

A baby with light brown hair and blue eyes is sitting on a large, wrapped gift box. The baby is wearing a red and black plaid long-sleeved shirt and grey pants. The baby's mouth is open in a happy expression. In the background, there is a decorated Christmas tree with colorful lights and a snow-covered branch. A small white apple icon is positioned above the letter 'i' in the title.

potpourri

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What's Inside?
Holiday Treats
Winter Superfoods
Sugar & the Holidays
Holiday Stress & Kids
Signs of Hypothermia
& More!

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As we close out 2024, I'm reminded of community and collective impact we've made on people's lives. What a great job we have - helping to feed kids! December is a time of reflection and gratitude, but it's also a crucial period for many of the children and families we serve.

For too many, the holiday season becomes a time of struggle instead of celebration.

Our providers are at the heart of our mission. Your dedication to the children in your care goes beyond simply providing meals; you are helping to shape their futures! You ensure that each child has access to nutritious food, while creating an environment where they can grow, learn, and thrive.

As we look ahead into 2025, we are excited about the opportunities to grow our impact, knowing that we can rely on your continued dedication. Together, we will continue to provide the nourishment, care, and support that every child deserves.

I wish you all a very happy holiday season filled with happiness, peace, and the company of those you hold dear. Best wishes for a wonderful new year ahead.

Denise Meyer
Executive Director

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Holiday Yummy Treat Ideas!

No matter how you celebrate, the holidays bring a great opportunity for delicious food!

Cauliflower Latkes

8 servings
eatingwell.com

Ingredients

1 (12 ounce) package cauliflower rice, cooked according to package directions
1 large egg, lightly beaten
1/3 cup cornstarch
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/4 cup canola oil, divided
Applesauce for garnish

Instructions

- Spread hot cooked cauliflower on a baking sheet lined with paper towels. Let stand until cool enough to handle, about 10 minutes. Once cool, gather the cauliflower into the paper towels and squeeze out excess liquid. Transfer the cauliflower to a medium bowl. Add egg, cornstarch, salt and pepper; stir to combine.
 - Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Scoop about 2 tablespoons of the cauliflower mixture into the hot oil; flatten with the back of a spoon into a 3 1/2-inch disk. Repeat with 3 more 2-tablespoon portions of the batter. Fry the latkes until crisp and golden, about 3 minutes per side. Transfer to a wire rack to cool for 3 minutes before serving. Repeat with the remaining oil and cauliflower mixture. Top each with a dollop of applesauce, if desired.
- ⊕ **Vegetable** ⊕ **Fruit (if applesauce is used)**

Chocolate-Peppermint Energy Balls

8 servings
eatingwell.com

Ingredients

8 ounces dried pitted dates (about 1 3/4 cups)
2/3 cup rolled oats
1/2 cup creamy peanut butter
1 1/2 ounces dark chocolate (70% cacao)
1/2 teaspoon salt
4 candy canes

Instructions

- Process dates, oats, peanut butter, chocolate and salt in a food processor until well blended, about 45 seconds. Divide the mixture evenly into 16 balls, about 2 tablespoons each.
- Break candy canes into large pieces; place in the food processor. Process until very finely chopped, about 1 minute. Transfer to a medium bowl. Roll the balls in the crushed candy canes until well coated.

⊕ **Meat/Meat Alternate** ⊕ **Grain**

⊕ **Fruit**

Mbatata (Sweet Potato Cookies)

12 cookies
eatingwell.com

Ingredients

1/2 cup mashed cooked sweet potatoes
2 tablespoons extra-virgin olive oil
1 cup all-purpose flour, plus more for rolling
1/4 cup brown sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon salt

1/4 cup raisins
3 tablespoons toasted coconut
1/4 cup dried fruits, such as cranberries or dates, chopped (optional)

Instructions

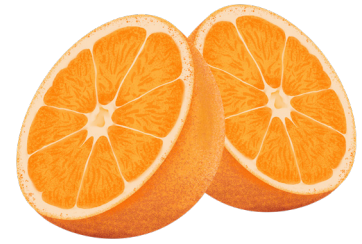
- Preheat oven to 375°F.
- Combine sweet potato and oil in a large bowl. Add flour, brown sugar, baking powder, cinnamon and salt. Mix well until a soft dough forms. Add raisins and mix to combine (the dough will be crumbly).
- Turn the dough out onto a lightly floured surface; knead a few times and shape into a disk. Roll the dough 1/2-inch thick; cut cookies with a 2-inch cookie cutter (heart-shaped is traditional in Malawi). Place the cookies on a parchment-lined baking sheet. Re-roll and cut any remaining dough, until all the dough has been used. Top the cookies with coconut and (if using) dried fruit, lightly pressing to adhere.
- Bake until firm and slightly springy when touched, 10 to 12 minutes. Let the cookies cool on the pan for 5 minutes, then transfer to a wire rack to cool completely.

