

potpourri

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This month, ACD celebrates **Black History Month** – a time to recognize the history and contributions of African-Americans in our country. On page 9, we feature books that teach children about key African-American figures and events.

Other happenings include a webinar led by Allison Stock, R.D. – ACD's registered dietitian. **The webinar ("Healthy, Happy Eaters: Establishing Healthy Eating Habits in Young Children") is Tuesday, Feb. 7 from 6:30pm - 7:30pm.** Be sure to register – it's FREE!

ACD is transitioning back to in-person reviews. If your childcare is open for business, you must let your field monitor in to conduct a review.

Lastly, **ACD's 2022 annual report is now available online!** The report highlights the impact of our dedicated providers, staff and partners.

Thank you all for the work you do – Happy Valentine's Day (in advance)!

Denise Meyer
Denise Meyer
Executive Director

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■ Cover: Enrique Hoyos | Image (above): Jose Manuel Gelpi | Image (back page): Monkey Business

Hearty Meals

Heart-healthy & hardy meals to warm up to

Almond Cranberry Granola

8 servings
thehealthymaven.com

Ingredients

3 cups rolled oats
2 cups raw almonds***
1 tsp. cinnamon
Pinch of sea salt
2 tbsp. coconut oil, melted
1/4 cup unsweetened pumpkin puree
1/2 cup maple syrup
1 tsp. almond or vanilla extract
Zest from 1 orange
Juice from 1/2 orange
3/4 cup unsweetened dried cranberries***

- Preheat oven to 350° F.
- In large bowl combine oats, almonds, cinnamon and sea salt.
- Top with coconut oil, pumpkin, maple syrup, extract, orange zest and combine.
- Spread on baking sheet lined with parchment or silicone.
- Bake 15 minutes.
- Flip granola on tray and bake another 15 minutes or until granola is slightly browned and crispy.
- Turn oven off and open oven door to vent leaving granola on tray for 20 minutes to crisp up more.
- Remove from oven and top with cranberries.

■ Image: Danny Smythe

- Allow to cool completely before storing in airtight jar.
- Applesauce or banana can be substituted for pumpkin puree.
- Will keep for several months.

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

White Turkey Chili

6 servings
eatingwell.com

Ingredients

3 tbsp. extra-virgin olive oil (or canola oil)
1 lb. 93% lean ground turkey
1 large onion, diced
4 cloves garlic, minced
2 medium zucchini, diced (about 3-1/2 cups)
1/2 cup bulgur
2 tbsp. dried oregano
4 tsp. ground cumin
1/2 tsp. ground coriander
1/2 tsp. white pepper
1/4 tsp. salt
2 15-oz. cans no-salt-added white beans, rinsed
2 4-oz. cans green chiles, mild or hot
4 cups reduced-sodium chicken broth

- Heat oil in Dutch oven over medium-high heat.
- Add ground turkey, onion and garlic.
- Cook and break up meat with wooden spoon until no longer pink, 3 to 5 minutes.

- Add zucchini and cook until it starts to soften, 5 to 7 minutes.
- Add bulgur, oregano, cumin, coriander, white pepper and salt and cook until aromatic, 30 seconds to 1 minute.
- Stir in white beans and chiles, then pour in broth; and bring to a boil.
- Reduce heat to a simmer, partially cover pot and cook, stirring occasionally until liquid is reduced and thick and bulgur is tender, about 50 minutes.
- Cover and refrigerate for up to 3 days or freeze for up to 3 months.

