

# potpourri



April 2026

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***What's Inside?***  
***Every Kid Healthy Week***  
***Meat Alternates Kids Love***  
***Reducing Food Waste***  
***Outdoor Deck Safety***  
***& More!***



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April is a great time to reflect on how small changes can make a big impact - especially when it comes to reducing food waste. In childcare environments, thoughtful meal planning and mindful service practices not only support sustainability, but also help ensure children get the nutrition they need.

One effective way to reduce waste is by making smart use of meat alternates. Foods like beans, eggs, yogurt, nut butters, and cheese are versatile, cost-effective, and often well accepted by children. These options can be prepared in ways that allow for filling meals with easy leftover reuse, helping providers minimize waste while still meeting nutrition requirements.

Reducing food waste also creates opportunities to teach children valuable lessons. Simple conversations about saving food, trying new items, and appreciating meals can help build positive habits early on. In childcare settings, these everyday moments can turn mealtime into a meaningful learning experience.

Thank you for being thoughtful and intentional in the way you plan, prepare, and serve meals. Your efforts to reduce food waste while offering nutritious, balanced meals make a lasting difference for children and the communities you serve.

**Denise Meyer**  
 Executive Director

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# Beans Are Packed with Power!

Let's cut some costs and use beans as a meat alternate!

## Black Bean Corn Chili

8 servings

The Plant Powered Dietitian

### Ingredients

1 pound dried black beans  
4 cups water  
2 cups vegetable broth  
2 cups frozen sweet corn  
1 yellow onion, diced  
1 (6-ounce) can tomato paste  
3 cloves garlic, minced  
1/2 tablespoon agave nectar  
1 tablespoon barbeque sauce  
1 teaspoon chili powder  
1/2 teaspoon turmeric  
1 teaspoon cumin

### Instructions

- Soak black beans in a pot filled with water overnight. Discard water.
- Place drained, soaked beans in a large pot. Add remaining ingredients.
- Bring to a simmer and then reduce heat to medium heat. Cook for about 60-70 minutes, until chili is thick and beans are tender.

*Slow Cooker Directions: You may cook this chili in a slow-cooker during steps 2 – 3. Cook on high setting for 4 – 5 hours or on low setting for 8 – 10 hours.*

*Note: Substitute red beans or pinto beans for black beans.*

⊕ **Meat/Meat Alternate** ⊕ **Vegetable**

## Vegan Sloppy Joes

6-8 servings

The Plant Powered Dietitian

### Ingredients

1 tablespoon extra virgin olive oil  
1 large onion, diced  
1 bell pepper, diced (red, yellow, orange, or green)  
2 cloves garlic, minced  
1 teaspoon chili powder

1/2 teaspoon paprika  
1 teaspoon cumin  
1/4 teaspoon red chili flakes  
1 (15-ounce) can diced tomatoes, with juice  
3 tablespoons tomato paste  
1 (15-ounce) can black beans, rinsed, drained  
1 tablespoon molasses (or pure maple syrup)  
1 tablespoon apple cider vinegar

### Instructions

- **To Make Sloppy Joes Filling:** Heat olive oil in a skillet or sauté pan over medium heat. Sauté the onion, bell pepper, and garlic for 5 minutes.
- Add the chili powder, paprika, cumin, and red chili flakes and sauté for another minute.
- Add the tomatoes, tomato paste, black beans, molasses (or maple syrup), and vinegar to the mixture.
- Simmer for about 15 minutes, until the vegetables are tender and the mixture is thickened.
- While the Sloppy Joes filling is cooking, toast the whole wheat buns until golden brown. Prepare toppings, as desired.
- To assemble, pour about 2/3 cup sloppy joe mixture over each bun. Garnish with toppings as desired.

*Note: May substitute another type of pulse for black beans, such as kidney, pinto, lentils, or chickpeas. May serve over cooked whole grains, such as brown rice, quinoa, farro, or sorghum instead of the bun.*

⊕ **Meat/Meat Alternate** ⊕ **Grain**

⊕ **Vegetable**

## Mexican Lasagna

8 servings

melissatraub.com

### Ingredients

nonstick spray  
2 cup black beans cooked  
1/4 teaspoon chili powder  
4 avocados  
2 tablespoon lime juice fresh  
1/4 teaspoon salt  
1/2 cup fresh cilantro chopped  
1 cup salsa medium  
12 corn tortillas 6 inch diameter  
2 yellow bell peppers large, chopped

