

potpourri

August 2022

Volume 48 | Issue 8





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.

MICHIGAN

P.O. Box 1491
East Lansing, MI 48826
139 W. Lake Lansing Rd., Suite 120
East Lansing, MI 48823
Phone: 800-234-3287 or 517-332-7200
Fax: 517-332-5543
E-mail: mifrontdesk@acdkids.org

ILLINOIS

P.O. Box 7130
Westchester, IL 60154-7130
4415 West Harrison St., Suite 535
Hillside, IL 60162
Phone: 800-284-5273 or 708-236-0863
Fax: 708-236-0872
E-mail: Illinois@acdkids.org

Design, Writing, and Recipe Evaluations
Donna Duwell

Spanish Translation
Rebecca Feuka
Editing
Val Crafts

Other Contributions
Allison Stock, R.D.

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

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This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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ANNOUNCEMENTS FROM ACD

USE THE FOLLOWING EMAIL ADDRESSES WHEN SENDING ENROLLMENTS AND REPORTING CLOSURES:

FOR ILLINOIS: ilcustomerservice@acdkids.org

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PLEASE REMEMBER TO REPORT ANY CHANGES SUCH AS MEAL TIMES, NEW EMAIL ADDRESS, LICENSING CHANGES AND ANY OTHER INFORMATION THAT IMPACTS YOUR CHILD CARE!

ON THE COVER

Emerson Louise is two weeks old. She loves her binky and cuddling with Mommy and Daddy!

August Abundance

Using Seasonal Fruits and Vegetables

Baked Tomatoes with Mozzarella and Parmesan

BAKED TOMATOES are a super quick and super easy side dish or appetizer for any occasion! These CHEESY Oven Roasted Tomatoes with Mozzarella and Parmesan cheese are so simple yet incredibly delicious - makes 4 servings

4 roma tomatoes sliced

1 cup shredded mozzarella cheese

1 cup shredded parmesan cheese

1/2 cup fresh basil chopped

olive oil

- Preheat oven to 400F
- Place tomato slices on a parchment lined baking sheet
- Top each tomato with a layer or parmesan and then a layer or mozzarella
- Sprinkle the chopped basil on top of each tomato
- Drizzle lightly with olive oil
- Bake for 8-10 minutes or until cheese is melted and bubbly
- Turn off oven and broil for 2-3 minutes to brown the cheese
- Serve immediately. Enjoy!



- ✔ Meat/Meat Alternate
- ✔ Vegetable

Green Beans with Tomatoes and Basil

Green beans get a flavor boost from fresh or dried parsley and basil, canned tomatoes, and onion - makes 6 servings

6 cups green beans (about 1 pound, ends snapped)

1 tablespoon olive oil

1 onion (medium, finely chopped)

1 can tomatoes (14.5 ounce can, drained and chopped)

1 tablespoon basil (fresh or 1/2 teaspoon dried)

1 tablespoon parsley (fresh or 1/2 teaspoon dried)

salt and pepper (to taste, optional)

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.

2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.

3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.

4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional)

- ✔ Vegetable

Source: myplate.gov

Peach and Plum Caprese Salad

A fresh summer salad using the best ripe fruit of the season - makes 4 servings

peaches (ripe)

plums (ripe)

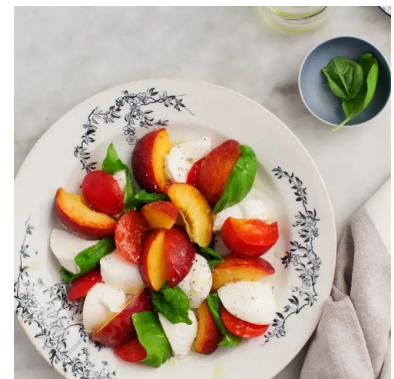
fresh mozzarella

1 handful basil leaves

olive oil (drizzle of)

freshly ground pepper

Slice peaches, plums and mozzarella into bite sized pieces and assemble the salad with basil leaves in between. Drizzle the salad with olive oil and season with salt and pepper



