

potpourri

August 2025

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What's Inside?
Involving Kids in Meal Prep
Bottle Feeding Hygiene
Transitioning from Daycare to School
Kids & Concussions
& More!



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August is a time of transition. As families prepare for the start of a new school year, many are also navigating the continued challenge of keeping children well nourished during the final stretch of summer. For some, this means stretching already tight resources just a little further.

There is where your commitment really shines. Whether you're a provider, a partner organization offering support, or an advocate spreading awareness, you are helping us meet these challenges head on. Your efforts ensure that children don't just get by during this season, but that they stay healthy, energized and ready to learn.

August also gives us the chance to reflect on the months behind us and plan for those ahead. With the school year on the horizon, our focus shifts toward supporting a smooth return to structured routines and continued access to nutritious food.

Thank you for standing with us in this important work. Together, we're not just feeding children. We're investing in their futures.

Denise Meyer

Denise Meyer
Executive Director

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More Summer Recipes!

Food for warm weather and fun!

Lunchtime Pasta Salad

6 servings
myfoodprogram.com

Ingredients

4 oz. whole wheat pasta shells
1 cup cherry tomatoes
4 oz. mozzarella cheese
2 cups fresh spinach or lettuce
8 oz. deli ham (no binder, filler or extenders)
3 tbsp olive oil
1/4 tsp salt
1/4 tsp black pepper, ground
2 tbsp lemon juice

Instructions

- Cook pasta according to package directions, then drain and allow to cool.
- Quarter cherry tomatoes, cut mozzarella into cubes, chop spinach, and dice the ham.
- Add the tomatoes, cheese, spinach, and ham to the pasta; toss to combine.
- Whisk together olive oil, salt, pepper, and 1-2 tablespoons lemon juice to taste. . Top salad with dressing and serve.

• **Grain** • **Vegetable** • **Meat/Meat Alternate**

Avocado Egg Salad

6 servings
my foodprogram.com

Ingredients

1 medium avocado
1/4 cup fat free Greek yogurt
1 tsp lemon juice
1 tsp brown mustard
1/8 ts[black pepper
1/8 tsp salt
1/8 tsp paprika
7 large hard-boiled eggs, chopped

Instructions

- In a mixing bowl add all ingredients except eggs; mix with a fork to combine well.
- Add chopped eggs and fold into avocado mixture.
- Serve on bread for sandwiches, with crackers or pretzels as a snack, or eat plain.
- Makes 2 cups.

• **Meat/Meat Alternate** • **Grain**

Watermelon Pizza

6 servings
myfoodprogram.com

Ingredients

1 large Slice of watermelon, about 1 1/3 pounds
1 cup of vanilla yogurt, with 23 grams or less of sugar per 6 ounces
Your choices of toppings, such as fresh fruit, dried fruit, granola, etc.

Instructions

- Top the slice of watermelon with yogurt.
- Cut the slice into four even wedges.
- Top each wedge with the topping of choice. This would also be a great opportunity to get children involved by having them select and add their own toppings.

• **Vegetable** • **Meat/Meat Alternate**
• **Grain**

Day-After Dip

6 servings
myfoodprogram.com

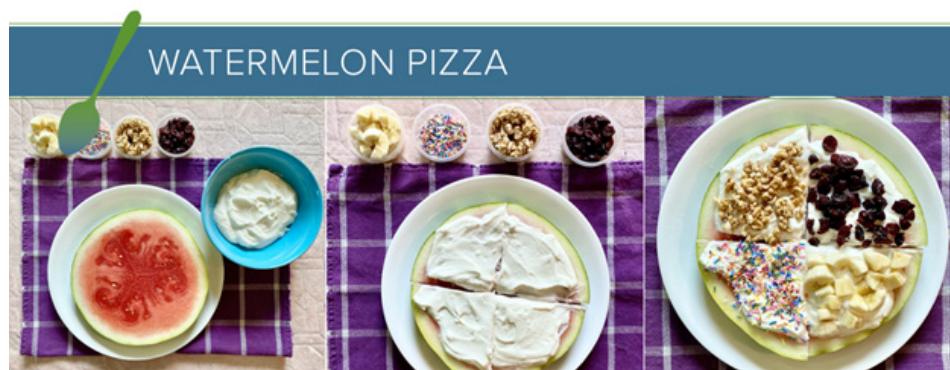
Ingredients

15 oz. can cut sweet potatoes
OR 1 lb. of cooked cresh sweet potatoes
15 oz. can white beans
1/4 cup olive oil
1/2 cup parmesan cheese
Salt and Pepper (to taste)

Instructions

- Puree beans, potatoes, oil and cheese in a food processor until smooth.
- Season with salt and pepper to taste.