### Instructions

- Spray 4-16 oz round casserole dishes with nonstick spray.
  - Place the black beans in a bowl. Crush beans roughly with the tines of a fork or a potato masher and mix with chili powder.
  - Mash avocados in a separate bowl with a fork and combine with lime juice, salt, and cilantro.
  - Slice the tortillas into fourths.
  - Preheat the oven to 350° F.
  - To assemble the casseroles, first spread 1 tablespoon of salsa in the bottom of each. Next, place 3 tortillas pieces evenly around the edges of the dish, with the points overlapping in the middle. Add 1/8 cup of black beans and about 2 tablespoons of the avocado mixture. Add 1 Tbsp. salsa. Then repeat the layers, starting with the tortillas. Distribute the rest of the black beans, avocado mixture, and top with the chopped peppers.
  - Bake for 30 minutes.
- ⊕ **Meat/Meat Alternate** ⊕ **Vegetable**  
⊕ **Grain**

# 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. WG French Toast Sticks 2. Raspberries*** 3. Milk	1. Scrambled Eggs w/WG English Muffin 2. Cantaloupe 3. Milk	1. WG Oat Cereal w/ Yogurt 2. Papaya 3. Milk	1. WG Cinnamon Toast 2. Diced Apricots 3. Milk	1. Cream of Wheat (WG) 2. Sliced Plums 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. Baked Chicken 2. WG Couscous 3. Roasted Zucchini 4. Watermelon 5. Milk	1. Turkey Meatloaf 2. WG Roll 3. Steamed Green Peas 4. Mango Slices 5. Milk	1. Cheese Quesadilla 2. WG Tortilla 3. Steamed Broccoli 4. Pineapple Chunks 5. Milk	1. Lentil/Vegetable Stew 2. WG Cornbread 3. Carrot Coins 4. Pear Slices 5. Milk	1. Baked Fish Nuggets 2. Brown Rice 3. Roasted Squash 4. Strawberries 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. Mozzarella Cubes 2. WG Rice Cakes 3. Honeydew Melon 4. Yellow Peppers*** 5. Milk	1. Cottage Cheese 2. WG Naan Slices 3. Nectarines 4. Cauliflower*** 5. Milk	1. White Bean Dip 2. WG Flatbread 3. Blackberries*** 4. Roasted Red Potatoes 5. Milk	1. Sliced Turkey 2. WG Breadsticks 3. Pomegranate 4. Steamed Squash Slices 5. Milk	1. Ricotta Cheese 2. WG Crackers 3. Bananas 4. Shredded Jicama 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 2026 final claim due: **April 27, 2026 (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@acdkids.org | Fax: (517) 332-5543  
**Illinois:** ilcustomerservice@acdkids.org | Fax: (708) 236-0872

# Every Kid Healthy Week!

## April 20-24, 2026

Every Kid Healthy Week, from April 20 to April 24 this year, is an observance that aims to spread awareness regarding the health of children. This is a perfect opportunity to highlight healthy habits that support children's growth, learning, and overall well-being. While the week celebrates many aspects of wellness, nutrition plays a powerful role in helping kids feel energized, focused, and ready to learn. With a few intentional activities, providers can make healthy eating fun, hands on, and meaningful!

### HOW TO CELEBRATE!

#### Create a Colorful Plate!

Encourage kids to eat a variety of fruits and vegetables by focusing on color. Talk about how different colors help our bodies in different ways.

#### Taste Test New Foods!

Offer small samples of new or less familiar fruits, vegetables, or whole grains. Allow kids to explore foods without pressure to finish them.

#### Cook Together!

Simple food prep like washing produce, stirring ingredients, or assembling snacks builds confidence and curiosity around healthy foods.

#### Talk About Where Food Comes From!

Read books, watch short videos, or look at pictures that show how foods grow and are prepared.

#### Model Healthy Choices!

When adults eat the same meals and snacks as kids do, it reinforces the positive habits and creates a shared experience.

### MAKE NUTRITION EDUCATION INTERACTIVE!

Hands-on learning helps children connect food choices with how their bodies feel! Try pairing nutrition discussions with art projects, music, or movement activities to reinforce healthy messages throughout the day.

- Draw favorite healthy meals.
- Sort foods into food groups.
- Sing songs about fruits and veggies.