- ✔ Meat/Meat Alternate
- ✔ Fruit

Source and photo: yummy.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 oatmeal 2. Mandarin oranges 3. Milk	1. Whole grain waffles 2. Bananas 3. Milk	1. Whole grain cereal 2. Strawberries 3. Milk	1. Ham Steak 2. Hashbrowns 3. Milk	1. Whole grain pancakes 2. Peaches 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Eggs 2. Whole grain English Muffin 3. Carrots 4. Honeydew 5. Milk	1. Baked Turkey breast 2. Whole grain roll 3. Broccoli 4. Sliced Grapes* 5. Milk	1. Meatballs 2. Whole grain spaghetti 3. Spinach 4. Sliced apples 5. Milk	1. Baked Fish 2. Whole grain brown rice 3. Jicama 4. Cantaloupe 5. Milk	1. Hamburger 2. Whole grain bun 3. Bell pepper slices 4. Baked sweet potato wedges 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. Strawberries 2. Graham cracker 1. Kiwi 2. Milk	1. Beets 2. Milk 1. Pineapple 2. Carrots	1. Snap peas 2. Tuna Wrap 1. Peanut butter 2. Crackers	1. Refried beans 2. Tortilla 1. Hard boiled egg 2. Peaches	1. Mixed berries* 2. Yogurt 1. Pears 2. Milk

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

PEANUT BUTTER SANDWICH MONKEY

2 slices whole grain bread

Banana slices

Peanut butter

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

•For the face, top the bottom of one slice of bread with half of another slice of bread that you've cut in a curved line.

•For the ears, take the remaining half of the second slice of bread, cut out two small circles and then cut the circles in half with a curved line. Then top each ear with half a slice of banana and place them next to the first slice of bread to create ears.

•Add peanut butter as desired and use raisins to make the eyes, nose and mouth.



✓ **Meat/Meat Alternate**

✓ **Grain/Bread Product**

✓ **Fruit**

Source and photo credit: sheknows.com



Money Saving Tip

Opt-out of the heat-dry cycle on your dishwasher. Instead, crack open the door and let your dishes air-dry. If your dishwasher has an air-dry option, use that instead of heat-dry.

Cooking Tip

Prepping grains in mass quantities is less about taste than convenience. Rice, quinoa and even oatmeal last about a week in the fridge after being cooked. When prepping any one of those, double up the measurements and store the leftovers, which are then impossibly easy to use up throughout the week.



Source: www.purewow.com

Photo credit: food.unl.edu

BACK TO SCHOOL!

LET'S GO!

August is National Back to School Month.

Here are some fun facts:

- Didaskaleinophobia – is an acute fear of going to school that affects approximately 2.4% of children.
- The first public school opened in 1635.
- In the 16th century, children in Denmark brought apples to school because the teachers did not earn enough money to buy food.
- The school supply industry generates \$80 billion annually.
- 78 million students go back to school each fall.

Some points to consider:

Creating a new routine:

- About two weeks before school, start putting the kids to bed earlier.
- Start eating breakfast at an earlier time.
- As much as possible, coincide lunch with school's lunchtime.

Getting organized:

- Use a family calendar to keep track of schedules. Color code by family member.
- Shop early for school supplies using lists supplied by the school. Stock your own supply for home as well.
- Pick out what to wear the night before. Make sure backpacks and supplies are ready to go.

Finally,

Allow your child to express any concerns about being nervous. Set a positive tone and be honest in your responses.

