

potpourri

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What's Inside?

Yummy Finger Food

Fun Facts About Food

Food Texture Aversions in Kids

Transitioning from Early Care to Kindergarten

Concussions & Kids

& More!



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August is a time of transition as our summer kids head back to school. It's also a time to thank you for your hard work and dedication to our food program. Ensuring that our children have access to nutritious meals remains our top priority.

Thank you to those of you who have attended our webinars this year. Adult continuing education is important not only to meet state requirements, but also to help us enhance our skills, keep up with current information, gain greater self confidence, and stimulate our brains. Enhancing nutritional knowledge, improving program compliance, and empowering our providers and their staff with information is a responsibility we take very seriously. We believe that by investing in education, we can enhance the quality of our program, ensuring that we provide the best possible service to the children we serve.

I want to extend my gratitude to all of our providers. Your dedication is making a significant impact on the lives of those we serve. Let's continue to strive for excellence through education.

Denise Meyer
Executive Director

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Yummy Food to Eat with Our Hands!

Delicious, easy treats that kids will love.

Peanut Butter-Oat Energy Balls

12 servings
eatingwell.com

Ingredients

3/4 cup chopped Medjool dates
1/2 cup rolled oats
1/4 cup natural peanut butter
Chia seeds for garnish

- Soak dates in a small bowl of hot water for 5 to 10 minutes. Drain.
- Combine the soaked dates, oats and peanut butter in a food processor and process until very finely chopped.
- Roll into 12 balls (a scant tablespoon each). Garnish with chia seeds, if desired. Refrigerate for at least 15 minutes and up to 1 week.

✦ **Fruit** ✦ **Grain**

✦ **Meat/Meat Alternate**

PB&B Roll-Ups

2 servings
eatingwell.com

Ingredients

2 tablespoons smooth natural peanut butter or sunflower seed butter
1 teaspoon honey
1 8-inch whole-wheat flour tortilla, at room temperature
1 medium banana, peeled

Combine peanut butter and honey in a small bowl. Spread the mixture evenly over tortilla. Place banana on the bottom third of the tortilla; being careful not to tear the tortilla, roll tightly. Slice crosswise into 8 pieces.

✦ **Fruit** ✦ **Meat/Meat Alternate**

✦ **Grain**

Sweet Potato Chips

5 servings
eatingwell.com

Ingredients

1 large sweet potato (about 1 pound), thinly sliced (about 1/8 inch thick)
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt

- Preheat oven to 200 degrees F. Line 2 large baking sheets with parchment paper.
- Toss sweet potato slices with oil and salt. Spread in a single layer on the prepared baking sheets.
- Bake on the upper and lower oven racks until crisp, rotating the pans top to bottom and front to back halfway through, about 3 hours. Cool on the pans for 30 minutes before serving.

✦ **Vegetable**



Parsnip Fries

4 servings
eatingwell.com

Ingredients

1/2 pound parsnips, peeled
2 tablespoons safflower or grapeseed oil
1 1/2 teaspoons dried oregano, crushed
1 1/2 teaspoons smoked paprika
3/4 teaspoon onion powder
1/4 teaspoon ground pepper
1/2 teaspoon salt

- Position racks in upper and lower thirds of oven. Place 2 large rimmed baking sheets in the oven and preheat to 450 degrees F.
- Cut parsnips into "fries" about 3 inches long and 1/2 inch thick (cut out the cores if necessary; see Tip). Toss the parsnips in a large bowl with oil, oregano, paprika and onion powder. Spread on the hot baking sheets in an even layer.
- Bake for 10 minutes. Stir the parsnips and rotate the baking sheets top to bottom. Bake until browned around the edges, 10 to 15 minutes more. Season with salt and pepper and serve.

Tips: For the best texture, pick firm, small to medium parsnips; trim and peel before cooking.