### EXTEND THE CELEBRATION BEYOND THE CLASSROOM!

- Share simple recipes or food tips with families.
- Encourage kids to talk about their favorite healthy foods at home.
- Send home a "try a new food" challenge.

### CACFP CONNECTION!

Meals and snacks that follow CACFP guidelines already support balanced nutrition. Every Kid Healthy Week is a great time to spotlight how these meals help children grow strong and healthy.

Every Kid Healthy Week reminds us that healthy habits start early! By focusing on nutrition in fun, age-appropriate ways, providers can help children build a positive relationship with food that lasts well beyond this special week!

**KEEP IT KID-FRIENDLY!  
LET KIDS DESCRIBE FLAVORS  
AND TEXTURES IN THEIR OWN  
WORDS! THERE'S NO "RIGHT  
ANSWER! EXPLORATION IS  
THE GOAL!**

# Meat Alternates Kids Will Enjoy

Meat alternates are a great menu option for children following a vegan or vegetarian diet, certain religions or those with sustainability or animal welfare concerns. Meat alternates provide protein in place of meat, poultry or fish and include foods such as cheese, eggs, legumes, nuts, seeds, pasta made from 100% bean or legume flour, nut/seed butter, tempeh, tofu, yogurt and soy yogurt. It is important to note that not all meat alternates are considered vegan (such as eggs, cheese and yogurt made from cow's milk).

If you don't typically serve meat alternates, there's a few things to consider when adding them to your menu. First, include meat alternates with familiar flavors and textures, since kids can be skeptical of new or unfamiliar foods. When children smell or taste something familiar, they are more willing to try a bite! For example, if tacos are popular, consider using the same tortillas and taco seasoning in a black bean taco.

Here are a few other examples:

	IF THEY LIKE THIS	TRY THIS
BREAKFAST	WAFFLES	WAFFLES TOPPED WITH PEANUT BUTTER
	FRUIT-FLAVORED YOGURT	FRUIT & YOGURT SMOOTHIE
LUNCH/SUPPER	BEEF QUESADILLAS	BLACK BEAN & CHEESE QUESADILLAS
	CHICKEN STIR-FRY	TOFU STIR-FRY
	HAMBURGERS	LENTIL PATTIES

Naming your meat alternates something kid-friendly can also pique kids' interest. For example, instead of "veggie burger" try calling it a "plant-powered patty" or instead of "spinach and yogurt smoothie" call it a "Green Hulk" smoothie. You can even involve children in a naming contest to build their interest in new meat alternates on the menu.

Always consider the cost and nutritional impact of adding a new menu item, including meat alternates. The right meat alternate should fit your cost and nutrition parameters, and also be something children will enjoy eating!



## Pizza Frittata

**Yield:** 6-8 servings

**Ingredients:**

- 6 eggs
- 1/2 cup marinara sauce
- 2 tablespoons oregano, divided
- 1 tbsp butter
- 1 cup freshly grated mozzarella cheese
- 1/2 cup turkey pepperoni (optional)

**Instructions:**

1. In a bowl, beat the eggs then add the marinara sauce and 1 tablespoon dried oregano. Mix well.
2. Melt one tablespoon of butter in a shallow sauté pan set to medium-low. Add the egg mixture. Cover and let cook for 3-5 minutes or just until the top part of the egg is starting to get cooked.
3. When the egg is starting to brown around the edges, add the cheese and any other toppings you like, e.g. turkey pepperoni.
4. Sprinkle on the remaining 1 tablespoon of oregano and continue to cook, covered for another 3 minutes or just until the cheese is melted and the egg is cooked through. Slide it out of the pan and cut into 6-8 wedges.

**Safety notes:** To ensure food safety, eggs should be cooked until a thermometer inserted in the center reaches 160°F

⊕ Vegetable ⊕ Meat/Meat Alternate



## Avocado Egg Toast

**Yield:** 4 servings

**Ingredients:**

- 1 large avocado, peeled and pitted
- 4 slices whole wheat bread, lightly toasted
- 4 hard-cooked eggs, peeled and sliced into rounds

**Instructions:**

1. For infants, place avocado and eggs in a bowl. Use a fork to mash to desired texture. Spread over bread slices. Slice into strips.
2. For older kids, place avocado in a bowl and use a fork to mash. Spread equal amounts of avocado over bread slices. Top each bread slice with hard-cooked eggs.