Back to School



ACD'S Guide to Cooking with Spices and Herbs



SPICE/HERB	FLAVOR	PRODUCE	PROTEINS	USE IN	PAIRS WELL WITH
Allspice	Earthy, sweet	Apples, beets, cabbage, carrots	Beef, lamb	Soups, desserts, breads	Cardamom, nutmeg, cinnamon
Basil	Sweet	Bell peppers, eggplant, potatoes	Cheeses, chicken, fish, pork	Salad dressings, sauces, dry rubs	Garlic powder, rosemary, thyme, oregano
Bay Leaves	Bitter	Potatoes, tomatoes, mushrooms	Beans, lentils, shellfish	Risotto, soups	Oregano, sage, thyme, marjoram
Cardamom	Sweet	Carrots, citrus, corn, peas, sweet potatoes	Chicken, duck, lentils, pork	Curries, rice	Cinnamon, cumin, ginger, turmeric
Cayenne Pepper	Spicy	Eggplant, potatoes, zucchini	Chicken, beef, fish	Rice, soups, salad dressings, sauces	Cumin, paprika, cinnamon
Garlic Powder	Savory	Cabbage, tomatoes, zucchini, carrots	Beans, chicken, beef, fish, tofu	Curries, soups, sauces, dressings	Oregano, cumin, coriander
Ginger	Sweet, warm	Carrots, citrus, sweet potatoes, beets	Chicken, beef, fish, pork, tofu	Rice, curries, stir fries, marinades	Garlic Powder
Nutmeg	Sweet	Broccoli, cabbage, carrots, squash	Lamb	Rice, stuffing, sauces	Allspice, cloves
Oregano	Earthy	Artichokes, tomatoes, bell peppers	Beans, chicken, fish, lamb, pork	Soups, salad dressings, dry rubs	Chili powder, bay leaves, thyme
Paprika	Sweet, warm	Bell peppers, squash, cauliflower	Chicken, shellfish, lamb, tofu	Rice, soups, salad dressings	Garlic powder, chili powder, cumin
Rosemary	Earthy	Mushrooms, peas, potatoes	Beans, chicken, lamb, pork, fish	Marinades	Garlic powder, oregano, thyme, basil
Thyme	Earthy	Carrots, tomatoes, zucchini, green beans, peas	Beef, chicken, fish, lamb, pork, lentils	Soups, salad dressings, dry rubs, marinades	Oregano, rosemary
Turmeric	Peppery, bitter	Cauliflower, cabbage, potato	Beans, lentils, chicken, fish, tofu	Curries, rice	Cardamom, garlic powder

Source: cooksmart.com Photo credit: stock.adobe.com

Kinetic Sand

3 – 4 cups fine white sand (bone dry)
2 tablespoons corn starch
1 cup water
1 teaspoon dish soap
6 drops (or more) food color

Pour dry sand into mixing bowl.
Add in corn starch.
Mix sand and corn starch until fully blended – set aside.
Mix dish soap into water until bubbles appear on the surface.
Add food color to the soapy solution. Mix well.
Slowly add soapy solution to sand mixture.
If you pour too fast, the sand will become runny.
Aim for the consistency of a thick milk shake.
Mix with both hands.
Have fun with the sand using cookie cutter and sandcastle molds.
To store, place sand in airtight container or zip lock bag.

Source and photo: thesprucecrafts.com



Running a Small Business

Get some downtime

Running a successful business isn't easy. Especially a daycare where parents might look at you more as a nanny than a child care provider.

Don't check your phone after business hours. Make it clear that calls after business hours are for emergencies only. Encourage parents to address issues at drop off or pick up times.

Your health and wellbeing are important, so make sure to take care of yourself. Do things that help you relieve stress, such as taking a walk or going to the gym.



Source: hoppingin.com Photo credit: stock.adobe.com

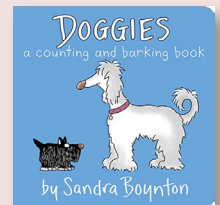
ACD's BOOK CLUB

Dogs - Read all about them!

English-Language Books

PICTURE BOOK

Doggies
a counting and barking book
by Sandra Boynton



Count—and bark—with a fun pack of pups.

EASY READER

We Want a Dog
by Lo Cole



Readers will love the rhymes, playful descriptions of different dogs with unique personalities, and graphic illustrations.

Spanish-Language Books

PICTURE BOOK

Los perros
by Fernando Bort Misol



Introduce little ones to 20 breeds of hunting, herding, and domestic dogs with charming, realistic illustrations.

EASY READER

El gran libro de los perros
by Equipo de Servilibro



An informative guide about dogs and how to care for, feed, and train them.