• **Vegetable** • **Meat/Meat Alternate**



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	<div>1. GN/BP OR MT**</div> <div>2. FT OR VG</div> <div>3. MK</div>	<div>1. WG English Muffin</div> <div>2. Plum Slices</div> <div>3. Milk</div>	<div>1. Lowfat Yogurt/ WG Granola</div> <div>2. Diced Mango***</div> <div>3. Milk</div>	<div>1. Cornmeal Muffin</div> <div>2. Apple Slices</div> <div>3. Milk</div>	<div>1. Hard-Boiled Egg/WG Toast</div> <div>2. Sliced Melon</div> <div>3. Milk</div>	<div>1. Oatmeal</div> <div>2. Raisins***</div> <div>3. Milk</div>
LUNCH/DINNER	<div>1. MT</div> <div>2. GN/BP</div> <div>3. VG</div> <div>4. FT OR VG</div> <div>5. MK</div>	<div>1. Turkey Meatloaf</div> <div>2. WG Roll</div> <div>3. Mashed Cauliflower</div> <div>4. Apple Slices</div> <div>5. Milk</div>	<div>1. Chickpea/ Veggie Patty</div> <div>2. Brown Rice</div> <div>3. Green Beans</div> <div>4. Cantaloupe</div> <div>5. Milk</div>	<div>1. Chicken Stir Fry</div> <div>2. WG Noodles</div> <div>3. Stir-Fry Vegetables</div> <div>4. Pineapple Chunks</div> <div>5. Milk</div>	<div>1. Baked Fish</div> <div>2. Quinoa</div> <div>3. Peas & Carrots</div> <div>4. Orange Slices</div> <div>5. Milk</div>	<div>1. Cheese/Bean Enchilada</div> <div>2. WG Tortilla</div> <div>3. Lettuce & Tomato</div> <div>4. Diced Pears</div> <div>5. Milk</div>
SNACKS*	<div>1. MT</div> <div>2. GN/BP</div> <div>3. FT</div> <div>4. VG</div> <div>5. MK</div>	<div>1. Cheese Cubes***</div> <div>2. WG Pretzels</div> <div>3. Peaches</div> <div>4. Zucchini Sticks</div> <div>5. Milk</div>	<div>1. String Cheese***</div> <div>2. WG Waffle Strips</div> <div>3. Sliced Grapes</div> <div>4. Carrot Sticks***</div> <div>5. Milk</div>	<div>1. Cottage Cheese</div> <div>2. WG Mini Pancakes</div> <div>3. Kiwi</div> <div>4. Cherry Tomatoes***</div> <div>5. Milk</div>	<div>1. Black Bean Dip</div> <div>2. Corn Tortilla Chips</div> <div>3. Mixed Berries***</div> <div>4. Red Bell Pepper***</div> <div>5. Milk</div>	<div>1. Hummus</div> <div>2. Brown Rice Cakes</div> <div>3. Blueberries***</div> <div>4. Cucumber</div> <div>5. Milk</div>
(*) Choose two food groups from “Snacks” list.			(**) MT may be substituted for GN/BP up to 3x a week.			
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate			(***) Choking hazard for children under age 4.			



REMINDERS:

June 2025 final claim due: **August 25, 2025 (Mon.)**

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

Safe Sips!

Clean Bottles, Healthy Babies

Keeping babies safe and healthy during bottle feeding starts with good hygiene. From properly cleaning bottles to safely storing formula or breast milk, every step plays a role in protecting infants from harmful bacteria. Following a few simple guidelines can help ensure feeding time is both safe and stress free.

1. Read the Baby Formula Directions

No matter which form or type of infant formula you choose — powder, liquid concentrate or ready to feed — it's important that the first step you take before making a bottle for the first time is to read the instructions on the container, according to the Centers for Disease Control and Prevention (CDC). All of them. You should ALWAYS follow the recommendations of the manufacturer.

2. Sterilize and Clean Your Baby Bottles

For all babies, bottles and feeding items should be sterilized before they are used for the first time. After the first use, for most babies it's okay to clean feeding items each time they are used instead of sterilizing them, per the Mayo Clinic.