⊕ Vegetable ⊕ Meat/Meat Alternate ⊕ Grain



## Save on Veggies with a Small Garden

A small garden can save real money—and it doesn't require a yard, expensive tools, or advanced gardening skills. The smartest approach is to focus on a few high-cost grocery items you already buy regularly. Fresh herbs like basil, parsley, cilantro, and mint are some of the biggest money-savers. A single plant can replace weeks' worth of store-bought bundles and keeps producing all season. Leafy greens such as lettuce, spinach, and kale are also budget-friendly choices because they grow quickly and allow for "cut-and-come-again" harvesting.

Green onions are another easy win. Save the root ends, place them in water or soil, and they'll regrow multiple times with almost no effort. Cherry tomatoes and peppers may cost more initially, but one plant can yield pounds of produce over the summer, dramatically reducing weekly grocery spending. Even limited space works—containers, raised beds, or a sunny windowsill can support a productive mini-garden.

Beyond savings, a small garden reduces food waste because you harvest only what you need. It also encourages cooking at home and using fresh ingredients more intentionally. By starting small and growing foods you actually eat, a simple garden can quietly lower your grocery bill all season long.



■ Source: [money.usnews.com](http://money.usnews.com)

### Meat Alternate Reminders!

- **Breakfast Rule:** Meat/meat alternates can be served in place of grains at breakfast a maximum of 3 times per week.
- **Beans as Veggies:** Beans/peas/lentils can count as either a vegetable or a meat alternate, but not both in the same meal.
- **Sugar Limit:** Yogurt must contain no more than 23g of sugar per 6 oz.
- **Avoid:** Cream cheese, sour cream, and homemade yogurt do not count as meat alternates.

■ Source: [incredibleegg.org](http://incredibleegg.org) ■ Images: [incredibleegg.org](http://incredibleegg.org)

# Reducing Food Waste in Childcare Environments

Food waste is a growing concern in childcare environments, where meals and snacks are served to young kids with ever-changing appetites. In the U.S., an estimated 30-40 percent of the food supply is wasted, and studies show that up to half the food prepared in institutional settings like schools and childcare centers can end up discarded. By taking some intentional steps to reduce food waste, childcare programs can save money and support a more sustainable food system, all while continuing to meet nutrition requirements and serve healthy, appealing meals.

## Schedules

Schedule recess or active play time before mealtimes, and provide adequate time for eating to increase appetite. Children will eat more if they are hungry after active play. They will also be more likely to finish their food if they do not feel rushed.

## Menu planning and food procurement

More efficient use and storage of food supplies will reduce food waste. To do that, early childcare programs should improve inventory practices, purchase food in smaller quantities to help avoid spoilage, and increase flexibility to use leftovers. In addition, good menu planning can help staff avoid preparing too much food at one time. It can also help give them time to plan new menu items that children might like, and purchase foods that are fresh and in season.

## Leftover management

Handling leftover food properly can help reduce spoilage. Also, proper planning can mean using what you have efficiently and in a timely manner. Since space and menu planning are both issues here, this relates directly back to the point above.

## Use the IKEA effect

People tend to like things they helped make, and children are no different. Involve your kids in cooking and give them choices when possible. Allow them to serve themselves in the portions they want, within reason.

## Garden or visit a farm

Kids who are involved in growing fruits and vegetables are more likely to eat them. Give your whole family an appreciation and respect for the resources required to bring food to the table by participating in the local food systems that bring the food into the pantry.

## Composting

This is another area where children can be taught valuable lessons. In the case of unavoidable or inedible food waste, help them compost. Childcare programs can include composting activities in lessons about gardening, taking care of the environment, and nutrition.

While many of these tips can help you reduce food waste in your childcare environment, it is equally as important to let kids know why it is important that food is eaten and doesn't end up in the trash. Food waste accounts for more greenhouse gas emissions than all U.S. domestic and international flights combined. It is the number one material in landfills, comprising 22 percent of municipal solid waste. The World Wildlife Fund has several extensive toolkits for kids with educational activities and ways to get your kids involved as food waste warriors!



■ Source: [wedontwaste.org](http://wedontwaste.org) | [canr.msu.edu](http://canr.msu.edu) ■ Image: Adobe Stock Image

## Stone Soup: A Recipe for Sharing

Stone Soup is a folktale about cooperation, sharing, and community. In the story, a traveler arrives in a village with no food and suggests making soup from a stone. Curious villagers watch as the soup "cooks." The traveler explains that the soup would be even better with a few ingredients, and one by one, villagers add vegetables and seasonings from their homes. In the end, the stone soup becomes a hearty meal that everyone shares, teaching that when everyone contributes a little, great things can happen together.