- ⊕ Vegetable
- ⊕ Grain/Bread Product
- ⊕ Meat/Meat Alternate

Super Oatmeal Cookies

12 servings
katheats.com

Ingredients

1-1/2 cups old fashioned oats
2/3 cup oat flour (from oats)
2/3 cup carrot peeled, grated (1 large or 2 medium)
2/3 cup apple peeled, cored & grated (1 large or 2 medium)
2/3 cup canned pumpkin
1/3 cup ground flax
1 large egg
3 tbsp. honey (omit if serving to baby under age of 1)
2 tbsp. butter melted
1 tsp. vanilla

[Continued on page 8]

*** Choking hazard for children under age 4



CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG English Muffin 2. Oranges 3. Milk	1. Eggs 2. Hashbrowns 3. Milk	1. WG Cheerios 2. Bananas 3. Milk	1. Hot Cereal 2. Blueberries*** 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Chili 2. WG Toast 3. Corn 4. Potatoes 5. Milk	1. Hummus 2. WG Crackers 3. Celery 4. Cauliflower 5. Milk	1. Turkey 2. WG Pizza Dough 3. Tomatoes 4. Bell Peppers 5. Milk	1. Tuna 2. WG Bread 3. Peas 4. Grapefruit 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Cheese 2. WG Soft Pretzel 3. Apples 4. Celery 5. Milk	1. Peanut Butter 2. WG Tortilla 3. Oranges 4. Cucumber 5. Milk	1. Cream Cheese 2. WG Bagel 3. Avocados 4. Grapes*** 5. Milk	1. Almond Butter 2. WG Pita Bread 3. Banana 4. Carrots 5. Milk
(*) 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:**

- ACD offices closed in observance of Presidents Day/Washington's Birthday: **Feb. 20 (Mon)**
- December 2022 final claim due: **Feb. 27 (Mon)**
- Mark school-age children "**out-of-school**" if caring for children during school break.
- Complete "**Holiday Note**" form with required signatures if caring for children on a holiday.

■ **Image:** Moose ■ **Graphic:** Chanakarn Kwang

Unhealthy Smiles

Poor oral health impacts a child's health & quality of life



February isn't just about love and Valentine's Day – it's also about dental health.

Alongside being known as the “month of love,” February is designated **Children’s Dental Health Month**.

A healthy smile is a sign of good health. For children, this is especially important because not establishing (and maintaining) good oral health habits early on can impact their health and quality of life as they age.

According to the American Dental Association (ADA), more than 40% of children have tooth decay by the time they reach kindergarten. Furthermore, the American Academy of Pediatric Dentistry (AAPD) states that cavities are “...four times more common than childhood asthma and three times more likely than childhood obesity.”

The good news is cavities (also known as caries or tooth decay) are preventable!

Parents/caregivers can help protect a child's smile:

- Brush their teeth twice daily for two minutes with a soft-bristled toothbrush and fluoride toothpaste. For children ages 2-6, use a pea-sized amount of fluoride toothpaste.
- Include flossing as part of a child's daily oral care routine.
- Replace a child's toothbrush every three to four months.
- Schedule dental checkups and cleanings at least twice a year.



Additionally, try these tips to help children avoid cavities:

- Serve sugary treats with meals (not as snacks).
- Serve calcium-rich foods (e.g. low-sugar yogurt, broccoli and cheddar cheese).
- Keep children hydrated with water throughout the day and at mealtime.
- Avoid chewing on ice, very hard nuts and crusty breads.
- Choose a chocolate bar (if a sweet snack is a must) instead of gummy or sticky sweets.
- Avoid sugary foods that linger on the teeth like lollipops, cough drops and mints.
- Watch citrus intake as frequent exposure to acidic foods (e.g., lemon or lime) can erode enamel.

NOTE: For children younger than 2 years old, consult a dentist about when to start using fluoride toothpaste. Always supervise kids younger than six years old while brushing as they are more likely to swallow toothpaste.

- **Source:** cdc.gov | mayoclinic.org | childrensdentalhealth.com | myorthodontistus.com | adha.org | deltadentalins.com | my.clevelandclinic.org | dentaldreams.com
- **Images:** annakraynova | Alexthq (Getty Images)

Love Your Heart

February is American Heart Month

Whether you have a valentine or not, you have a heart that deserves extra love during **American Heart Month**.