- How to sterilize a baby bottle: Sterilizing a baby bottle can be done with a sterilization machine (which uses steam), by washing items in the dishwasher with hot water and a heated/sanitizing dry cycle or by using boiling water on the stove. If you are using a sterilization machine, just follow the instructions on the package to safely sterilize a bottle.
- How to clean a baby bottle: The CDC recommends cleaning your bottle parts in the dishwasher or by hand. Make sure your bottles and nipples are dishwasher safe. If they aren't or you aren't sure, follow the directions for hand washing.



3. How to Batch, Refrigerate, Store, and Discard Baby Bottle Formula

Can you create baby formula in batches? Although research shows it's best to prepare each bottle right before your baby is ready to eat, this isn't always practical for everyone. You can batch make baby formula so that it's ready to go. Formula made from powder stays good in the fridge for up to 24 hours and formula made from liquid concentrate is good for up to 48 hours.

Is it okay to refrigerate baby formula? Once formula made from powder or liquid concentrate is mixed, it should only sit out at room temperature for up to 1 hour before it needs to be refrigerated, per the American Academy of Pediatrics (AAP). As above, formula made from powder is good for up to 24 hours and formula made from liquid concentrate is good for up to 48 hours. Also remember that you can't freeze infant formula.

When should you discard baby formula? Per CDC guidelines, if there is any left over in the bottle your baby drank from, this formula needs to be thrown out. This is because it now has germs in it from your baby's mouth. Any formula that's left out for more than an hour at room temperature needs to be thrown away, whether your baby drank from the bottle or not.

Cooking Up Confidence!

Involving Kids in Meal Prep

Involving children in meal preparation isn't just a fun way to pass the time. It's an opportunity to teach essential life skills, encourage healthy eating habits, and promote a sense of responsibility. Engaging young kids in age-appropriate kitchen tasks can foster confidence, curiosity, and a stronger connection to the food they eat.

Meal prep activities can be safely incorporated into a daily routine with simple, hands-on tasks. Kids can participate in many ways. For example:

- Help "read" a cookbook by turning the page
- Wash and dry produce
- Rinse canned beans
- Sift dry ingredients
- Squeeze fruits (lemons, oranges)
- Sprinkle cheese on top
- Tear lettuce
- Stir ingredients
- Add toppings to pizza
- Place items on a cookie sheet
- Set dishes and utensils on the table
- Put dirty dishes in the sink or on the counter

These tasks not only build fine motor skills but also teach colors, textures, and basic counting.

Educators and caregivers can use mealtime prep as a platform for learning. Talking about where food comes from, how it helps our bodies grow, and the importance of trying new things can help expand kids' palates and reduce picky eating. When children help prepare a meal, they are often more willing to taste and enjoy it. It gives them a sense of ownership and accomplishment. Let them be proud of their contribution!

Meal prep activities also support social-emotional development. Working together to make a meal or snack teaches cooperation and patience. It also helps with learning to follow directions.

As always, safety and supervision are key. All activities should be tailored to the development level of the kids involved. Use child-safe tools, maintain cleanliness, and always keep hot or sharp items out of reach. With the right precautions, even the youngest helpers can safely participate.

By integrating meal preparation into the daycare experience, caregivers can help children build a positive relationship with food and lay the foundation for lifelong eating habits. Cooking with kids isn't just about what ends up on the plate - it's about the skills, memories, and lessons that are learned along the way.



■ Source: thrive.psu.edu ■ Images: Adobe Stock Images

Cheesy Eggs-in-the-Hole with Bacon

Kids can use their favorite cookie cutter shapes to make this hearty breakfast with a grilled cheese-like twist. For little kids: Let them cut out the bread with cookie cutters. For big kids: Let them crack the eggs into the toast cutouts, sprinkle with Parmesan and (if they're up to it) flip the slices.

Yield: 4 servings

Ingredients:

4 slices turkey bacon (about 4 oz)
1 tbsp unsalted butter
4 1/2-inch-thick slices of whole-grain bread
4 large eggs
4 tbsp grated Parmesan
Kosher salt and freshly ground black pepper

Instructions:

1. Heat a large nonstick skillet over medium-high heat. Fry the bacon until crisp, about 5 minutes. Remove the pan from the heat and transfer the bacon to paper towels to drain; when cool enough to handle, crumble.
2. Add the butter to the hot pan to melt with the rendered bacon fat; set aside.
3. Cut a piece from the center of each slice of bread using a 2 1/2-inch round or other decorative 2 1/2-inch cookie cutter (star, flower, heart). Brush the slices and cutouts with the butter-bacon fat mixture and transfer them to a plate.
4. Toast 2 slices of bread and 2 cutouts in the skillet over medium heat until browned on one side, about 1 minute. Crack an egg into each hole and sprinkle each toast with 1 tablespoon of the Parmesan; cook 2 minutes. Flip the slices and cutouts, season with salt and pepper and cook 2 minutes for a runny yolk or slightly longer for a set egg. Repeat with the remaining bread slices, cutouts, eggs and Parmesan.
5. Transfer each egg-in-the-hole to a plate and sprinkle with crumbled bacon. Serve with the toasted cutouts, for dipping in the yolk.