### MATERIALS

- Large slow cooker or pot (used by an adult only)
- Clean, smooth stone
- Cutting board and child-safe prep tools
- Bowls and spoons
- Sign-up sheet or family note

### BEFORE THE ACTIVITY:

Send a note home explaining the Stone Soup project. Ask each family to send in one simple soup ingredient (washed and ready to use if possible), such as chopped carrots, potatoes, celery, onions, beans, corn, or cabbage. Note any allergy considerations.

### STEP 1

Read the story! Talk about how everyone in the village helped make the soup better.

### STEP 2

Share Ingredients! During circle time, invite each child to show the ingredients they brought. Name it together and talk about its color, shape, or texture.

### STEP 3

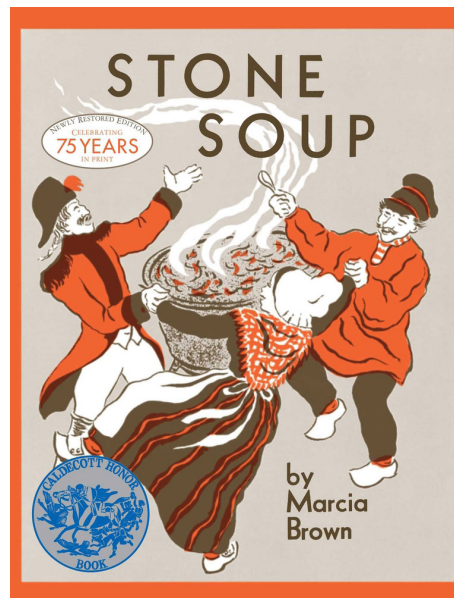
Add to the soup! With adult help, let children take turns adding their ingredient to the pot. Place the stone nearby to connect back to the story.

### STEP 4

Cook and observe! Explain that cooking takes time. Let kids smell the soup as it cooks and predict how it will taste.

### STEP 5

Taste together! Serve small portions later in the day once fully cooked.

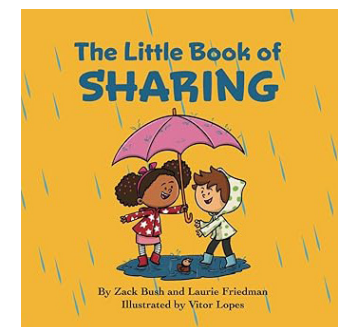


Let's talk about sharing! In the activity on this page, we learn about how sharing what we have makes things better! Here are some books that remind us that sharing is important!



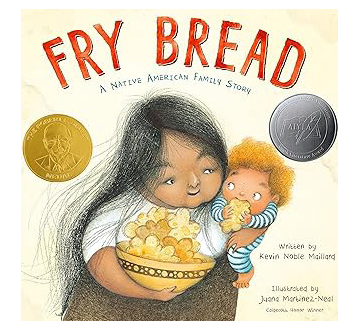
**Sunny's Food Mountain- A Little Squirrel's Tale About Sharing and Not Wasting Food**

by Evy Bloomie (Author)



**The Little Book of Sharing**

Zack Bush (Author), Laurie Friedman (Author)



**Fry Bread: A Native American Family Story**

by Kevin Noble Maillard (Author), Juana Martinez-Neal (Illustrator)

■ Books: [amazon.com](https://www.amazon.com)

# Outdoor Deck Safety for Kids

A deck is a great place to enjoy the outdoors, but it's important to think about safety for the children that also use it. In 2020, 44 children died from railing-related injuries in the U.S., with 111 nonfatal injuries reported. Most incidents (69.8%) occur in private homes. Roughly 140 children under 15 years old die annually from fall-related injuries, with many involving balconies and decks.

## STEPS TO CHILD PROOF YOUR DECK

### Add Some Locks

One of the easiest additions to make to your home to ensure the safety of your children is adding locks to deck access points. Whether it's your backyard door or the gate to the deck steps, ensuring these entrances are locked up will prevent children from accessing the deck unsupervised. A simple flip lock that's high enough off the ground will do the trick.

### Install Gates & Block the Stairs

Decks with open areas around the stairs are hazardous to children. Avoid dangerous falls by installing safety gates with a child-resistant latch. Though you can install a gate yourself, it's best to opt for professional installation for safety reasons.

