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50¹⁹⁷⁵₂₀₂₅
years



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ACD is proud to celebrate 50 years of nourishing futures!

As we celebrate our 50th anniversary, we reflect on five decades of dedication to a mission that has never wavered - ensuring that every child has access to the

nutrition they need to grow, learn, and thrive. This milestone is not just a celebration of our longevity, but of the countless lives we have impacted through our commitment to child nutrition.

Over the years, we have seen firsthand the power of proper nutrition in shaping a child's future. Well-fed children are healthier, perform better in school, and develop the foundation for lifelong well-being. Through our program, partnerships, and the tireless efforts of our team, we have helped create a brighter future for generations of children.

But our work is not done. As we look ahead, we remain committed to expanding our reach, adapting to new challenges, and ensuring that no child goes hungry. We will continue advocating for policies that support child nutrition, strengthening community partnerships, and finding innovative solutions to provide customer service.

This milestone belongs to all of us - our dedicated staff, community partners, and our supporters who have made this journey possible. Thank you for being part of our mission. Together, we will build on this legacy and continue nourishing the future for the next 50 years.

Denise Meyer

Denise Meyer
Executive Director

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It's a Time Warp!

Take a walk back in time with some of our favorite wraps from the past!

The Charger Wrap

6 servings

Originally published September 2018

Ingredients

1 1/2 cups chicken breast, cooked and chopped
1 tsp lemon pepper
6 8-inch whole grain tortillas
1 1/2 cups romaine lettuce, chopped
1 1/2 cups green peppers, diced
3/4 pound tomatoes, diced
3/4 pound low-fat mozzarella cheese, shredded

Instructions

- Placed chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
- Place a whole grain tortilla wrap on working surface.
- Top each tortilla with 2 ounces chicken, 1/4 cup romaine lettuce, 1 tablespoon green peppers, 3 tablespoons tomatoes.
- Garnish with 1 1/2 teaspoon mozzarella cheese
- Roll the "Charger Wrap" and serve.

✦ Vegetable ✦ Meat/Meat Alternate
✦ Grain



Purple Power Bean Wrap

12 servings

Originally published July 2019

Ingredients

1 tsp lemon zest (make zest from juiced lemon)
2 tbsp fresh lemon juice
2 cups canned low-sodium great northern beans, drained, rinsed
1/2 cup fresh avocado, peeled, pitted, pureed
1 tbsp fresh garlic, minced
2 1/4 tsp extra virgin olive oil
1/3 tsp chili powder
1/2 tsp salt
1 1/2 cups fresh purple cabbage, finely shredded
6 whole wheat tortillas, 10 inches
3 cups fresh romaine lettuce, shredded

Instructions

- Grate lemon rind to make zest. Juice lemon and set aside.
- Puree beans in a food processor or a blender until smooth.
- Puree avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans.
- Add shredded cabbage. Mix well.
- Place 1/3 cup of bean filling on tortilla. Top with 1/2 cup of lettuce.
- Roll in the form of a burrito. Cut diagonally. Serve immediately.

✦ Meat/Meat Alternate ✦ Vegetable
✦ Grain

Home Run Hummus Wrap

6 servings

Originally published September 2018

Ingredients

6 8-inch whole wheat tortillas
2 1/4 cups prepared hummus
1 cup red bell pepper (cut into 1/4-inch strips)
1/2 cup carrots, grated
1 1/2 cups baby spinach leaves

Instructions

- Place the 6 tortillas on a clean surface.
- Place 3/8 cup (1/4 cup plus 2 tablespoons) of hummus in the center of each tortilla. Use a butter knife to spread the hummus evenly from side to side across the center of the tortilla.
- Top the hummus with 4-6 red pepper strips and 1/4 cup grated carrots.
- Divide the spinach leaves evenly between each tortilla, arranging the leaves over the top of the vegetables.
- Fold the bottom edge of the tortilla up and over the vegetables, and then continue rolling up to the top edge.
- Cut each wrap diagonally across the center width of the wrap.
- Serve the completed halves.

