒 If applicable, the amount of time before or after the last spring frost
- ✂️ Best propagated by division or transplant, as opposed to seeds



Source: almanac.com,
Photo: Angele Kamp on Unsplash



Paper Plate Garden

Paper plate
Blue and brown paint
Brown yarn
Green, orange, red and beige card stock
Plastic yarn needle

Paint half of the paper plate blue and the other half brown. Use a hole punch to make holes along the rim of the plate that is painted brown. Thread the yarn through the needle and tape one end to the back of the plate. Thread the yarn through the holes until you run out of yarn, and tape the other end to the back of the plate, as well. Cut out vegetables from the colored paper (for example, a beige onion, an orange carrot, and a red beet) and attach the leaves with glue. Vegetables may be tucked into the "soil" as shown in the photo.

Source: nontoygifts.com

Is ACD your charity of choice on AmazonSmile?

Supporting ACD and the children that you care for is simple. Just make sure that the Association for Child Development is selected as the charity you support, then shop as you normally would. Each time you buy, AmazonSmile will donate 0.5% of all of your eligible purchases at no cost to you.

Find ACD today on smile.amazon.com
Set it and forget it - it only takes seconds!

amazonsmile

ACD's BOOK CLUB

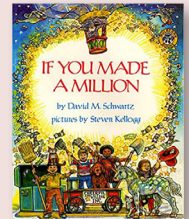
Celebrate Financial Literacy Month with ACD!

English-Language Books

PICTURE BOOK

If You Made a Million
by David M. Schwartz

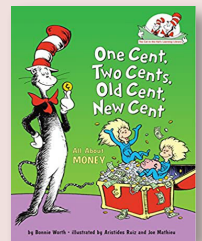
Marvelosissimo the Mathematical Magician unveils the wonders of earning, investing, and growing money.



EASY READER

One Cent, Two Cents, Old Cent, New Cent: All About Money
by Bonnie Worth

The Cat in the Hat explains forms of money and types of banking used in different cultures over time.



Spanish-Language Books

PICTURE BOOK

Mon y Nedita: Mi primer libro de economía
by Montse Junyent and Lucía Serrano

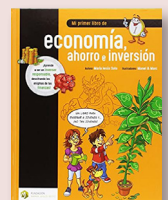
Mon and Nedita's mom's birthday is approaching, but how will they find the money to buy her a gift? Also available in Chinese, Portuguese, and Italian.



EASY READER

Mi primer libro de economía, ahorro e inversión
by María Jesús Soto Barragán

Learn about saving, investing, budgeting, and inflation in this book for the whole family that uses simple examples and cartoon illustrations.





About Lori

BUSINESS:

Lori's Child Day Care

LOCATION:

Lansing, Michigan

ESTABLISHED:

1997

ACD FIELD MONITOR:

Janet Walker

CLIENTS:

Group home - Can have 12 children from birth to 6 years of age

OWN CHILDREN:

Two daughters who grew up with the day care and come back to visit

HOBBIES & INTERESTS:

Self-proclaimed "Nature nut"
Crafting and Sewing

WORD OF ADVICE:

Find your passions and share them with the children



ACD Provider Spotlight: Meet Lori Brodberg

Lori's Child Day Care in Lansing, Michigan is celebrating its 25th anniversary this year. Lori Brodberg and her husband Kevin, who joined the business 15 years ago, strive to create a warm and friendly atmosphere. It brings them so much pleasure to know that the kids are so excited to come to day care, as evidenced by the fact that sometimes a little one will cry when it is time to go home! The kids have so much fun playing with their friends.

Miss Lori likes to give the parents a lot of credit because she knows how hard it is to work and raise a family. Lori's day care was open during Covid, as some of the mothers are nurses and many of the other parents were working from home. Her day care was in demand! As a special treat for her hard-working parents, baking is often an afternoon activity so Mom and Dad arrive to the tantalizing aroma of fresh baked cookies or other treats.

The children at Lori's Child Day Care are introduced to many fascinating activities! As a self-proclaimed nature nut, Miss Lori loves teaching the kids about nature. One of their main projects is raising over 100 Monarch butterflies. The kids collect the eggs and then the butterflies are raised in tabletop butterfly houses. The life cycle of the Monarch is: egg, larvae (caterpillar), pupa (chrysalis), and adult butterfly. The kids feed the adults fresh leaves and are able to watch the life cycle of these beautiful creatures. They also learn about the life cycles of the meal worm and mosquito.

In addition to raising butterflies, they also grow their own food! The day care has 5 food plots where they grow vegetables and herbs. Miss Lori teaches the kids about edible greens so that they would never go hungry out in the wild. Another nature project they do is making reference books by putting samples of leaves and other items together in book form.

Miss Lori likes to think outside the box when it comes to bringing in new experiences to the children. On occasion she likes to bring in people to give talks on different subjects. Everyone is fully vetted, of course! In the past there has been a speaker from MSU that teaches about nutrition and an ABA trainer that works with disabled and autistic children. Lori thinks this is a valuable way for the children to learn new things.

