

potpourri

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It's hard to believe August is here! Along with it, comes "Kids Eat Right®" Month; "Family Meals" Month and "Back-To-School" Month.

For many of you preparing for back-to-school season, this month's "Potpourri" is dedicated to helping you – and the children in your care – make a smooth transition from "summertime-to-schooltime" with a focus on inclusive menus (pg. 6); helping children build healthy self-esteem (pg. 5) and ensuring your childcare setting is ready for emergencies (pg. 10).

If you've not already heard: **Effective July 1, CACFP reimbursement rates have increased! This increase will help many of you better manage food costs as you ensure children in your care receive nutritious meals.** Visit our Facebook page (facebook.com/acdtkidsorg) to learn about specific rate increase amounts for centers and family childcare homes.

Lastly, we've added a new "Q&A" section on page 8. This month's question clears up confusion about crediting Impossible™ Beef – an alternative protein product. Send in your CACFP questions for next month via our Facebook page or email oagahro@acdtkids.org.

Denise Meyer
Denise Meyer
Executive Director

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Back-To-School Snacks

It's back to schooltime routines – add these quick snacks to menus

Banana Toast with Granola & Honey

2 servings
aheadofthyme.com

Ingredients

2 slices whole wheat (or favorite type of bread)
3 tbsp. almond butter
1 banana, sliced
2 tbsp. granola
2 tbsp. honey*
2 tbsp. chia seeds

- Toast bread. Immediately place on cooling rack (if you place toast on a plate, the bottom will steam and become soggy).
- Once slightly cooled, spread almond butter evenly across bread.
- Top with sliced banana and granola, then drizzle with honey and sprinkle with chia seeds.

- ⊕ **Fruit**
- ⊕ **Grain/Bread Product**
- ⊕ **Meat/Meat Alternate**

Banilla Sandwich Cookies

24 servings
bakersroyale.com

Ingredients

Banana slice
Nilla® Wafers mini wafer cookies
Peanut butter
Crushed peanuts

- Sandwich banana slice between two cookies using peanut butter.

■ **Image:** Layer-Lab/Canva

- Dip in crushed peanuts (or other favorite nut) or dark chocolate sprinkles.
- **Do not make cookies too far in advance as they will start to soften.**
- **Optional:** Can use jam, Nutella® or other nut/seed butter in place of peanut butter.

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

Applesauce Bread

13 servings
aheadofthyme.com

Ingredients

1-1/2 cups all-purpose flour
1 tsp. baking powder
1/2 cup brown sugar
1 tsp. ground cinnamon
1/2 tsp. salt
1 cup unsweetened applesauce, at room temperature
1/3 cup vegetable oil
2 tbsp. Greek yogurt (or sour cream)
2 large eggs

- Preheat oven to 350°F
- Lightly grease 5x9-inch loaf pan (1 lb. loaf pan) with cooking spray oil.
- In large mixing bowl, combine dry ingredients (flour, baking powder, sugar, cinnamon and salt).
- Whisk together until evenly distributed and set aside.
- In medium mixing bowl, whisk well to combine all wet ingredients until smooth.

- Pour wet mixture into dry mixture and mix using a spatula until just combined and no dry ingredients are visible. **Do not overmix.**
- Pour batter into loaf pan.
- Bake 50-55 minutes until golden brown and a toothpick inserted into the center of the bread comes out clean.
- Cool 10-15 minutes, then invert pan onto cooling rack or plate to remove loaf.
- Serve warm or at room temperature. If desired, drizzle with honey.*
- Store at room temperature in airtight container or ziploc bag for 2-3 days.
- Can store in refrigerator up to one week (**cool to room temperature before storing in refrigerator**).
- **To freeze:** Once cooled to room temperature, wrap whole loaf in plastic wrap or wrap individual slices and place in freezer bag for up to three months.
- **To thaw:** Transfer bread to refrigerator overnight or microwave covered on the lowest setting for a few minutes.

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

Safety Note: (*) Recipe **not** intended for infants under one year of age as it contains honey which may contain a bacteria that can cause infant botulism.