Safety notes: *Keep children away from the hot stove.*

🌾 Grain 🥓 Meat/Meat Alternate



■ Source: foodnetwork.com ■ Image: foodnetwork.com

UNSUBSCRIBE!

Unsubscribing from retailer promo emails might seem like a small thing, but it can actually make a difference in how much you spend, and how you feel. When your inbox is constantly filled with "limited-time offers" and "can't miss deals," it's easy to get pulled into buying things you didn't plan on or really need.



By saying goodbye to those emails, you take back some control. It also helps you clear out the clutter. No more scrolling through a bunch of ads just to find the emails that matter.

Unsubscribing is simple, and senders **MUST** allow you to do so by law. Scroll to the bottom of the email you wish to stop getting and look for the "unsubscribe" link. Click it and make sure you confirm that you no longer wish to get emails from this company. Some will allow you to tailor your preferences so you receive fewer emails from their organization. That's up to you!

It's not about cutting out all the fun or never shopping again. It's just one way to make sure your spending choices are intentional. Plus, you'll probably find you have a little more peace of mind (and maybe even a little extra cash at the end of the month.)

If you're looking for an easy way to cut back without feeling deprived, give it a try. Unsubscribing takes just a few seconds, but the benefits can last a lot longer.

■ Source: rocketmoney.com

A Big Step: Transitioning from Daycare to School

Moving from daycare to school is a major milestone in a young child's life. It brings new routines, new faces, and new experiences. This change is exciting, but it can also be overwhelming for both children and their parents.

Understanding the Differences

Daycare and school environments can be quite different. Children must adjust to:

- Larger class sizes and new peer groups
- Structured learning and academic expectations
- New teachers and a less familiar environment
- This transition can bring out a mix of emotions from excitement to anxiety.

What Caregivers Can Do

Caregivers play a key role in helping kids feel secure and ready for school. Here are some ways to ease the transition:

- Talk about school positively! Highlight fun activities, new friends, and learning adventures.
- Read books about starting school. Storybooks that feature characters going to school can help normalize the experience and allow kids to ask questions and express feelings.
- Practice independence skills. Encourage kids to do small tasks on their own like opening containers, etc. These skills promote confidence and can make the school day go smoother.
- Validate their feelings! Let kids know that it's okay to feel nervous or unsure. Let them know you believe they will do well. Confidence builds when children feel supported and understood.
- Stay positive and calm. Children often mirror their caregivers' emotions. A calm, optimistic approach can help reduce anxiety and set the tone for a successful transition.

Be Patient! Every Child Is Different

- Some children adjust quickly, while others take more time.
- Continued support at home and daycare is essential.
- Celebrating small successes can boost confidence.

Transitioning to school doesn't happen overnight. The move from daycare to school is the beginning of an exciting journey. With support, understanding, and a positive approach, children can embrace the adventure and beginning their school years with confidence and curiosity ready to learn and grow.



Paint Splatter Ice Cream Cones

- Small or Large Paper Plates
- Cardstock Paper
- Craft Scissors
- Tulip Puffy Paint
- Markers
- Stapler
- Baby Wipes
- Embellishments

STEP 1

First fold your paper plate in half. Straight up the center.

STEP 2

Unfold and squirt some paint on one side of the paper plate. Be sure to keep the paint inside the paper plate and not place too much down.

STEP 3

Once the paint is down, fold/squish your paper plate together again. Be sure to rub your hand all over the folded piece, so the paint will cover your the inside nicely. Paint WILL more than likely squeeze out the sides, but you can clean up with baby wipes!

STEP 4

Now carefully unfold your piece to reveal your "marbled ice cream" design inside. Sprinkle some glitter/rhinestones on top of the wet paint if desired to create sprinkles. Set aside your piece.

STEP 5

Cut and staple a triangle shape {the ice cream cone} out of tan/brown cardstock to the decorated circle paper plate. Then cut/staple a circle for the cherry on top. Add other embellishments you see fit. Set aside to dry.