⊕ **Vegetable**



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Oatmeal 2. Strawberries 3. Milk	1. Yogurt 2. Blueberries*** 3. Milk	1. WG Cereal 2. Banana 3. Milk	1. Eggs 2. Hash Browns 3. Milk	1. WG Pancakes 2. Melon 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Turkey Chili 2. Cornbread Muffin 3. Green Beans 4. Apple Slices 5. Milk	1. Beef Meatballs 2. WG Noodles 3. Spaghetti Sauce 4. Kiwi 5. Milk	1. Black Bean Patty 2. WG Bun 3. Avocado 4. Peaches 5. Milk	1. Chicken Sausage 2. WG Mac & Cheese 3. Broccoli 4. Applesauce 5. Milk	1. Tuna Cake 2. WG Breadstick 3. Cooked Carrots 4. Pears 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. String Cheese*** 2. WG Crackers 3. Grapes*** 4. Cucumbers 5. Milk	1. Hard Boiled Egg 2. WG Pretzels 3. Honeydew 4. Celery*** 5. Milk	1. Nut/Seed Butter 2. WG Pretzels 3. Raspberries*** 4. Sliced Bell Peppers*** 5. Milk	1. Edamame*** 2. WG Crackers 3. Orange Slices 4. Baby Carrots*** 5. Milk	1. Hummus 2. WG Pita 3. Blueberries*** 4. Sugar Snap Peas*** 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:

October 2024 final claim due: **December 27 (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

Winter Superfoods: Boosting Immunity During Cold & Flu Season

Cold and flu season is upon us, and aside from getting enough rest and washing those hands, a great way to keep your immune system healthy is by eating nutritious foods - specifically superfoods! Eating enough foods rich in antioxidants means the body has a better chance of fighting off cold and flu bugs. Going for variety is key as all fruit and vegetables provide us with different nutrients and antioxidants. So aim to get as some superfoods your plate at mealtimes.

What Makes a Food a "Superfood?"

"Generally, a food is promoted to superfood star status when it delivers ample amounts of vitamins and minerals with antioxidant power, is linked to the prevention of a disease, or is thought to offer several health benefits," says registered dietitian Amy Shapiro, MS, CDN, and founder of Real Nutrition.

What Are Some Winter Superfoods?

Squash: Acorn or butternut, take your pick because both are winter superfoods. Either variety of winter squash is abundant beginning in early fall (and lasts all through winter). Winter squash has plenty of fiber, magnesium, beta carotene, and vitamins C and B6. Plus, eating it may help decrease your blood pressure and cholesterol.

Citrus Fruits: "Citrus fruits are bursting with vitamin C, making them ideal in the winter months when cold and flu season hits," explains Shapiro. She adds that citrus fruits like oranges, grapefruits, and lemons are also high in minerals and phytochemicals, i.e. plant-based chemicals the American Institute for Cancer Research says may help reduce the risk of cancer. Navel and blood oranges are ripe during the coldest, snowiest months of the year.

Apples: Among other nutrients, apples contain vitamin C! Adequate vitamin C is key for immune support (super helpful during cold and flu season) and that

apples also contain pectin, a soluble fiber that has been shown to help reduce cholesterol levels. Apple season arrives toward the end of summer but often continues well into late fall or early winter.

Brussels Sprouts: Brussels sprouts are one of the best winter staples for both taste and nutrient density," Shapiro says. These mini cruciferous veggies are high in vitamins K and C, and also contain folate, manganese, potassium, and vitamin B6. These veggies are typically harvested in late fall into winter.

Sweet Potatoes: Sweet potatoes are a great source of beta-carotene, an antioxidant that fights free radical damage and inflammation. Their peak season happens from October to December.

Parsnips: Parsnips are a root vegetable, which Shapiro says provide valuable digestion-improving fiber and folate, which can help build brain cells. They taste like a more flavorful carrot and can be swapped out for carrots in many recipes. Most root veggies, including parsnips, are in season from fall until early spring.

Pomegranates: Pomegranate is high in polyphenols," says Shapiro, "which are known to improve heart health, fight infection, and improve memory." Pomegranates are easy to find from September to February, and are delicious in recipes. Try them sprinkled on a salad or tossed into yogurt or smoothies.