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Cheese Omelet 2. Sliced Pears 3. Milk	1. Oatmeal 2. Blueberries*** 3. Milk	1. WG Waffles 2. Banana 3. Milk	1. Yogurt & Granola 2. Strawberries 3. Milk	1. Eggs 2. Hashbrowns 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Black Beans & Cheese 2. Corn Tortilla 3. Avocado 4. Diced Tomatoes 5. Milk	1. Teriyaki Chicken 2. Brown Rice 3. Diced Carrots 4. Green Peas 5. Milk	1. Hamburger Patty 2. WG Bun 3. Baked beans 4. Watermelon 5. Milk	1. Chickpeas*** & Feta Cheese 2. Pita Pocket 3. Diced Cucumbers 4. Diced Tomatoes 5. Milk	1. Tuna Salad 2. WG Bread 3. Sweet Potato Wedges 4. Applesauce 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. Pita 3. Grapes*** 4. Sliced Cucumbers 5. Milk	1. Cheese Cubes 2. WG Crackers 3. Honeydew Melon 4. Sugar Snap Peas*** 5. Milk	1. Edamame*** 2. Rice Cake 3. Raspberries*** 4. Sliced Bell Peppers 5. Milk	1. Sliced turkey 2. WG Pretzels 3. Peaches 4. Sliced Carrots 5. Milk	1. Nut/Seed Butter 2. WG Graham Crackers 3. Raisins*** 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.		
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate						



REMINDERS:

- Check/update expiring enrollments & submit new enrollments by **Aug. 11 (IL) & Aug. 14 (MI)**
- July first claim due: **August 8 (MI) & August 21 (IL)**
- June final claim due: **August 27 (IL/MI)**
- Complete **“Holiday Note” form** with required signatures if caring for children on a holiday.

Building Self-Esteem

Give children more than supplies for back-to-school season

August is when parents/caregivers prepare children for back-to-school season. Alongside books and binders, it's important children also “pack” a healthy self-esteem.

Self-esteem is how we see and value ourselves.

Self-esteem plays a crucial role in a child's wellbeing, confidence, resilience and overall development; and can start as early as infancy and develop slowly over time as babies become toddlers and young children.

According to research, children high in self-esteem feel more confident; have a greater sense of worth and are able to ask for help and stand up for themselves; while those low in self-esteem tend to be shy and introverted with self-imposed limitations and fixed mindsets.

Fortunately, self-esteem can be changed. However, helping a child build self-esteem can be a challenge as providers and parents/caregivers need to strike a balance between being supportive and realistic.



To help children develop healthy self-esteem, start by creating an environment that:

- **Bans harsh criticism.** When children hear negative messages like “What’s wrong with you?!” – it harms their self-esteem. Correct children with patience. Focus on what you want them to do next time. When needed, show them how.
- **Focuses on their strengths.** Help children identify and use their strengths to make a positive impact on themselves, those around them and their community. Helping and kind acts build self-esteem and other good feelings.
- **Allows them to make mistakes.** When teaching a child how to do things, show and help them at first. Then, let them do what they can (without judgment or criticism), even with mistakes.
- **Allows them to handle problems.** Encourage a child to overcome difficulties by thinking calmly, trying different approaches, asking for help and practicing kindness to themselves when things don’t work out.
- **Shows you modeling good behavior.** When a child sees you speak kindly and respectfully and putting effort into daily duties; they learn to be kind and respectful and put effort into tasks such as making their bed, cleaning up toys, helping with dishes or doing homework.



■ **Source:** [positivepsychology](https://www.positivepsychology.org) | [kidshealth.org](https://www.kidshealth.org)

■ **Image:** (top) Sunny Studio/Canva | (bottom) PixelsEffect/Getty Images Signature

Make Mealtime For All

For “Family Meals Month” try inclusive menus for children with special diets

The need for a specialized diet is becoming more common for children. While some children are prescribed a diet for a medical condition such as a food allergy or Type 1 diabetes, other children may follow a diet for religious or cultural reasons.