■ Source: gluedtomycraftsblog.com ■ Image: gluedtomycraftsblog.com

August brings us to little ones starting school! Here are a few fun books that tackle that subject.



Boxen Goes Back to School
by Anessa Bourner (Author)



Back To School with Evan the Dino Boy
by Sabrina Wise (Author),
Evan Riley (Author), Anosha Chaand (Illustrator)



Emma's First Day: A Back to School Adventure
by Educational Parade (Author)

■ Books: amazon.com

Kids & Concussions

What to Watch For

Concussions in young children are a growing concern as awareness of head injuries continues to expand. Little kids may not always be able to explain how they feel, making it difficult for parents and caregivers to recognize the signs. Everyday activities like climbing, running, or even a simple fall can lead to a head injury.

What Is a Concussion?

A concussion may be caused by a blow, bump, or jolt to the head or by any fall or hit that jars the brain. This “invisible” injury disrupts the brain’s normal function which can affect mental stamina and performance, causing the brain to work longer and harder to complete even simple tasks. A concussion may involve loss of consciousness (being “knocked out”), but the majority do not. Ultimately, ALL concussions are serious because they are brain injuries!

How Do I Tell if a Child Has Sustained a Concussion?

A concussion can affect a child in many different ways: physically, cognitively, emotionally, and by disrupting sleep. The table indicates common symptoms for each category.

Physical	Cognitive	Emotional	Sleep
Headache	Feeling mentally foggy	Irritability	Trouble falling asleep
Dizziness	Feeling slowed down	Sadness	Sleeping more than usual
Balance problems	Difficulty concentrating	Nervousness	Sleeping less than usual
Nausea/Vomiting	Difficulty remembering	More emotional than usual	
Fatigue	Difficulty focusing		
Sensitivity to light			
Sensitivity to noise			

While a blow to the head may not seem serious immediately, concussion symptoms can develop upon impact or up to 48 hours after the incident. Ignoring any signs or symptoms of a concussion is putting the child’s long- and short-term health at risk.

If a Child Sustains a Concussion, What Should I Do?

First, the child should be monitored for worsening signs and symptoms in the 24 to 48 hours following the injury.

Second, follow these recommendations:

- Do not let the child perform any strenuous activity or go back to playing in sports until cleared by a medical provider. They can do light exercise such as walking.
- Do not use aspirin or ibuprofen for headaches for the first 24 hours. Use acetaminophen (Tylenol) only.
- Encourage the child to reduce screen time in the first 24-48 hours after injury.
- Allow them to use ice packs on the head and/or neck to ease pain.
- Encourage a regular sleep schedule and regular diet, and plenty of water.

Third, arrange for the child to be evaluated by a qualified medical professional educated in concussion evaluation and management, such as a physician. Knowledge about concussions is rapidly evolving.

August 2025

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

1. Concussions symptoms include:

- a. Headache
- b. Nausea
- c. Trouble concentrating
- d. All of the above

2. Involving kids in meal prep helps teach ____.

- a. Colors
- b. Counting
- c. Shapes
- d. All of the above

3. Involving kids in meal prep helps build fine motor skills.

- a. True
- b. False

4. You should follow the directions from the formula manufacturer only when parents insist.

- a. True
- b. False

5. Formula made from powder stays good in the fridge for up to ____ hours.

- a. 8
- b. 12
- c. 24
- d. 48

6. Everyday activities like climbing, running, or even a simple fall can lead to a head injury.

- a. True
- b. False

7. A concussion is considered an "invisible" injury.

- a. True
- b. False

8. Involving kids in meal prep can reduce ____.

- a. Fine motor skills
- b. Picky eating
- c. Cooperation skills
- d. All of the above

9. Caregivers play a key role in helping kids feel secure and ready for school.

- a. True
- b. False

10. If you suspect a concussion, give ____ for pain.

- a. Aspirin
- b. Acetaminophen
- c. Ibuprofen
- d. Nothing

11. For how long should you monitor a child for concussion symptoms?

- a. 4-6 hours
- b. 10-12 hours
- c. 18-24 hours
- d. 24-48 hours

12. Kids helping with meal prep does not help social emotional development.

- a. True
- b. False

13. Bottles and feeding items should be sterilized before they are used for the first time.

- a. True
- b. False

14. Prepared formula should only sit at room temperature for ____.

- a. 1 hour
- b. 2 hours
- c. 3 hours
- d. 4 hours

15. Daycare and school environments are pretty much the same.

- 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.