✦ Meat/Meat Alternate ✦ Vegetable
✦ Grain



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Toast 2. Sliced Peaches 3. Milk	1. WG Pancakes 2. Banana 3. Milk	1. Oatmeal 2. Mixed Berries 3. Milk	1. WG English Muffin 2. Pineapple Chunks 3. Milk	1. WG Bagel 2. Pear Slices 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Baked Chicken Drumstick 2. WG Cornbread 3. Roasted Sweet Potatoes 4. Diced Pears 5. Milk	1. Tuna Salad 2. WG Crackers 3. Cucumber Slices 4. Blueberries*** 5. Milk	1. Black Bean & Cheese Wrap 2. WG Tortilla 3. Lettuce & Tomatoes 4. Banana 5. Milk	1. Scrambled Eggs 2. WG Toast 3. Sauteed Zucchini 4. Strawberries 5. Milk	1. Baked Meatballs 2. WG Pasta 3. Marinara Sauce w/Carrots & Bell Peppers 4. Kiwi 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Cottage Cheese 2. WG Crackers 3. Strawberries 4. Carrots*** 5. Milk	1. Lowfat Yogurt 2. WG Mini Bagel 3. Grapes*** 4. Celery*** 5. Milk	1. Nut Butter 2. WG Toast 3. Orange Wedges 4. Sliced Bell Peppers*** 5. Milk	1. WG Turkey Slices 2. WG Tortilla 3. Diced Peaches 4. Cucumber Slices 5. Milk	1. String Cheese*** 2. Oatmeal Muffin 3. Mixed Berries*** 4. Cherry Tomatoes*** 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:

February 2025 final claim due: **April 28 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- Please open any mail that comes from ACD. Also, please check your email and spam folders for news and information from us.
- Please remember to mark children out of school and to call in daycare closures.
- Send enrollments to: **Michigan:** mifrontdesk@acd kids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acd kids.org | Fax: (708) 236-0872

A Walk Through ACD History

1970

Michigan Beginnings

During the 1970s, ACD operated many child care centers throughout Michigan and was the first in the state to offer swimming pools and progressive programs such as infant swimming classes, gymnastics, and leisure activities.

1975

ACD Becomes a Non-Profit

In 1975, ACD became a non-profit organization. Congress became aware of the need for separate legislation for licensed child care institutions. The CACFP, which was formerly a part of the Special Food Service Program for Children (SFSPC), thus emerged as a separate program.

1976

Expansion to Illinois

In 1976, ACD became a statewide sponsor of the Child and Adult Care Food Program. Since then, we have grown to include the state of Illinois.

1981

A New Focus

ACD closed the last of its original child care centers in 1981 and now focuses exclusively on providing excellence in customer service and training to the child care providers whom we sponsor to participate in the CACFP.



Favorite Classic Recipes Can Be Made Healthy

As we look back at the 50 years of ACD, we can reminisce about some of our own favorite childhood foods. Many of our favorite classic recipes bring comfort and nostalgia, but they're often loaded with excess fat (looking at you meatloaf!), sugar, and refined ingredients. Fortunately with a few simple swaps, you can enjoy and share these dishes in a healthier way without sacrificing taste!

Mac and Cheese - Swap white pasta for whole wheat, and blend in pureed cauliflower or butternut squash for a creamy texture with added nutrients. Use low-fat cheese and milk for a lighter sauce.

Spaghetti and Meatballs - Choose whole grain or zucchini noodles instead of traditional pasta. Make meatballs using lean ground turkey or chicken and a homemade tomato sauce with no added sugar.

Mashed Potatoes - For a nutrition boost, mix mashed cauliflower with potatoes. Replace the butter and milk with Greek yogurt for creaminess and a protein boost without extra fat.

Fried Chicken - Instead of deep frying, you can oven bake or air fry. Coat chicken in whole grain breadcrumbs or even crushed nuts for a crispy healthier alternative.

Pizza - Use a whole wheat or cauliflower crust. Opt for reduced-fat cheese and pile on fresh veggies instead of processed meats like pepperoni.

Burgers - Swap ground beef for lean turkey, chicken, or plant-based patties. Serve on a whole-grain bun or lettuce wrap.

Tacos - Use grilled fish or chicken as your protein, corn tortillas instead of flour, and top with fresh veggies and avocado instead of sour cream.

Pancakes - Make with whole wheat flour, oats, or almond flour, and used mashed bananas or Greek yogurt instead of butter and syrup.

Desserts - Reduce sugar in brownies by using mashed bananas or applesauce instead of oil. For ice-cream lovers, blend frozen bananas with a splash of milk for a creamy and nutritious treat!

With a little creativity and a few substitutions, you can transform your favorite comfort foods into nutritious meals that kids will love! Making these small adjustments not only promotes overall health, but also helps establish lifelong healthy eating habits. By focusing on whole, nutrient-dense ingredients and balanced meals, we can ensure that kids are getting all the right nutrition while still enjoying those yummy, classic, comfort foods!