Examples of a specialized diet include:

- Allergen-free
- Carbohydrate-controlled
- Vegan or vegetarian
- Kosher

Serving specialized diets requires more time for menu planning and label reading. For example, a child on a kosher diet will require a different lunch if ham sandwiches (pork) are served. This can be challenging if you care for several children needing a specialized diet.

Instead of preparing several different menu items, plan your menu in a more inclusive way, considering the dietary needs of all (or most) children.

For example:



Specialized Diet	Menu Item	A More Inclusive Option
Kosher	Ham Sandwich	Turkey Sandwich
Peanut-free	Peanut Butter & Crackers	Crackers & Cheese
Vegetarian	Crackers & Cheese	Pretzels with Hummus

This approach can be applied at the dining table as well. In most circumstances, children should not be isolated while dining. Eating is a social occasion and children develop a more positive relationship with others (and food!) when they dine together.

Designating an “allergen-free” table is no longer recommended as research has found there is little benefit to children. The only exception is very young children (infants or toddlers) or children with physical or cognitive impairments lacking the ability to self-manage. In these circumstances, the child may need additional spacing to reduce their risk of accidentally eating food they are allergic to.

Planning your menu may take longer with this approach; however, doing so saves you time when mealtime arrives in addition to knowing you have a healthy menu for each child you care for.

- **Source:** “Journal of Pediatric Psychology,” 47(3), 318-326 | “Journal of Allergy and Clinical Immunology,” 147(5), 1561-1578
- **Image:** Skyneshner/Getty Images Signature

Chia Fruit Roll Up

6 servings

With back-to-school time around the corner, these roll-ups are an easy and fun way to serve fruit in a child's lunch. The addition of chia seeds gives a boost of fiber and using canned and frozen fruit helps keep this recipe on budget!



Ingredients

1 cup canned peaches in juice, drained
1 cup frozen blueberries, thawed
2 tsp. lemon juice
2 tsp. chia seeds



- Preheat oven to 185°F.
- Place drained peaches, blueberries, lemon juice and chia seeds in a blender and blend until you have a smooth, homogenous consistency.
- Spray a piece of parchment paper with a very light coating of cooking spray. Place parchment paper on a baking sheet with the sprayed side up.
- Pour blended mixture onto parchment paper. **Use a spatula to spread into an even layer.** This step is important because if you have thinner sections they can become brittle and tough, while thicker sections may still be soft and gummy.
- Bake 3 to 3-1/2 hours, checking at the 3-hour mark. **Do not overcook or roll up will be too tough to chew.**
- Remove from the oven and allow to cool for 10-15 minutes.
- Cut into even strips, about 1-inch wide and roll up.
- Serve immediately or store refrigerated for up to 5 days.
- **Optional:** Swap peaches with canned pears, apricots or fruit cocktail. Chose fruit canned in 100% juice or water instead of those canned in light or heavy syrup to avoid added sugar.
- 1 serving = 1 inch roll-up and contains 1/3 cup fruit
- **Nutrition Information (one roll-up):** 44 calories, 1 gram fat, 8 grams carbohydrate, 2 grams fiber, 0 grams added sugar, 1 gram protein.

✦ **Fruit**

Safety Note: Do not serve to children under 12 months old as the texture can range from chewy to tough. If needed, break into smaller pieces for children.

■ **Image: (top)** clubchefman.com | **(bottom)** ArtStudio Images/Canva | **(right)** Billion Photos/Canva

BUSINESS & BRAND

Leverage back-to-school season.

While the ideas below may not save you money right away; they can help increase your business visibility which in turn will help reduce future marketing costs (and potentially increase your bottom line).



- **Run a “survival guide” night.** Offer a workshop sharing tips and resources on topics such as nutrition, meal ideas or behavioral challenges for first-time parents/caregivers using your childcare service.
- **Expand your services.** Temporarily expand some of your services during this time to local schools who may need additional childcare support.
- **Offer discounts.** Hold a limited time promotion giving a discount to parents/caregivers who post and tag your business on social media. If they tag you on Instagram, you can direct message them a one-time use promo code. Or, you can run a Facebook ad with links to a special discount page for users who click on your ad.