What better way to love your heart than to protect it from developing heart disease. Certain diet and lifestyle habits can reduce the risk of heart disease.

Start A Heart-Healthy Diet...Today!

You may know fiber aids in digestion, but did you know fiber has also been shown to help lower blood pressure and cholesterol?

Top sources of fiber are whole grains (e.g. whole wheat bread, whole wheat pasta and brown rice), fruits and vegetables. Aim for 12 grams of fiber for every 1,000 calories eaten.

High-sodium foods have the opposite effect, raising blood pressure. Although high blood pressure may seem like an adult problem, about 1 in 6 children have high blood pressure which is a major risk factor for heart disease and stroke later in life.

Daily recommended sodium limit:

- Age 1-3: 1,200 mg/day
- Age 4-8: 1,500 mg/day
- Age 9-13: 1,800 mg/day
- Age 13+: 2,300 mg/day

Move More!

Our heart is a muscle that requires regular physical activity to stay strong and healthy. For children, this means encouraging free play and limiting sedentary behavior.

Daily physical activity recommendations for children are:

- Infants: Up to 30 minutes of physical activity and interactive play (i.e. tummy time)
- Children age 1-5: 3 hours of active play
- Children age 6+: 60 minutes of moderate to vigorous physical activity most days of the week

Loving your heart should not be limited to February. Encourage children to stay active and eat whole grains, fruits and vegetables year round.

NOTE: While adults may avoid high-fat foods on a heart-healthy diet, fat is critical for a child's brain development and should not be restricted unless recommended by a medical professional.

■ **Source:** [dietaryguidelines.gov](https://www.dietaryguidelines.gov)

■ **Images:** mediaphotos | fcafotodigital



BBQ Cauliflower “Wings”

6-1/2 cup servings

Looking for a healthy twist on chicken wings for Superbowl Sunday? These wallet-friendly “wings” are filled with fiber, vitamin C and potassium.

Ingredients

1/2 whole cauliflower, cut into equal-size florets (6-1/2 cups)
 1/2 cup flour
 1/4 tsp. garlic powder
 1/4 tsp. onion powder
 2 eggs, beaten
 2 tbsp. milk
 1/2 cup panko breadcrumbs
 1/2 cup BBQ sauce



- Preheat oven to 425 °F.
- Wash and rinse cauliflower after chopping.
- Pat dry with clean towel.
- Gather three large bowls for breading process. In first bowl: mix flour and garlic and onion powders. Second bowl: combine beaten eggs and milk. Third bowl: pour panko breadcrumbs.
- Place florets in flour mixture and toss with fork or washed hands, coating florets evenly.
- Move florets to egg mixture and toss with fork or washed hands, coat evenly.
- Move florets to breadcrumbs and toss with fork or washed hands, coat evenly.
- Chill florets in refrigerator 10 minutes for breading to adhere.
- Once chilled, spread florets evenly on parchment-lined sheet pan.
- Bake 20 minutes. Remove from oven and mix with BBQ sauce, stirring to coat evenly.
- Return florets to pan and bake additional 5-10 minutes.
- Allow to cool 10 minutes before serving.
- Garnish with sliced green onions (optional).

Safety Note: Keep children away when stirring hot cauliflower with BBQ sauce.

Nutrition Information (1/2 cup): 169 calories, 2.7 grams fat, 27 grams carbohydrate, 3 grams fiber, 6.7 grams protein.

Vegetable

■ **Images:** jessicainthekitchen.com (top) | HandmadePictures (bottom) | Billion Photos (right)

BUSINESS

Stop buying retail.

When you go to retail stores, you often pay full price. Instead, when reasonable, look for used items on sites like eBay and Facebook Marketplace. Flea markets and thrift stores may also have the items you need at deeply discounted prices. [shopify.com]



MEALS

Order curbside pickup.