Healthy Minestrone Soup

Originally published March 2014



Makes 43 servings (3 to 5 year olds)

Ingredients:

2 tbsp olive oil
1 cup onion, diced
2 cloves garlic, minced
1 cup celery, diced
1 cup carrot, diced
1 1/2 cups green beans
1 tsp oregano
1 tsp basil
pepper, to taste
1 28-oz can no-salt-added diced tomatoes
6 cups low-sodium chicken broth
1 14-oz can low-sodium kidney beans, drained and rinsed
1 cup small shell pasta
1/3 cup low-fat parmesan cheese, grated

Instructions:

1. Heat the olive oil in a large pot. Add the onion and cook until translucent.
2. Add garlic and cook 30 seconds.
3. Add celery and carrot, cook until softened, about 5 minutes. Stir in the green beans, oregano, basil and pepper. Cook 3 more minutes.
4. Add tomatoes and broth and bring to a boil.
5. Reduce to medium-low heat and simmer 10 minutes. Stir in beans and pasta and cook until pasta is tender, about 10 minutes.
6. Serve topped with parmesan cheese.

✪ Vegetable ✪ Meat/Meat Alternate

Pasta & Vegetables with White Sauce

Originally published May 2016

Makes 26 servings (3 to 5 year olds)

Ingredients:

1 pound whole wheat rotini pasta
1 15-ounce can chickpeas, rinsed and drained
2 16-oz packages frozen vegetables (California or Italian blend)
2 cups low-fat milk
3 cloves garlic, minced
1 tbsp basil
2 tsp oregano
Black pepper, to taste
Salt, to taste
2 tsp cornstarch
1/4 cup parmesan cheese
Red pepper flakes, to taste (optional)

Instructions:

1. Cook pasta according to package instructions.
2. About a minute before it's done, add the chickpeas to heat through. Before draining pasta, set aside one cup of pasta water.
3. Drain pasta and place in a large serving bowl.
4. Microwave the vegetables until heated through and add to the pasta.
5. While the pasta and vegetables are cooking, make the sauce. In a medium saucepan, combine milk, garlic, basil, oregano, red and black pepper, and salt.
6. Bring to a simmer and reduce heat to low, stirring frequently, for about 3 minutes.
7. Add 1/2 cup of the reserved pasta water. Stir the cornstarch into 1/4 cup of cool water and add to the sauce. Increase heat and cook until the sauce thickens slightly.
8. Pour the sauce over the pasta and stir to coat. If the pasta needs more moisture, add some of the reserved pasta water.
9. Sprinkle with parmesan cheese and serve immediately.

✪ Vegetable ✪ Grain



Fun & Easy Snacks Using Little Hands

Snowman Bagels

12 mini whole wheat bagels
8 oz light whipped cream cheese*
24 baby carrots
1 can black olives

Cut the bagels in half and spread with cream cheese

Place the carrot in the middle of the bagel to form a nose.

Chop olives in small squares for the mouth and in large squares for eyes.

Put the eyes and mouth pieces on the bagels.

*Cream cheese is not creditable.

Makes 24 servings for 3-5 year olds.

Originally published January 2014



Apple Raisin Flower

1 cup red apple
2 tbsp raisins*

Cut the apple into smaller pieces and some slices. Using the apple pieces, create flower petals by alternating the white and red parts of the apple.

Use apple slices for the stem and apple pices for the leaves. Place raisins in the middle of the apple petals to complete each flower



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

Originally published May 2016

Zu-Canoes

2 medium-sized zucchini (2 cups)
1/2 teaspoon ground pepper, divided
1 tablespoon extra virgin olive oil
1 tablespoon vinegar
1 tablespoon minced onion
1 cup quartered grape tomatoes
1/2 cup diced mozzarella cheese
1/4 cup thinly sliced fresh basil

Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat.

Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp and set aside. Place the zucchini halves in a microwave-safe dish.



Sprinkle with 1/4 teaspoon pepper.

Cover and microwave on high until tender-crisp, 3 to 4 minutes. (Alternatively, steam in a steamer basket over 1 inch of boiling water in a large skillet or pot until tendercrisp, about 10 minutes.) Whisk oil, vinegar, onion, and remaining pepper in a medium bowl. Add tomatoes, cheese, basil, and the reserved zucchini pulp. Toss to combine. Divide the filling among the zu-canoes.

Makes 12 servings for 3-5 year olds.