■ **Source:** localiq.com

Smooth Transitions

Help children ease into back-to-school season

For some children, back-to-school season is an exciting time as they're eager to see friends and educators again. Other children, however, may feel anxious and hesitant.

Try these tips to help children make a smooth transition from “summertime-to-schooltime:”

- **Casually bring up back-to-school season.** As summer dwindles, casually begin to ask what a child is looking forward to with back-to-school season, which friends they're excited to see, what they're worried about and how to manage their worries.
- **Ease back into a “school-based” sleep schedule.** A week or two before the transition, put a child to bed early and wake them earlier. Also serve meals at the same times your child will be eating during the school year.
- **Create a launch pad.** Designate a place in your home where the next day's needed items are gathered such as school bags, coats, shoes or assignments. Do as much as possible the night before.
- **Stay positive!** A parent/caregiver's attitude can impact a child's view on back-to-school season. Don't dismiss a child's feelings. Instead, acknowledge their feelings with positive statements like: “Everyone feels a little nervous sometimes...but I think you're going to be fine.”

- **Source:** raisingchildren.net.au | gideonmathandreading.com | care.com
- **Image:** DAPA Images/Canva | (right) Courtesy of Impossible™ Beef
- **Graphic:** Yuraminhirov/Canva



Q: Has Impossible™ Beef been approved for a Child Nutrition (CN) label to credit towards CACFP's “Meat/Meat Alternate” meal component?

Yes. Four Impossible™ Beef products have been approved for a CN label and are creditable towards CACFP's Meat/Meat Alternate meal component:

Beef Patty (Raw). Each 4 oz. raw patty provides 2.75 oz. equivalent meat alternate when cooked.

Beef Patty (Ready-To-Eat). Each 2.80 oz. RTE patty provides 2 oz. equivalent meat alternate.

Sausage. Each 1.60 oz. sausage provides 0.50 o.z equivalent meat alternate.

Chicken Nuggets. Five 0.67 oz. chicken nuggets provides 2 oz. equivalent meat alternate and 0.75 oz. grains.



Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg) or email our Communications Specialist: oagahro@acdkids.org. We'll answer questions monthly on “Potpourri.”

Paper Plate Apple Lacing Craft

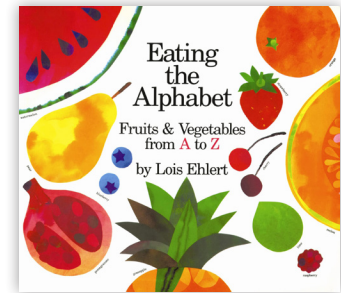
Paper plate
1.5" circle hole punch*
Acrylic paint
Yarn
Glue
Scissors
Eye stickers
Black marker
Sticky tape



- Cut a simple apple shape out of a paper plate.
- Use the bigger piece of paper plate you cut off to shape an apple leaf and the smaller piece to shape the stalk.
- Cut six holes out of your apple for the worm to go through.
- To make holes, use a 1.5" circle hole punch.
- When the shapes are ready, paint craft pieces and let them dry.
- Once pieces are dry, glue apple leaf and stalk in place.
- **To make worm:** fold four of the circles in half and glue them in a row slightly overlapping each other (we glued our worm into a slightly curved line).
- Cut a long piece of yarn to use for lacing. Lay it along the fold line of the worm circles and glue circles halves shut, encasing the yarn inside.
- **To make worm head:** cut remaining two circles slightly smaller so they fit through the holes in the apple.
- Add eye stickers and a smiley face.
- Finish you worm by gluing the face onto either side at the end of the worm's body.
- Putting a face on both sides of the worm means he'll be smiling whichever way he's held.
- Finish by attaching the worm's thread to the back of the paper plate apple with sticky tape.
- Your apple lacing craft is ready to play with – what a hungry worm!
- **Note (*):** Martha Stewart All Over The Page Punch was used to make this craft.
- **Note:** Apples can be painted red or green.