Avocados: You might associate avocados with summertime tacos and margaritas, but Shapiro says this "near-perfect food" is actually in season in winter (depending on the variety, avocados are ripest between August and December). The long list of avocado benefits includes a healthy fat content of omega-3s, B vitamins such as riboflavin, niacin, folate, pantothenic acid, and B6, and also magnesium, potassium, and vitamins C, E, and K.



Sugar and the Holidays



This time of year, holiday sweets are something many of us enjoy. But platters of cookies, candies and gingerbread are not just tempting for adults. Children are offered sweet treats just about everywhere they turn during the holiday season.

While sweets are something to enjoy, most people (children included) are already eating well above the recommended amount of added sugar daily. Since added sugars contain no nutrients, and contribute to poor dental health, heart health and obesity, it's important to be aware of what children are eating.

For children ages 2-19, less than 10% of total daily calories should come from added sugar. For children under age 2, no added sugar in their diet is recommended.

If you are concerned about how to deal with kids and holiday sweets, here are some tips:

1. **Don't completely restrict holiday sweets.** This often backfires and children go to the other extreme or hide food if never given the chance to eat something.
2. **Serve nutritious, balanced meals as usual.** Nutrients such as fiber and protein in meals allow children to avoid eating sweets on an empty stomach.
3. **Offer healthy alternatives alongside holiday sweets.** Veggie platters, fruit trays, and cheese and crackers are all simple options not full of added sugar.
4. **Emphasize other aspects of the holiday gathering besides food.** Remind children about seeing friends/family, playing games and exchanging gifts.
5. **Be a role model yourself.** Children learn by example, and seeing adults make healthy choices influences the choices they make.

Hopefully, these tips will help avoid the dreaded "crash" that comes after eating large amounts of sweets. If not, use it as a learning opportunity to teach children that eating too many sweets at once can make them feel *not so great* later on.

Here's to a healthy, happy holiday season!

Grinch's Heart Mac & Cheese

Try this spin on mac & cheese for the holidays! The sauce features spinach, which is packed with vitamins A, C, and K as well as fiber and folate. 1 serving provides 1/8 cup vegetable and 1 oz grain equivalent.

Yield: 8 servings

Ingredients:

- 1 cup frozen spinach
- 1/2 cup 2% milk
- 1 box (8 oz) white cheddar macaroni & cheese
- 2 tbsp unsalted butter
- 1 red bell pepper, seeded

Instructions:

1. Thaw the frozen spinach and drain well, you should end up with about 1/3 cup.
2. To a food processor, add the spinach and milk. Process until smooth.
3. Heat water in a pot for cooking macaroni noodles. Once the water is boiling, add the macaroni noodles and cook for 7-8 minutes. Drain and set aside.
4. In the pot you cooked the macaroni in, melt the butter. Add the spinach and milk mixture and white cheddar cheese packet. Stir well to combine.
5. Add the cooked macaroni noodles and stir well.
6. Slice a red bell pepper into a small heart shape.
7. Serve the prepared macaroni noodles with 1 red bell pepper heart on top.

Nutrition Information: (serving size 1/2 cup): 120 calories, 5 grams fat, 16 grams carbohydrate, 1 gram fiber, 3 grams protein.

Safety notes: *Omit red bell pepper hearts for children under age 4, as raw vegetables can be a choking hazard.*

Optional: Bake in muffin cups after cooking for a finger food option.

✦ **Vegetable** ✦ **Grain**

■ **Images:** Allison Stock



TIME YOUR BIG-TICKET SHOPPING

Most of us replace our big-ticket items like washers or refrigerators when they are beyond repair. However, if you can plan ahead you can score decent savings by waiting for the best sales to come around.



Computers: August, November, December

Cooktops: August, September, November

Dishwashers: May, July, November

Lawn Mowers & Tractors: April, September

Mattresses: February, May, October, November

Ranges: May, July, November

Refrigerators: July, August, November

Wall Ovens: January, September, November

Televisions: January, November, December

Washing Machines & Clothes Dryers: July, November

■ **Source:** [consumerreports.org](https://www.consumerreports.org)



Kids Experience Holiday Stress Too!

It's the most wonderful time of the year, right? While the holidays are supposed to be a joyous time with family and friends many are left feeling overwhelmed and anxious. A poll conducted by the American Psychological Association (APA) concluded that eight out of ten Americans anticipate stress and anxiousness during the holiday season. We tend to believe that the holidays are a magical time for children and that the stress of it all is only felt by the adults. However, holiday stress affects children at the same rate as adults.