A very cool resident at Lori's Child Day Care is TJ Bearytales. He is a storytelling plush bear with a fully animated mouth, ears, eyes, and nose! This is an original one from more than 15 years ago. TJ is a kid favorite!

Although teaching the kids about nature is something she loves, Lori is also dedicated to working on social skills; especially selfishness. Even she admits this is a hard one!

Lori's love for the kids and her job shines through when she talks about her day care. The interesting activities and learning experiences make Lori's Child Day Care a great place to be! 🍏

Her Favorites

SNACK OR MEAL FOR CHILDREN:

Scoop of peanut butter with dippers

GAME OR ACTIVITY:

A memory game where objects are placed on the table, then taken away to see if the children remember what is missing.

CHILDREN'S BOOKS:

The Pout Pout Fish by Deborah Diesen
TJ Bearytales by Playskool Hasbro



Photos Courtesy of Lori Brodberg

Farmers' Market Fun with Kids!

Spring has sprung, and adults and kids alike can get excited about more than just the return of local flora and fauna. Be on the lookout for local farmers' markets and produce stands, which offer countless opportunities to learn about healthy eating, trying new foods, and supporting your local economy.

Below we offer six suggestions for introducing and interrelating these concepts with young children.

1 MEET THE FARMERS

Stop by as many of the market booths as you can. Encourage children to say hello to the farmers and ask questions about the produce on display. When you encounter foods that are new or unfamiliar, ask the farmer how they like to cook or eat it.

2 EAT THE RAINBOW

Ask children to pick out produce in a variety of colors. Keep a chart at home of the different colors you eat throughout the week.

3 HAVE A SCAVENGER HUNT

Find a scavenger hunt online or whip up your own (see right) to turn shopping into a learning adventure that uses the children's five senses.

4 GET COOKING

Have the kids help you pick out a recipe to prepare using the foods you bought. Give each child a task, and as you cook, ask what they remember learning from the farmers they talked to.

5 CREATIVE PLAY

Set up your own farmers' market with pretend produce stands, play money, and shopping bags. Have the kids switch roles being the farmers and the shoppers.

6 START YOUR OWN GARDEN

What fruits or veggies did the children see that they would like to try growing themselves? Start your seeds in containers indoors and replant them outside when the weather warms up. 🌱



Create Your Own Farmers' Market Scavenger Hunt

Have kids find:

- ✓ A food that grows underground
- ✓ A food that grows on a tree
- ✓ A food that grows on a vine
- ✓ 3 green foods
- ✓ 3 red foods
- ✓ A food with seeds that they can eat
- ✓ A vegetable that they've never tried
- ✓ A fruit that they've never tried



Financial Literacy: It's Never too Early!

Most of us have learned the hard way how to handle our finances, perhaps with debt or overspending, but money management can be a skill we can begin learning at any age. After all, children make choices starting from the very day they are born.

Research suggests that many of our financial habits are established as early as age 7. Introducing key concepts early will normalize them and make it easier to revisit them as the child gets older. Adults may assume that kids will be bored to tears discussing money, but consider ways to make it fun and memorable.

✓ **Start simple.** At a basic level, children need to be able to recognize the names and values of different bills and coins. Assign "prices" to snacks like cheese cubes, pretzels, and apple slices, and help kids decide what they can buy and how much with play money you give them.

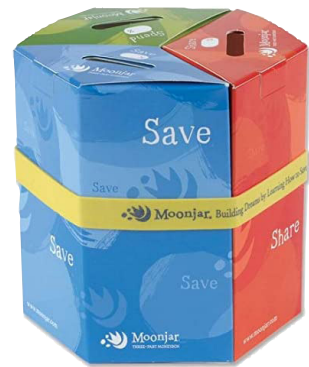
✓ **Turn it into a game.** Board games like Payday and Monopoly encourage critical thinking and decision-making skills regarding how to spend and save. The U.S. Mint also offers several educational games online, such as Counting with Coins, which requires addition and subtraction to figure out the cost of groceries.

✓ **Read up on it.** Finances are anything but boring in illustrated, accessible books from household names like DK, the Cat in the Hat, and more. Money math, delayed gratification, how to write a check, and even interest and dividends are explained to children in simple language. Check out our recommendations on page 7 for ideas.

✓ **Practice.** Children in grades three through six are capable of managing small amounts of money, so parents may consider implementing a weekly allowance or offering payment for chores. Talk with your child about the categories that can be assigned to money, like "spend," "save," and "give," and encourage them to keep a checkbook. The award-winning Moonjar is one helpful, hands-on way to do this.

✓ **Shop together.** The example you set speaks volumes. Clip coupons together, scan the supermarket ads in the paper, scoop bulk foods, and explore markdown sections. Whatever your tricks are for savvy spending, pass them down to the next generation and explain why you do what you do. 🍷

Sources: incharge.org investopedia.com, opploans.com
Photo: amazon.com



Mother's Day is Sunday, May 8th... And Father's Day isn't far behind! Get those you love something that they'll love.