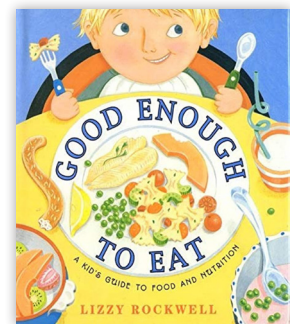
■ **Craft/Image:** kidscraftroom.com

For Kids Eat Right Month®
teach children about good
foods & nutrition.



Eating the Alphabet by Lois Ehlert

This book introduces preschoolers to fruits and vegetables while teaching upper and lowercase letters. A glossary at the end provides interesting facts about each food.



Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell

This one-of-a-kind guide to kids' nutrition is written especially for children. Alongside explaining nutrition concepts, it includes kid-friendly recipes.

■ **Books:** amazon.com

Plan For Emergencies

Create a plan to protect children when disaster strikes



With summer dwindling down, most providers are preparing their childcare setting to full capacity as back-to-school season approaches.

As you plan out menus and activities; also think about creating an emergency plan should an emergency or disaster occur while children are in your care.

When an emergency occurs, the most vulnerable are children under five years old.

As a provider, you are at the front line of keeping children safe.

Having an emergency plan helps you respond to various scenarios before they happen.

“Caring for Our Children” – a collection of national standards representing policies and best practices for early care and education programs – suggests **an emergency plan should include:**

- information on disasters likely to occur in or near your home/center, county, state or region that requires advance preparation and/or contingency planning;
- plans (and a schedule) to conduct regular practice drills;
- mechanisms for notifying and communicating with parents/caregivers in various situations;
- mechanisms for notifying and communicating with public emergency officials; and
- identification of primary and secondary meeting places and plans for reuniting parents/caregivers with children.

Once an emergency plan is in place, be sure all staff are well-trained to carry out the plan in addition to being trained in first aid; CPR; emergency evacuations; and handling seizures, asthma, food allergies and/or urgent medical care or threatening incidents.

All staff in a childcare setting should also have a role in an emergency plan. Examples include first aid, documentation and child care. To limit confusion, select one person to be in charge of everyone (“leader”) and a backup leader.

Lastly, keep completed emergency cards on file for each child, and regularly check if the information is up-to-date with parents/caregivers designating who is (or is not) allowed to pick up their child(ren).

Make a plan today! An emergency plan toolkit is available via Child Care Aware® of America: www.info.childcareaware.org/lets-get-ready-planning-together-for-emergencies

■ Source: childcareaware.org | cchp.ucsf.edu | floridahealth.gov

■ Image: Shisuka/Canva

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

1. Vegan is an example of a specialized diet:

- a. True
- b. False

2. Kids Eat Right Month® is observed in:

- a. January
- b. April
- c. August
- d. December

3. Self-esteem can not be changed:

- a. True
- b. False

4. An emergency plan should include:

- a. Paper & pencils
- b. Practice drills
- c. Water bottles
- d. Bandages

5. A good way to help children ease into back-to-school season is to:

- a. Create a launchpad.
- b. Buy them ice cream.
- c. Constantly bring it up.
- d. Be a “negative nelly.”

6. All childcare staff should play a role in an emergency plan:

- a. True
- b. False

7. How many Impossible™ Beef products are creditable towards the Meat/ Meat Alternate meal component?

- a. 40
- b. 1
- c. 4
- d. 14

8. Serving specialized diets requires less time for menu planning:

- a. True
- b. False

9. Honey is OK for infants under one year old:

- a. True
- b. False

10. The need for specialized diets for children is becoming:

- a. Rare
- b. Random
- c. More common
- d. Less necessary

11. Banishing harsh criticism is a way to help a child develop healthy self-esteem:

- a. True
- b. False

12. Children low in self-esteem are more confident:

- a. True
- b. False

13. When an emergency occurs, children under 10 years old are most vulnerable:

- a. True
- b. False

14. Family Meals Month is observed in:

- a. April
- b. August
- c. December
- d. January

15. A “survival guide” night is one way to leverage back-to-school season:

- 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.