Originally published August 2013



A Look Back on Some of Our Favorite Craft Projects From Years Past

Egg Carton Flowers

Scissors
Cardboard egg carton
Paint
Paper straw
Pom poms
Glue
Paint brush



Cut four containers out of the egg carton for each flower. Trim around the edges so it gives a rounder shape for the petals of the flower. Have the children to paint the petals and allow the paint to dry. Attach the stem of the flower by gluing it to the back. Glue a colored pom pom to the center of the painted egg carton. Originally published May 2016

Handprint Wreath

Glue
Scissors
Assorted colors of construction paper



Trace the child's hand onto paper and cut out the prints. Make nine handprints (3 of each color). Glue the prints to form a wreath. Decorate as desired with flags, stickers, photos or drawings. Originally published July 2014

Paper Bag Jellyfish

One paper bag per jellyfish
Googly eyes
Glue
Paint brushes
Assorted paint colors
Glitter glue
Scissors



Paint your paper bags. Add glitter glue. Let the paint and glitter dry. Cut. Using scissors, cut from the opening on the bag, towards the closed end of the opening on the bag, towards the closed end of the bag making jellyfish tentacles. Using glue, add googly eyes to create a face for your jellyfish. Let dry. Originally published November 2019

Envelope Bunny

Small envelope
White, black, and pink craft paper
Pink pompom
Black marker
Scissors
Glue



Cut two ear shapes out of the white craft paper and two smaller ear shapes out of the pink paper. Cut two 4-inch long strips out of black craft paper. Glue the pink ears on top of the white ears and glue to the back of the envelope. Turn envelope around and glue teeth below the envelope flap. Glue the whiskers on the tip of the envelope flap. Glue a pink pompom on top of the whiskers and draw eyes with the black marker to finish the bunny. Originally published April 2015



April is a Great Time to Talk Window Safety



As the weather warms up in April (hopefully!), we often open windows to let in fresh air. However, open windows pose a significant risk to young children. According to a report by SafeKids Worldwide, an average of eight children age 5 and younger die and more than 3,300 are injured each year from window falls, many of which could have been prevented. Ensuring window safety is essential for any building with young kids.

The Hidden Dangers of Windows

Children are naturally curious and love to explore their surroundings. Unfortunately, they may not recognize the dangers of climbing near an open window. A child can fall in seconds, and even a fall from a first-floor window can result in serious injuries. Many people mistakenly believe that window screens provide ample protection, but screens are only designed to keep bugs out - not keep children in.

Window Safety Tips

To prevent accidents, consider these essential safety measures.

1. Install Window Guards and Stops

Window guards with bars or mesh screens can prevent falls while still allowing ventilation. Window stops limit how far a window can be opened, typically to four inches or less with quick-release mechanisms in case of fire or other emergency.

2. Keep Furniture Away from Windows

Avoiding placing beds, cribs, and chairs near windows, as children can climb on them to reach higher areas.

3. Lock Windows When Not in Use

Always lock closed windows to prevent accidental opening.

4. Supervise Young Children

Never leave children unattended in a room with an open window.

5. Teach Kids About Window Safety

Explain to children that windows are not for climbing or playing.



Emergency Preparedness

While preventing falls is a priority, it's also important to be prepared for emergencies. Make sure windows can be easily opened in case of a fire, and teach older children how to use them safely as emergency exits.

By taking these simple precautions, caregivers can create a safer environment and reduce the risk of tragic accidents. Window safety is a small step that can make a big difference in protecting kids.



April 2025

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

1. ACD as we know it, formed in ____.

- a. 1970
- b. 1975
- c. 1980
- d. 1985

2. How many children are injured each year in window falls?

- a. 1800
- b. 2400
- c. 2900
- d. 3300

3. ACD used to operate childcare centers.

- a. True
- b. False

4. ACD was the first in the state to offer infant swimming classes and gymnastics at its centers.

- a. True
- b. False

5. What anniversary is ACD celebrating?

- a. 75th
- b. 60th
- c. 50th
- d. 45th

6. ACD was founded in Illinois.

- a. True
- b. False

7. Older children should be taught about using windows as emergency exits.

- a. True
- b. False

8. An average of ____ children die in window related falls each year?

- a. 3
- b. 5
- c. 8
- d. 10

9. You can reduce sugar in brownies by using mashed bananas or applesauce instead of oil.

- a. True
- b. False

10. Window stops typically allow a window to open ____ inches?

- a. 10
- b. 8
- c. 6
- d. 4

11. When did ACD close the last of its original childcare centers?

- a. 1981
- b. 1975
- c. 2020
- d. 1976

12. You should never leave children unattended in a room with an open window.

- a. True
- b. False

13. You can replace milk and butter in mashed potatoes with greek yogurt.

- a. True
- b. False

14. What year did ACD expand to Illinois?

- a. 1975
- b. 1976
- c. 1981
- d. 1985

15. You should always lock windows when not in use.

- 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.