Shopping online makes it easy to compare brand prices, see what's on sale and watch the total add up in real time. Some grocery stores offer curbside pickup services for free while others charge a small fee. Be sure to include this extra expense into your grocery budget. [ramseysolutions.com]

“ME TIME”

Get a Library Card. Using your local library can save tons of cash on purchases like movies, books or printing documents. Along with access to free books, libraries offer ebook downloads, computer access and free or discounted tickets to local events. You can even take writing classes and join a book club. Return items on time to prevent late fees. [extraspaces.com]

Calcium-Rich Foods

To try for a healthy heart & sparkling smile!



[Continued from page 3]

Super Oatmeal Cookies (Cntd')

1 tsp. cinnamon
1/2 tsp. baking soda
1/4 tsp. kosher salt

- Preheat oven to 350° F.
- Line baking sheet with parchment.
- Make oat flour in food processor with blade attachment.
- Switch to grate attachment and grate peeled carrots and apples.
- In large bowl, mix oats, oat flour, ground flax, cinnamon, baking soda and salt.
- In separate bowl, beat egg and stir in pumpkin, honey, melted butter and vanilla.
- Pour wet ingredients into dry.
- Fold in carrot and apple.
- Divide dough into 12 equal pieces and form cookie shapes.
- Bake 15-18 minutes until cookies are golden and edges are crispy.
- Cool completely.
- Toast or heat before eating.
- Store in refrigerator.

- ⊕ Fruit
- ⊕ Vegetable
- ⊕ Grain/Bread Product



Yarn-Wrapped Heart

Heart-shaped cardboard
Red or pink yarn
Scotch or masking tape

- Cut out heart shape from a piece of cardboard.
- Tape end of yarn spool to back of heart cutout.
- Wrap yarn around heart until cardboard is covered.
- Cut off yarn, loop loose end through another piece of yarn and tie it.
- Share with your valentine!

Mini Valentine's Pizzas

Store-bought pizza crust
Shredded mozzarella cheese
Pizza sauce
Pepperoni slices
Mozzarella slices
Mini heart cutter (for pepperoni)
Small heart cutter (for pizza shape)

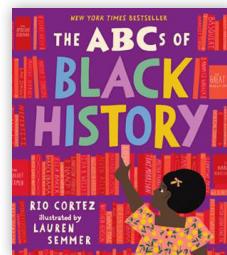


- Preheat oven according to crust packaging instructions.
- Using small heart cutter, cut out crusts.
- Using mini heart cutter, cut out pepperoni and cheese pieces.
- Spoon sauce evenly onto hearts (spread within 1/2 inch of edges).
- Top sauce with shredded mozzarella cheese.
- Top mozzarella cheese with three pepperoni slices (per heart crust).
- Bake according to crust instructions (typically 10-12 minutes).
- Once done, let cool a bit.
- Place mozzarella hearts on pizza **after** baked (to hold their heart shape).
- For leftover dough, take and form into a ball.
- Roll out with rolling pin until flat, then cut more hearts until you run out of pizza dough.

● Milk
● Vegetable

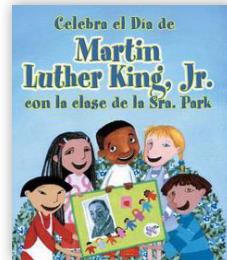
■ Crafts/Images: womansday.com (top) | helloyummy.co (bottom)
■ Books: amazon.com (right)

February is Black History Month. Celebrate with books about key figures and events.



The ABCs of Black History by Rio Cortez

Letter by letter, “The ABCs of Black History” celebrates a story that spans continents and centuries, triumph and heartbreak, creativity and joy.



Celebra El Dia de Martin Luther King, Jr. Con La Clase de La Sra. Park by Alma Flor Ada & F. Isabel Campoy

The students in Mrs. Park’s class prepare to celebrate Martin Luther King, Jr.’s Day by thinking about the values he taught. Contains an informative section on Martin Luther King, Jr.