Many factors contribute to increased feelings of stress for children during the holiday season. Expectations are high for both children and parents. There are pressures to capture the perfect family photos, wear the most beautiful outfits, attend every event, and do it all with excitement and a smile! Children are expected to be on their best behavior despite all the changes to their routine.



For children already experiencing mental health symptoms, the disruption to their diet and routine can be particularly challenging.

It is important to be mindful of children's behavior and keep track of any behaviors that are out of the ordinary for them. Signs that kids are experiencing stress include: becoming teary for minor reasons or no reason at all, biting nails, physical complaints of headache or stomach ache, regression to younger behaviors (bedwetting, temper tantrums) or withdrawing from their peers and family. The good news is that there are ways to alleviate the feelings of stress that children may be experiencing!

There are many steps providers can take to minimize holiday stress and increase holiday fun! Prepare children for changes in their routine by discussing with them what they can expect from each event. Try to minimize changes to routine by scheduling holiday fun around their typical sleep and meal schedules. Make sure they have familiar toys or sleep aids to help them feel more comfortable. Most importantly be realistic with your holiday expectations and fully consider the child's needs. Take a deep breath and enjoy the season!



Q: The three most commonly asked questions about My Food Program with links to instructions:

1. How do I save/copy a menu?
 - <https://myfoodprogram.tawk.help/article/create-new-saved-menu/>
<https://myfoodprogram.tawk.help/category/copy-menus-centers>
2. How do I mark myself closed/field trip?
 - <https://myfoodprogram.tawk.help/article/add-a-multiple-day-closureholidayfield-trip-or-designate-summer-or-non-school-days>
3. How do I add a participant to my roster?
 - <https://myfoodprogram.tawk.help/article/add-a-participant>

Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg). We'll answer questions monthly in "Potpourri."

Send Them Home with a Special Homemade Snowflake Ornament!

Popsicle Sticks (colored or plain - you can paint them)

Tacky Glue

Hot Glue Sticks and Hot Glue

Christmas Bells

Glitter Stickers

Silver Glitter

Tinsel Pom Poms and/or craft foam balls

Fabric Snowflakes

Twine for hanging



STEP 1

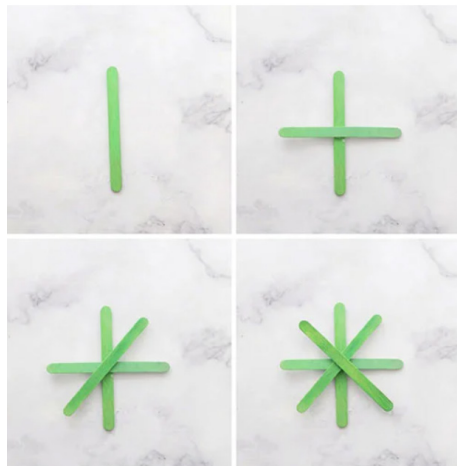
For adults: Hot glue your popsicle sticks together. Forming the shape of the snowflake, put a small bit of hot glue in between each popsicle stick. Once done, add a bit of hot glue to the back and add your twine for hanging.

STEP 2

Brainstormed all of the things the kids are grateful for and write what they were thankful for on paper leaves.

STEP 3

Time to decorate! Use glue to stick glitter on the snowflake. Glue pom poms or craft balls to the popsicle sticks. The choices are endless!

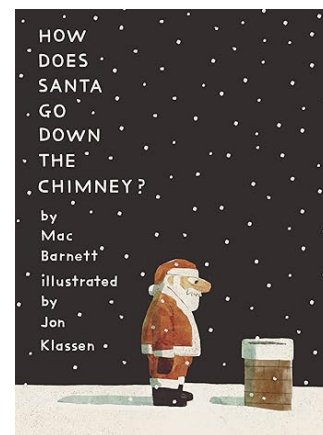


December holidays are a great time to get snuggled up and read great stories with kids of all denominations!



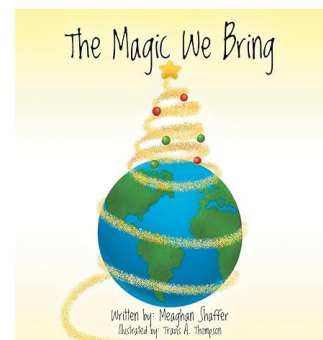
Winter's Gifts (An Indigenous Celebration of Nature)

by Kaitlin B. Curtice (Author), Gloria Félix (Illustrator)



How Does Santa Go Down the Chimney?

by Mac Barnett (Author), Jon Klassen (Illustrator)



The Magic We Bring

by Meaghan Shaffer (Author), Travis A. Thompson (Illustrator)

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

■ Source: [thebestideasforkids.com](https://www.thebestideasforkids.com) ■ Images: [thebestideasforkids.com](https://www.thebestideasforkids.com)

Watch for Signs of Hypothermia

When playing outside in the cold and snow, a child's body can lose heat quickly. A child's normal core temperature ranges from 98-99 degrees; hypothermia occurs when it drops below 95 degrees.