SPOTLIGHT RECIPE

Sweet Corn and Pepper Fritters

Ingredients:

3 cups fresh corn kernels, cooked (from about 4 ears of corn)
½ green pepper, diced
¾ cup shredded cheddar cheese
2 eggs
¼ cup flour
¼ cup breadcrumbs
¼ cup 2% milk
½ tsp salt

1. Mix together all of the ingredients in a mixing bowl. Stir to combine.
2. Spray a griddle with pan spray and heat to 325°F.
3. Use a ¼ cup scoop measure, portion out ¼ cup of batter onto the griddle, pushing down to flatten the fritter. The fritter should be about 3 inches wide.
4. Cook for 1-2 minutes on each side.
5. Remove fritters from the griddle and let cool for 5 minutes before serving.

Optional: Serve with salsa, mashed avocado, or sour cream.

Yield: 10 fritters

Nutrition Information (1 fritter): 106 calories, 5 g Protein, 11 g CHO, 1.3 g Fiber, 0 g Sugar, 4.5 g Fat, 306 mg Sodium. *Source:* [USDA Nutrient Database](#)

.....
Fresh summer corn, combined with crisp green peppers and cooked on a griddle (instead of fried), gives these fritters a delicious and healthy twist compared to traditional corn fritters.

Safety note: Children can help measure and mix the ingredients in the bowl, but should not be allowed near the hot griddle when cooking.



✓ Vegetable

Source and photo credit: Allison Stock, R.D.

GETTING READY FOR KINDERGARTEN

Starting kindergarten is an exciting and important time. There is so much to learn: how to ride the bus, make new friends, function in a class of 20-25 other children, and so much more!

Although teachers don't expect the kids to know everything, students entering kindergarten should be able to do the following:

Verbalize Wants and Needs:

Be able to greet others with a "hello", ask the teacher for what they need and speak up for themselves.

Write their Name:

Children should be able to write their first name from left to right with a capital first letter and the rest lower case.

Handle a Book:

Not read it, but hold it right side up, turn the pages and locate text.

Be Independent in the Bathroom:

Student should be able to handle their pants, wipe themselves and wash their hands.

Count to 10:

Kindergartners should be able to rote count to 10 and be able to count a set of objects (i.e. 4 crackers).

Separate from their Parents:

Separation anxiety is very common for children just starting school. Kindergarteners who are happy and comfortable are off to a great start. Learn more about separation anxiety here: <https://playtolearnpreschool.us/how-to-handle-separation-anxiety>.

In addition to the above tasks, other useful things for incoming kindergarteners to learn are: getting themselves dressed, using scissors, glue and crayons, identifying some letters and sounds, and being able to rhyme.

There is SO much to learn! But the great thing is, that by practicing all of these things with your children from an early age, kindergarten will be so much easier!



Keeping Your Kitchen Safe for Kids

Cooking allows children to learn new skills, build their confidence and develop an interest in trying new foods. But kitchens are not always safe for little ones. To ensure your kitchen is safe while cooking with kids, follow these 7 tips.

1. Ask for permission. Children should always ask an adult for permission before cooking in the kitchen.
2. Wash hands. Teach children how to properly wash their hands and to always wash their hands before preparing food in the kitchen. Hands should also be washed after handling raw meat, poultry, eggs, or seafood.
3. Restrain hair and remove jewelry. Long hair should be tied back and any loose, dangling jewelry should be removed.
4. Keep sharp objects out of reach. Sharp items should be kept in a locked drawer or cabinet so children cannot access these. If sharp objects are needed to prepare food, only an adult should use these.
5. Caution them near ovens and stovetops. Turn handles toward the back of the stove to avoid children bumping them or reaching up to grab them. Child-resistant knob covers for the stove are also a good idea.
6. Discourage taste testing raw ingredients. Raw ingredients like eggs and flour may contain Salmonella (eggs) or E.coli (flour), which are harmful if eaten. Cooking destroys these pathogens.
7. Lock up chemicals and cleaners. Store all chemicals and cleaners in a locked cabinet so children are not able to access and potentially ingest these, which can be fatal. **If ingestion does occur, call poison control immediately: 1-800-222-1222.**

In addition to these 7 tips, children should be under adult supervision at all times in the kitchen. By keeping your kitchen safe, you can ensure children will have a safe learning environment to explore the world of cooking!

Sources: food.unl.edu, kidshealth.org, healthychildren.org

REMINDER:

MILK IS A REQUIRED MEAL COMPONENT FOR BREAKFAST, LUNCH AND DINNER.