Preventing Burns

Feb. 5-11 is Burn Awareness Week – protect children from scald burns

In the U.S., fires and burns account for the fifth leading cause of accidental death for children age 1-19.

Each year, according to the Children's Safety Network, nearly 300 children and adolescents die from fire or burn injuries; while more than 100,000 children are admitted to a hospital or treated in an emergency department for burn-related injuries.

Sponsored by the American Burn Association, **National Burn Awareness Week (February 5-11)** looks to bring awareness to burn injuries and prevention practices. For 2023, their focus is preventing scald injuries: **Hot Liquids Burn Like Fire!**

Scald burns are the second leading cause of all burn injuries.

Children are especially at risk of scald injury since their palms have thinner skin than adults and they have slower reflexes that prevent them from quickly moving their hands away when they touch hot surfaces.

Because these factors lead to more serious burn injuries in children, protecting them from burns must be a priority for parents/caregivers.



This month (and year round), parents/caregivers can implement these burn prevention practices:

- Teach children that hot things can burn.
- Create a “kid-free zone” of at least 3 feet around hot appliances.
- Turn off the burner if you leave the kitchen for any reason.
- Never hold a child while cooking, drinking a hot liquid or carrying hot food or liquids.
- Never heat a baby bottle in a microwave – heat it in warm water from the faucet.
- Open microwaved food slowly and away from the face – allow to cool before eating.
- Install anti-scald devices on tub faucets and shower heads.
- Before placing a child in the bath, test the water – it should feel warm, not hot, to the touch.
- Make sure gas fireplaces have a safety screen or safety gate.

If a child experiences a burn – administer general first aid:

- Treat the burn right away.
- Remove all clothing, diapers, jewelry and metal from the burned area.
- Cool the burn with cool water for 3-5 minutes.
- **DO NOT** apply creams, ointments, sprays or other home remedies.
- Cover burn with a clean, dry cloth.
- **See a doctor if the burn is larger than your palm.**

■ **Source:** weeklysafety.com | nfp.org | safekids.org | hopkinsmedicine.org | childrenssafetynetwork.org

■ **Images:** Pixelshot (top) | HG-Fotografie (bottom)

Feb. 2023

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

1. Children younger than 2 months old can use fluoride toothpaste:

- a. True
- b. False

2. How many grams of fiber should you aim for per 1,000 calories eaten?

- a. 21
- b. 199
- c. 12
- d. 1,000

3. High blood pressure is a major risk factor for:

- a. Stroke
- b. Stubbed Toes
- c. Heart Disease
- d. Jaundice

4. You should cool a burn with cool water for 5-10 minutes:

- a. True
- b. False

5. Carrots and pears are calcium-rich:

- a. True
- b. False

6. Top fiber sources include:

- a. Brown Rice & Fruits
- b. Bacon & Eggs
- c. Jam & Jelly
- d. M&Ms

7. Chewing on ice prevents cavities:

- a. True
- b. False

8. Fiber can help lower:

- a. Noise
- b. Pain
- c. Debt
- d. Cholesterol

9. Burn Awareness Week is:

- a. September 11
- b. June 11- 25
- c. May 5-12
- d. February 5-11

10. What percentage of children have tooth decay by kindergarten?

- a. 75%
- b. Less than 25%
- c. 0.05%
- d. 40%

11. What is the daily recommended sodium limit for those age 4-8?

- a. 5 mg/day
- b. 1,500 mg/day
- c. 50 mg/day
- d. 15,500 mg/day

12. Citrus can erode tooth enamel:

- a. True
- b. False

13. A “kid-free zone” around hot appliances is at least:

- a. 3 fingers
- b. 3 stones
- c. 3 feet
- d. 3 hours

14. Scald burns are the second leading cause of all burn injuries:

- a. True
- b. False

15. What is not a calcium-rich food?

- a. Milk
- b. Oreo Cookies
- c. Red Bell Peppers
- d. Shiitake Mushrooms

■ Image: Maria Sybtova



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.