ACD SILENT AUCTION

Three days only

April 27, 28, 29th

Visit us on Facebook to view the items for sale and to place your bids. You'll find household goods, outdoor gear, the latest gadgets, and more. But don't delay! The auction ends Friday night, at which time no more bids will be allowed.

Bidding is open to the public. Winners will be contacted through Facebook to arrange the shipment of their items.



facebook.com/acdkidsorg



April 2022 Potpourri Quiz

Take the quiz below and submit your answers to your ACD Field Monitor to receive FREE training credits.
Please do not mail your quiz to the office.

1. Without sufficient vitamin D, we only absorb _____ of the calcium we consume.
 - a. 5%
 - b. 15%
 - c. 25%
 - d. 55%
2. The effects of a vitamin D deficiency may include:
 - a. Bone fractures
 - b. Headaches
 - c. Discolored skin
 - d. None of the above
3. How can infants receive an adequate amount of vitamin D?
 - a. Through breast milk
 - b. Through yogurt and cheese
 - c. By taking a supplemental 400 IU
 - d. Infants do not need vitamin D
4. If a caregiver believes that a child is lacking vitamin D, it is safe to give them a supplement.
 - a. True
 - b. False. Children should only take supplements under the guidance of a pediatrician.
5. When is it advised to begin growing rosemary outside from seed?
 - a. 8-10 weeks before the last frost
 - b. 3-4 weeks before the last frost
 - c. 1-2 weeks before the last frost
 - d. Anytime after the last frost
6. Which of the following herbs is capable of growing in poor soil?
 - a. Parsley
 - b. Basil
 - c. Oregano
 - d. Chives
7. Growing thyme at home requires:
 - a. Full or partial shade
 - b. Full or partial sun
 - c. Acidic soil
 - d. Fertilizer
8. To germinate from seeds, many herbs require a minimum soil temperature of _____.
 - a. 60°F
 - b. 65°F
 - c. 70°F
 - d. 75°F
9. It is recommended that which of the following herbs NOT be started from seeds?
 - a. Tarragon
 - b. Mint
 - c. All of the above
 - d. None of the above
10. Which of the following is a benefit of introducing children to farmers' markets?
 - a. Learning about healthy eating
 - b. Trying new foods
 - c. Supporting the local economy
 - d. All of the above
11. People begin making choices:
 - a. Starting the day they are born
 - b. Once they develop memory
 - c. Once they develop language skills
 - d. Once they develop critical thinking skills
12. Many of our financial habits may be established as early as the age of _____.
 - a. 5
 - b. 7
 - c. 10
 - d. 17
13. Certain board games and online games can teach children money management skills like decision-making, addition, and subtraction.
 - a. True
 - b. False
14. Children should not be allowed to handle money until they demonstrate maturity and self-control in adolescence.
 - a. True
 - b. False. Kids in third through sixth grade are capable of handling small amounts of money.
15. April is:
 - a. Financial Literacy Month
 - b. Autism Awareness Month
 - c. National Crafting Month
 - d. Both A and B



CHANGE SERVICE REQUESTED

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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.



April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 April Fools' Day Have fun with your food today using the recipes on page 3.
4 Vitamin C Day Throw together a fruit salad of pineapple, mandarin oranges, and kiwi.	5 Autism Awareness Month Read a book together about autism and encourage the kids to ask questions.	6 Balloon Game Blow up a few balloons and have the kids keep them in the air without using their hands.	7 Ready for Spring Rake dead leaves and pick up sticks in your yard or garden.	8 Eat the Rainbow Count how many different colors you eat during meals and snacks today.
11 National Pet Day Have kids bring in pictures of their pets (or favorite stuffed animal) for show and tell.	12 Sock Puppets Ask families to donate socks with no mate. Decorate with paint and googly eyes.	13 Leapfrog Play leapfrog together in your yard or playroom.	14 Financial Literacy Learn about money today. What is each coin called, and how much are they worth?	15 National Banana Day Enjoy a banana during snack time today.
18 Silly Songs Change the words to a nursery rhyme so they tell a story about your day at daycare today.	19 Story Time Attend story time as a group at your local library.	20 Vitamin D Day Serve a meal rich in vitamin D today.	21 Marbles Learn the official rules of playing marbles together.	22 Farmers' Market Plan a trip to your local farmers' market.
25 Indoor Herbs Place pots of herbs in a windowsill and watch them grow.	26 National Pretzel Day Make whole grain pretzels together and form them into the letters of your names.	27 Chalk People Weather permitting, trace the outline of each other's body in sidewalk chalk.	28 Coffee Filter Craft Color coffee filters with marker, dip in water, and allow to dry. Attach pipe cleaners to make flowers or butterflies.	29 Earth Day Pick up litter around your neighborhood or local park.