✦ **Vegetable**

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Muffin 2. Grapefruit 3. Milk	1. WG Cereal 2. Blueberries*** 3. Milk	1. Scrambled Eggs 2. Hash Browns 3. Milk	1. Yogurt 2. Raspberries*** 3. Milk	1. Waffle 2. Banana 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. BBQ Chicken Breast 2. Brown Rice 3. Green Beans 4. Pineapple 5. Milk	1. Fish Sticks 2. WG Roll 3. Cooked Carrots 4. Peaches 5. Milk	1. Black Bean Patty 2. WG Bun 3. Corn on the Cob*** 4. Watermelon 5. Milk	1. Taco Meat 2. Corn Tortilla 3. Avocado & Salsa 4. Applesauce 5. Milk	1. Grilled Chicken 2. WG Noodles 3. Broccoli 4. Pears 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hard Boiled Egg 2. WG Pretzels 3. Grapes*** 4. Sliced Bell Peppers*** 5. Milk	1. Hummus 2. WG Pita 3. Apple Slices 4. Cucumber 5. Milk	1. Nut/Seed Butter 2. WG Crackers 3. Kiwi 4. Celery*** 5. Milk	1. String Cheese*** 2. WG Pretzels 3. Strawberries 4. Baby Carrots*** 5. Milk	1. Deli Meat 2. WG Crackers 3. Orange Slices 4. Cherry Tomatoes*** 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:

June 2024 final claim due: **August 26 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- 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

Fun Facts About Some of Our Favorite Foods!

There is more to our food than meets the eye! Let's delve into some information about the foods we eat every day!

PEAS

- Peas are a good source of vitamin A, vitamin C, folate, thiamine (B1), iron and phosphorus. They are also rich in protein, carbohydrate and fiber and low in fat.
- A 100-calorie serving of peas contains more protein than a whole egg or tablespoon of peanut butter.
- Peas grow on long vines. They have white flowers and they make beautiful garden plants.
- Peas are not actually a vegetable but a small, edible legume and belong to the same family as lentils, chickpeas, beans and peanuts.



SPINACH

- Different forms of spinach afford different health benefits. Raw spinach delivers high levels of vitamin A, vitamin C, and folates (vitamin B9). In addition to these nutrients, cooked spinach also offers a good source of riboflavin (vitamin B-2), calcium, iron, and magnesium.
- The spinach crop is believed to have originated in Persia (modern-day Iran).
- Spinach promotes healthy digestion. The fiber in spinach promotes healthy digestion and can help prevent constipation and other digestive issues in kids.
- Spinach was the first frozen vegetable to be sold commercially. Thanks to the flash-freezing process, it was introduced by Clarence Birdseye in 1930 in Springfield, Massachusetts under the name Birds Eye Frosted Foods.
- Spinach promotes healthy skin. It's loaded with antioxidants that can help protect your skin from damage.



MUSHROOMS

- Mushrooms are a sustainable food! Producing one pound of mushrooms only require 1.8 gallons of water and one KWH of energy. One acre of land can grow one million pounds of mushrooms.
- Mushrooms grow in beds of composted agricultural materials and are recycled into potting soil after harvest.
- Mushrooms are a good source of Vitamin D, Selenium, Potassium, & B Vitamins.
- Thanks to their meaty texture and flavor, combining mushrooms with meat can reduce the sodium of the meal by 25% while still maintaining the flavor.



BROCCOLI

- Broccoli is a giant bundle of unopened flowers. If the broccoli plant were left in the ground, the floret would continue to mature and become a beautiful head of yellow flowers before developing into seeds.
- A cup of broccoli has more Vitamin C than an orange.
- Broccoli sprouts are so full of potent anti-cancer compounds that Johns Hopkins University tried to patent them. The phytochemical "sulforaphane" found in broccoli and other related plants, may be the most potent anti-cancer compound on earth.
- Thomas Jefferson wrote about growing broccoli and its close relative, cauliflower, in 1767. He may have been the first American to have ever grown broccoli on American soil. Broccoli did not become a staple in the American diet until the 1920s.



Food Texture Aversions in Kids

Picky eating is a commonly reported problem by parents. While most children will outgrow this over time, other children may have underlying medical issues contributing to their selective food choices.

For children with sensory processing disorder, or SPD, their brain struggles to interpret sensory information in the world around them. In some cases, what the child touches, tastes, sees, smells and hears may cause an extreme reaction. When we think about eating food, all five senses are involved. As a result, some children with SPD may have food texture aversions that limit the number of foods they are willing to eat. For example, one child may react negatively to "slimy" food, but another may find crunchy foods disgusting. Reactions might include gagging, coughing, vomiting or nausea. Younger children may also react by crying, screaming or throwing a tantrum.

Underlying dental issues, chewing or swallowing disorders and other medical conditions may also cause a child to reject certain food textures.