ONE YEAR OLD CHILDREN: MILK MUST BE WHOLE AND UNFLAVORED

CHILDREN TWO YEARS AND OVER: MILK MUST BE FAT FREE (SKIM) OR LOW-FAT (1%)

Photo credit: [stock.adobe.com](https://www.stock.adobe.com)



August 2022 Potpourri Quiz

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

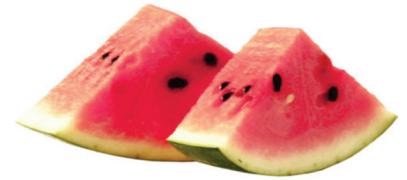
1. Didaskaleinophobia affects ____% of children?
 - a. 2.3
 - b. 2.4
 - c. 2.5
 - d. 2.6
2. When did the first public school open?
 - a. 1753
 - b. 1564
 - c. 1635
 - d. 1630
3. How much does the school supply industry generate annually?
 - a. \$10 million
 - b. \$20 billion
 - c. \$40 million
 - d. \$80 billion
4. Basil has a ____ flavor?
 - a. Earthy
 - b. Savory
 - c. Sweet
 - d. Spicy
5. Paprika is not suggested for use in:
 - a. Rice
 - b. Curries
 - c. Soups
 - d. Salad dressings
6. Which does rosemary not pair well with?
 - a. Garlic Powder
 - b. Oregano
 - c. Basil
 - d. Cardamom
7. Which does not have an Earthy flavor?
 - a. Thyme
 - b. Allspice
 - c. Oregano
 - d. Garlic Powder
8. Kindergarteners should know how to count to 10.
 - a. True
 - b. False
9. Kindergarteners should be able to:
 - a. Handle a book
 - b. Count to 10
 - c. Know their address
 - d. Write their name
10. Separation anxiety is not common for kindergarteners.
 - a. True
 - b. False
11. It is acceptable to wear jewelry when cooking:
 - a. True
 - b. False
12. Salmonella is found in _____.
 - a. eggs
 - b. flour
 - c. fruit
 - d. vegetables
13. It is acceptable to taste raw ingredients:
 - a. True
 - b. False
14. What is the number to call poison control?
 - a. 1-800-222-1222
 - b. 1-800-222-2222
 - c. 1-800-212-1212
 - d. 1-800-222-2221
15. You should always answer your business phone after hours:
 - a. True
 - b. False



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AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 RESPECT FOR PARENTS DAY Tell your parents how much you appreciate them.	2 COLORING BOOK DAY Coloring isn't just for kids!	3 WATERMELON DAY Watermelon is a refreshing summertime treat.	4 AUGUST FLOWER The flower for August is the Poppy.	5 WATER BALLOON DAY Fill 'em up!
8 HAPPINESS HAPPENS DAY Encourage happiness all day.	9 BOOK LOVERS DAY Reading is FUNdamental!	10 LAZY DAY I'm too lazy to write anything about this day.	11 KINETIC SAND DAY Make some kinetic sand using the instructions on page 7.	12 MIDDLE CHILD DAY The middle child is the meat of the family sandwich!
15 RELAXATION DAY Take a deep breath and unwind.	16 TELL A JOKE DAY What is black and white and blue? A sad zebra.	17 I LOVE MY FEET DAY Be nice to your feet. They take you where you want to go.	18 FAJITA DAY Fajitas are full of good ingredients such as meat and vegetables.	19 POTATO DAY There are more than 60 ways to cook a potato.
22 TOOTH FAIRY DAY The Tooth Fairy has been around since the 1920's.	23 AUGUST BIRTHSTONE The birth stone for July is the Peridot.	24 MARYLAND DAY Learn about the 7th state of the Union.	25 SECONDHAND WARDROBE DAY Donating used clothing is a great way to help others.	26 DOG DAY A dog is a man's best friend.
29 CHOP SUEY DAY Chop suey means assorted pieces.	30 BEACH DAY There are 95,471 miles of shoreline in the United States.	31 EAT OUTSIDE DAY It's a great day for a picnic!	1	2