You can choose a custom gate that's permanent, or you can use a temporary gate. A temporary gate is a great solution if you need a quick option that can be removed when the stairs are no longer a safety concern.

### Check Your Railings

Likely the first thing that pops into your mind when you think of childproofing your deck is the gaps between the rails on your deck.

- Ensure balusters (vertical rails) are **no more than four inches apart** to prevent children from squeezing through or getting stuck.
- Railings should be a **minimum of 36 inches high**.

Even if you think the gap is too small for a child to fit through, hands, arms, and legs can all get stuck in these gaps leading to an uncomfortable situation. To remedy the issue, consider adding a mesh or deck netting behind the railings to eliminate any gaps that are present.

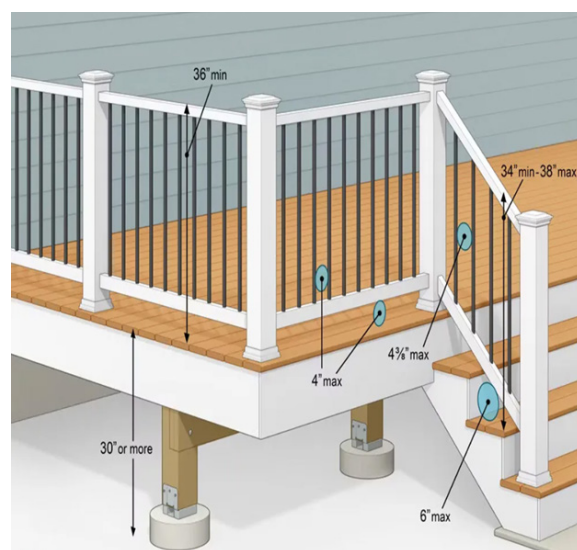
Along with the railing spaces, it's important to make sure the railing is secure. Children can lean or push on a railing that's loose, leading them to fall off the edge.

### Pay Attention to Furniture Placement

The last thing you want to do is provide an easy way for children to climb over the deck railing. Keep furniture away from the edges of your deck and don't choose any that are light enough for a child to move.

### Maintain Your Deck

Dangerous falls aren't the only hazard with a deck. Remember to look for wear and tear like splinters, lifted boards, or exposed nails that can be hazardous to children.



*Make sure your deck and railings are up to code as shown above. Ensure that the space between the deck railings is no more than four inches apart. Keep the railing height at least 36 inches, or three feet. If your building codes permit, it's better to have a higher deck railing that children can't climb or lean over. Avoid horizontal rails, which are easier for children to climb on and over.*

# April 2026

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

**1. Space between your deck railings should be no more than \_\_\_ inches apart:**

- a. 2
- b. 4
- c. 6
- d. 8

**2. When people tend to like things they help make, it is called the \_\_\_?**

- a. Pride promise
- b. Happy helping
- c. Helper syndrome
- d. IKEA effect

**3. Meat alternates provide protein in place of meat, poultry or fish.**

- a. True
- b. False

**4. More efficient use and storage of food supplies will reduce food waste..**

- a. True
- b. False

**5. Meals and snacks that follow CACFP guidelines already support balanced nutrition.**

- a. True
- b. False

**6. The right meat alternate for your setting should:**

- a. Fit your cost parameters
- b. Be something the kids enjoy
- c. Fill your nutrition needs
- d. All of the above

**7. A small garden can reduce food waste because you harvest only what you need.**

- a. True
- b. False

**8. What is the number one material in landfills?**

- a. Tires
- b. Food waste
- c. Diapers
- d. None of the above

**9. By focusing on nutrition in fun, age-appropriate ways, providers can help children build a positive relationship with food.**

- a. True
- b. False

**10. Deck railings should be a minimum of \_\_\_ inches high.**

- a. 24
- b. 36
- c. 48
- d. 60

**11. In the U.S., an estimated \_\_\_ percent of the food supply is wasted.**

- a. 10-20
- b. 20-30
- c. 30-40
- d. 40-50

**12. Most railing-related injuries occur in business settings.**

- a. True
- b. False

**13. Naming meat alternates something kid-friendly can pique kids' interest.**

- a. True
- b. False

**14. Meat alternates includes foods such as?**

- a. Eggs
- b. Cheese
- c. Legumes
- d. All of the above

**15. Modeling healthy choices has no effect on children.**

- 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 50 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).**