Children with food texture aversions may not be getting all of the nutrients their body needs to grow and flourish. To provide a wider variety of nutrients to children with food texture aversions, serve a variety of foods from different food texture categories, such as crunchy, chewy, smooth or lumpy foods. Here are some ideas:

Crunchy Foods

Whole grain crackers
Roasted chickpeas
Raw carrots or celery
Snap pea crisps

Chewy Foods

Dried fruit or fruit leather
Dumplings
Deli meat sandwich

Smooth Foods

Hard-boiled eggs
Yogurt
Seed or nut butter
Hummus

Lumpy Foods

Oatmeal
Cottage Cheese
Fruit with yogurt

As always, consider the age and developmental level of the child before serving different food textures. Many of the crunchy and chewy foods are not safe for children under age 4.

If you notice a child rejecting most foods, or foods of many different textures, notify parents since this may be more than just picky eating.



Crunchy, Chewy, and Smooth Finger Foods

These finger food snacks are nutritious and easy to make with four ingredients or less! Satisfy the different texture preferences of the children you serve with one of these crunchy, chewy or smooth snacks.

Ingredients:

Homemade fruit bar (chewy)

Makes 12 bars

- 1 1/2 cups dried prunes, pitted
- 1 cup unsalted pumpkin seeds
- 2 tbsp unsweetened cocoa powder
- 3 tbsp coconut oil

Honey roasted chickpeas (crunchy)

Makes 6 servings

- 1 can (15 oz) chickpeas, drain and rinse
- 1 tbsp olive oil
- 1 tsp honey
- 1/2 tsp cinnamon

Hard boiled egg (smooth)

- 1/2 egg, hard boiled

Instructions:

Homemade fruit bars:

- To a food processor, add the prunes, pumpkin seeds, cocoa powder and coconut oil. Process for 2-3 minutes, until the food becomes cohesive. This will be sticky.
- Flatten onto a baking dish lined with parchment paper to about 1/4 inch thickness. Cover and refrigerate for 8 hours.
- Slice with a pizza cutter into 12 evenly sized bars. Keep cold to avoid stickiness.

Honey roasted chickpeas:

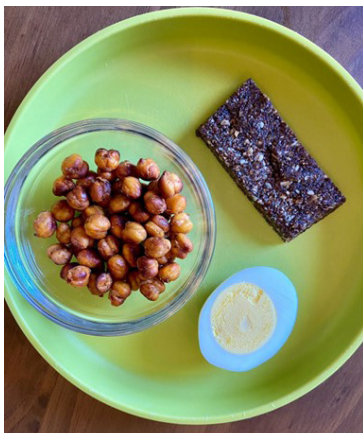
- After rinsing and draining the chickpeas, dry well on a clean towel. Rub with the towel to remove as many skins as possible.
- Toss the chickpeas in a bowl with the oil, honey and cinnamon.
- Bake at 400°F for 20-25 minutes, shaking the pan a few times while cooking. Cool for 15-20 minutes before serving. Serve the same day, as these will soften over time.

Nutrition Information: (1 serving): 300 calories, 15 grams fat, 33 grams carbohydrate, 7 grams fiber, 11 grams protein.

Safety notes: Be sure to keep children away from the food processor blade and hot oven used in these recipes.

Optional: Try different seasonings on the chickpeas based on preferred flavors!

- ⊕ Vegetable ⊕ Fruit
- ⊕ Meat/Meat Alternate
- Images: Allison Stock



GROW YOUR MONEY WITH A SPARE CHANGE ROUNDUP INVESTMENT APP



A spare change roundup app is a financial tool designed to help users save and invest money by rounding up everyday purchases to the nearest dollar and setting aside the difference.

Decide if You Want to Save or Invest

Some apps transfer the roundup amounts to a linked savings account, while others invest them into portfolios.

Link Your Bank Accounts & Debit Cards

Users link their accounts and cards to the app. It then monitors your transactions and rounds up your purchases to the nearest dollar. For example, if you purchase a case of water for \$3.79, the app will take 21 cents and put it into your investment or savings account.

Benefits of Roundup Apps

Automated savings of money you may not miss. Small, incremental amounts can add up to substantial savings/investment over time. Most of these apps are simple to use - once you set them up, you don't have to worry about them.

Drawbacks of Roundup Apps

Many roundup apps charge a monthly fee which can eat into your savings. Depending on how tight your budget is, the roundup might affect your cash flow.

App Examples

Three of the most popular and highly rated roundup apps are Acorns (investment), Qapital (savings), and Chime (savings).

■ Source: nerdwallet.com

Time for School!

Transition Time from Early Care to Kindergarten

What are transitions and why do they matter?