HYPOTHERMIA SIGNS

- Body shivers
- Fingers and toes feel numb
- Exposed skin may look puffy and blue
- Lack of coordination
- Muscle aches
- Difficulty walking
- Mental confusion
- Slower breathing and heart rate
- Irregular or erratic heart beat

TREATING HYPOTHERMIA

Because severe hypothermia can be a life-threatening condition, a child with any level of hypothermia needs prompt attention. Below are quick steps for treating hypothermia:

- Remove the person from the cold and remove any wet clothing
- Warm the person with warm blankets around the body, especially the neck and chest.
- Offer a warm beverage if the person is able to drink.
- Share body heat by using skin-to-skin contact by lying next to the child.
- Cover yourself and the child with a warm blanket.
- If the child begins shaking violently or becomes confused, call 9-1-1.
- If breathing becomes very shallow or non-existent, begin CPR.

WINTER PLAY SAFETY TIPS


Boys Town Pediatrics encourages monitored outdoor play during the winter months. Making snow angels, snowmen and sledding are fun outside activities. The best way to protect a child from hypothermia and other cold injuries is to prevent them from ever happening. Just remember to keep it safe by following these winter safety tips from Boys Town Pediatrics:

- Stay covered by wearing a hat.
- Keep dry by wearing waterproof gloves and boots.
- Play smart and come inside every 30-60 minutes to warm up.
- Wear layers to help stay comfortable during play.
- If a child begins to complain of being cold or wet, make sure to take a break from play - go inside and grab a warm drink. Stay warm, have fun and enjoy this winter season!

TEMPERATURE GUIDE

When is it too cold for your child to go outside and play? Follow the colored safety zone guide.

- Green zone. The safest temperature to go outside to play is 30 degrees or higher.
- Yellow zone. Playing in temperatures between 20 to 30 degrees should be carefully watched by parents as the weather will affect body temperatures to cool quickly.
- Red zone. Your child should not play outside in temperatures less than 20 degrees. Keep in mind the wind chill factor can cause the actual temperature outside to be much colder, especially if skin is not properly covered.

GREEN ZONE	YELLOW ZONE	RED ZONE
30°F or higher	20°F to 30°F	20°F and below
<ul style="list-style-type: none"> - Layer clothing - Drink water often - Watch for signs of getting chilled - Feel babies' hands and feet - Take breaks 	<ul style="list-style-type: none"> - Be cautious - Follow Guidelines of the Green Zone - Easier to become chilled - Layer clothing under coats 	<ul style="list-style-type: none"> - Stay indoors!
		BOYS TOWN Pediatrics 

December 2024

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

1. How many Americans experience stress during the holiday season?

- a. 8 out of 10
- b. 2 out of 5
- c. 3 out of 10
- d. 11 out of 20

2. Signs of hypothermia include:

- a. Mental confusion
- b. Body shivers
- c. Numb fingers and toes
- d. All of the above

3. Most root vegetables are in season from fall to early spring.

- a. True
- b. False

4. Apples do not contain very much Vitamin C.

- a. True
- b. False

5. For kids ages 2-19, what percentage of total daily calories should come from added sugar?

- a. 5 percent
- b. 3 percent
- c. 10 percent
- d. 8 percent

6. The best time to buy a new washing machine is September.

- a. True
- b. False

7. The safest temperature to outside to play is 40 degrees and higher.

- a. True
- b. False

8. Which of the following is consider a winter superood?

- a. Squash
- b. Zucchini
- c. Grapes
- d. Pickles

9. Holiday sweets should be completely restricted for kids.

- a. True
- b. False

10. Pomegranate is high in what vitamin/mineral?

- a. Vitamin K
- b. Polyphenols
- c. Folate
- d. Manganese

11. For children under age 2, no added sugar in their diet is recommended.

- a. True
- b. False

12. Children should not play outside in temperatures less than 20 degrees.

- a. True
- b. False

13. Holiday stress affects children at the same rate as adults.

- a. True
- b. False

14. Brussels sprouts are high in which nutrient?

- a. Vitamin B12
- b. Vitamin K
- c. Vitamin D
- d. Calcium

15. The best sales on refrigerators are in January.

- 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.