Transitions are a normal and expected part of a child's life. From home to their first early care and learning experience, then daily from home to childcare, between learning environments or groups as they grow older, from preschool to kindergarten, between grades and schools, from elementary to middle, and middle to secondary. Research shows positive transition experiences are tied to greater social and academic skills, as well as increased family engagement. However, because young children are still learning and developing, they are still developing the key skills needed to navigate transitions on their own. Because of this, transitions can cause anxiety, stress, and negative emotions toward change (Datler, et al., 2012). Early childhood professionals are in a unique position to support children in navigating transitions, as well as to provide safe and supportive transitions for the children in their care.



To support children in the transition to kindergarten:

- Introduce the idea of kindergarten by reading books and social stories about kindergarten and specifically the first day of kindergarten.

- Work with children to develop a list of questions they have about kindergarten, and then help them find out as many of the answers as possible.
- Invite a kindergarten teacher to visit as a "guest expert" for the children.
- Arrange a field trip to take a tour of a local elementary school and kindergarten classroom.
- Talk about what might be the same or different from their program to kindergarten.
- Provide space and opportunity for children to talk and ask questions about kindergarten.
- Encourage kindergarten-bound children to engage in quiet activities during rest time, where appropriate, as 'rest time' may not part of their kindergarten day. Talk with parents around the upcoming change in schedule if their child still takes a midday nap.

To support families in the transition to kindergarten:

- Build relationships with local elementary schools to promote smooth transitions between programs.
- Share information with families about local schools, such as kindergarten sign-up, flyers, information about resource fairs, and contacts at local schools they can reach out to with more questions. This is especially helpful for families new to the area or who do not know which school their child may attend.
- Provide information about out-of-school time care and bussing/transportation services your program provides. This may be crucial information for parents as they consider options for the upcoming year, and being able to attend out-of-school time care in a familiar program may ease some transition concerns for both the family and child.
- Host a Preschool Graduation or "Kindergarten Send-off" event to help parents network with other families who will be moving to the same school while their children spend time together engaged in an activity related to going to kindergarten.

■ Source: Michigan Department of Education ■ Images: [healthychildren.org](https://www.healthychildren.org)

How About Some Pool Noodle Monsters to Wrap Up the Summer! As a Plus, They Can Float!

Pool Noodle Monsters

SUPPLIES:

6 inch piece of pool noodle
 Googly eyes
 Pom poms (any color)
 Bendy straws
 Pipe cleaners (any color)
 Ribbon
 Scissors
 Hot glue gun



STEP 1

Cut 6 inches off the end of a pool noodle. A miter saw provides a quick and clean cut, but a kitchen knife works as well.

STEP 2

Hot glue googly eyes onto your pool noodle.

STEP 3

Add a pom pom nose. Again, using your hot glue gun.

STEP 4

Using your scissors, create a hole in each side of the pool noodle for your straw arms. Cut about 4 inches off the long end of the bendy straw. Insert a straw into each hole.

STEP 5

Cut 3 inch pieces of pipe cleaner. Curl pipe cleaner using your finger and then hot glue to the top of your pool noodle monster.

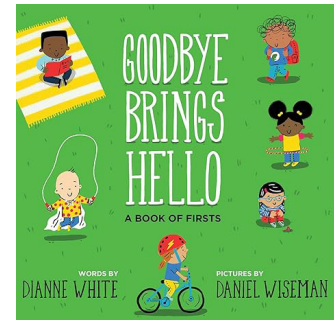
STEP 6

Add some pom poms at the base of your monster for feet.



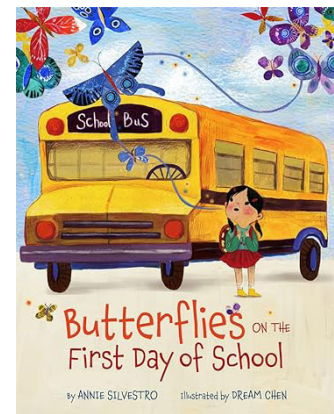
■ Sources: createcraftlove.com ■ Images: createcraftlove.com

It's August, and for some kids, it's time to head to kindergarten! Get them ready with these selections.



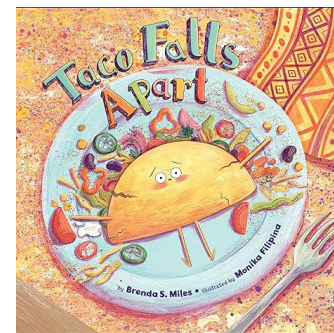
Goodbye Brings Hello: A Book of Firsts

by Dianne White (Author), Daniel Wiseman (Author)



Butterflies on the First Day of School

by Annie Silvestro (Author), Dream Chen (Illustrator)



Taco Falls Apart

by Brenda S. Miles PhD (Author), Monika Filipina (Illustrator)

■ Books: amazon.com

Concussions & Kids

WHAT IS A CONCUSSION?

A concussion is a mild injury to the brain caused by a significant blow or jolt to the head or neck that temporarily disrupts how the brain normally works. Children often bump or hit their heads without getting a concussion, so parents should monitor their child for development of symptoms after this type of injury. It is important to know that a child does not need to be "knocked out" or lose consciousness to have experienced a concussion. Studies show that only about 10% of all sport-related concussions involve loss of consciousness.

IS A CONCUSSION A TRAUMATIC BRAIN INJURY (TBI)?

A traumatic brain injury (TBI) is an injury to the brain from some type of outside force, such as a fall, collision or blow to the head. TBI ranges in severity from mild to severe. Concussions are classified as types of mild TBIs. Even though a concussion might be called a "mild" injury, parents and caregivers still must take it seriously because it is an injury to the brain.

WHO GETS CONCUSSIONS?

Concussions are common in collision sports such as hockey, football and lacrosse, but it's important to remember that young athletes can get concussions in any sport. Athletes are not the only ones susceptible to concussions. Any child can get a concussion while doing everyday activities like riding bikes or scooters or playing on the playground.

WHAT SHOULD I DO IF I SUSPECT A CHILD HAS A CONCUSSION?

Take the child aside immediately and assess the situation. Ensure the child is evaluated by an appropriate healthcare provider. Do not try to judge the seriousness of the injury yourself.

Allow children to return to play only with permission from an appropriate healthcare professional, such as their primary care provider or a concussion specialist.

WHAT SHOULD PARENTS DO IN THE FIRST DAYS AFTER A CONCUSSION?

Serious medical problems after a mild head injury are rare, but they can occur. For this reason, a healthcare provider should always be involved in a child or teen's care after a concussion.

In the first one to two days after the injury, you should watch the child closely for worsening or severe symptoms. You can give acetaminophen (Tylenol) for headaches, but no other medications should be given during this time without a healthcare provider's approval.

Seek immediate medical help if your child has any of the following:

- A headache that gets worse or is severe
- Confusion, extreme sleepiness or trouble waking up
- Vomiting repeatedly
- Trouble walking or talking
- Any numbness, weakness or tingling in arms or legs
- A seizure or convulsion (arms or legs stiffen or shake uncontrollably)
- Any sudden change in thinking or behavior



August 2024

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

1. Which vegetable is a giant bundle of unopened flowers?

- a. Spinach
- b. Broccoli
- c. Peas
- d. Parsnips

2. A child needs to be "knocked out" to sustain a concussion:

- a. True
- b. False

3. A disorder in which a child's brain struggles to interpret sensory information is called ____.

- a. ADHD
- b. Picky eating
- c. Autism Spectrum Disorder
- d. Sensory Processing Disorder

4. Combining mushrooms with meat can reduce the sodium of the meal by how much?

- a. 10 percent
- b. 25 percent
- c. 50 percent
- d. 35 percent

5. Which U.S. president grew broccoli?

- a. Thomas Jefferson
- b. George Washington
- c. Abraham Lincoln
- d. John Adams

6. Transitions are a normal and expected part of a child's life.

- a. True
- b. False

7. Children with food texture aversions may not be getting all of the nutrients their body needs to grow and flourish:

- a. True
- b. False

8. Raw spinach and cooked spinach offer different health benefits:

- a. True
- b. False

9. How long after a head injury should you watch for worsening symptoms?

- a. 1 week
- b. 10 days
- c. 4-5 days
- d. 1-2 days

10. A cup of broccoli has more Vitamin C than an orange.

- a. True
- b. False

11. Peas are vegetables:

- a. True
- b. False

12. What is a TBI?

- a. Trouble by Injury
- b. Traumatic Brain Injury
- c. Traumatic Big Injury
- d. Trauma by Injury

13. Dental issues can cause a child to reject certain food textures.

- a. True
- b. False

14. SPD stands for:

- a. Sensing Pain Disorder
- b. Sensation Processing Disorder
- c. Sensory Processing Disorder
- d. Strong Pain Disorder

15. Peas grow in big bushes:

- 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.