

potpourri

February 2024

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What's Inside?

Heart Healthy Meals

American Heart Health Month

Let's Talk About Beets

Understanding Different Types of Fat

Burn Awareness Week

& More!

PLUS: Bonus Quiz!

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

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It's a leap year! As we dive into February, let's continue our efforts to make an impact in the lives of the those we serve. Let's focus on celebrating small wins, learning from challenges, connecting with each other and looking forward with optimism. You are all making a difference.

Each month, we will be emailing links to two nutritional handouts written by our wonderful and creative registered dietician, Allison Stock. These resources will be on the website for you to print or refer to when needed. Watch your email for those monthly links.

Since we did not publish a January Potpourri, there are two quizzes on pages 10-11 of this issue. Note that your assistants can also complete copies of the quizzes for credit as well.

ACD offices will be closed:

- **February 19 (Mon.) in observance of President's Day/Washington's Birthday. We will reopen at 8 a.m. on February 20.**

We are glad to be a vital part of your journey, as you are part of ours. Wishing you a February filled with inspiration, discovery, and joy.

Denise Meyer
Denise Meyer
Executive Director

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Heart Healthy Meals

Celebrate heart health with these recipes from the American Heart Association

Avocado Salsa

16 servings
aha.org

Ingredients

16 6-inch corn tortillas, each cut into 6 wedges
1/8 tsp. salt and 1/8 tsp salt and 1/4 tsp. salt (divided use)
1/2 can no-salt-added black beans (rinsed, drained)
1 medium cucumber (peeled, seeded, finely chopped)
1 small green bell pepper (finely chopped)
1 medium rib of celery (finely chopped)
2-3 tbsp. snipped, fresh cilantro
2 tbsp. fresh lime juice
1/8 tsp. crushed red pepper flakes
2 medium avocados (diced)
Preheat the oven to 350°F.

- On a large baking sheet, arrange half the tortilla wedges in a single layer. Bake for 10 minutes, or until lightly golden. Sprinkle with 1/8 teaspoon salt. Transfer to a serving bowl. Repeat with the remaining tortilla wedges and the remaining 1/8 teaspoon salt.
- Meanwhile, in a medium serving bowl, stir together the beans, cucumber, bell pepper, celery, cilantro, lime juice, the final 1/4 teaspoon salt and red pepper flakes. Using a rubber scraper, gently fold in the avocados. Serve with the tortilla wedges.

- ⊕ Vegetable
- ⊕ Grain/Bread Product

Sweet Potato Nachos

6 servings
aha.org

Ingredients

Cooking spray
3 medium sweet potatoes peeled in 1/4-inch thick slices
1 tbsp. olive oil
1 1/2 tsp. paprika
1 tsp. chili powder
1 tsp. garlic powder
1/3 cup no-salt-added black beans, rinsed and drained
1/3 cup low-fat shredded Cheddar cheese
1/3 cup chopped tomato
OR
1/3 cup canned no-salt-added diced tomatoes, rinsed and drained
1/3 cup chopped avocado

- Preheat the oven to 425°F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
- In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
- Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
- Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
- Sprinkle with the tomato and avocado.

- ⊕ Vegetable
- ⊕ Meat/Meat Alternate

Big Green Monster Smoothie

6 servings
aha.org

Ingredients

1 large green apple, unpeeled, cored, and cut into large pieces
1 to 2 handfuls of baby spinach
1/4 large cucumber, peeled and cut into large pieces
1 medium kiwifruit, peeled and cut into large pieces
2 tablespoons fresh lemon juice
1 cup fat-free milk
2 teaspoons honey
1 cup ice cubes

- In a food processor or blender, process all the ingredients until thoroughly blended.

Tip: Experiment with other green produce, such as parsley, pears, peas, kale, leaf lettuce, greens, or green beans. For additional flavor options, try adding a sprinkle of ground cinnamon, dash of vanilla extract, or pinch of grated fresh gingerroot. If ice cubes aren't available, chill the ingredients before processing.

- ⊕ Fruit
- ⊕ Vegetable



Image: aha.org

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Scrambled egg & WG toast 2. Cantaloupe 3. Milk	1. WG Pancakes 2. Blueberries*** 3. Milk	1. Oatmeal 2. Banana 3. Milk	1. Cheesy Scrambled Egg 2. Hashbrown Patty 3. Milk	1. WG French Toast 2. Strawberries 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Taco Meat & Cheese 2. Corn Tortilla 3. Salsa 4. Avocado 5. Milk	1. Black Bean Patty 2. WG Bun 3. Corn*** 4. Raspberries*** 5. Milk	1. Chicken Noodle Soup 2. WG Crackers 3. Baked Potato 4. Orange Slices 5. Milk	1. Teriyaki Salmon 2. Brown Rice 3. Green Peas 4. Applesauce 5. Milk	1. Diced Chicken 2. WG Penne Pasta 3. Marinara Sauce 4. Broccoli 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. WG Pita Bread 3. Plum 4. Celery*** 5. Milk	1. String Cheese 2. WG Pretzels 3. Honeydew 4. Baby Carrots*** 5. Milk	1. Hard Boiled Egg*** 2. Granola Bar 3. Apple Slices 4. Cherry Tomatoes*** 5. Milk	1. Edamame*** 2. WG Crackers 3. Pear 4. Sugar Snap Peas*** 5. Milk	1. Cottage Cheese 2. WG Graham Crackers 3. Grapes 4. Cucumber Slices 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:

- ACD offices will be closed February 19 (Mon.) in observance of President's Day/ Washington's Birthday.
- December 2023 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.

February is Heart Health Month

5 FACTS ABOUT THE HUMAN HEART THAT WILL AMAZE YOU!

1. It supplies blood to every cell

Apart from the cornea, every cell in the human body gets blood from the heart.

2. It works really hard

In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute.

3. It is spiritually significant

The heart is an emblematic symbol in many religions, signifying truth, conscience, or moral courage.

4. It has its own electrical impulse

Due to this, the heart can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.

5. It is psychologically influenced

Happiness and a strong sense of emotional vitality help lower the risk of heart disease.



LET'S TALK ABOUT BEETS

We've got a great recipe this month - Red Heart Pancakes! What makes them red? Beets of course!

Health Benefits of Beets

Beets are low in fat and high in fiber. Half a cup of boiled beets contains 0.15 grams of fat and 1.7 grams of fiber, according to the USDA.

Beets have a number of anti-inflammatory benefits, thanks to their high content of betalains. Betalains are what give beets their natural color.

These amazing root veggies can even increase athletic performance! Beets contain compounds that are proven to increase oxygen uptake and even help muscle soreness.

By adding beetroot, you also add:

- Protein
- Fiber

- Folate (vitamin B9) (this is helpful for cell and tissue growth)
- Manganese (an essential trace element)
- Potassium (good for heart health)
- Iron (an essential mineral that is necessary for the transport of oxygen in red blood cells)
- Vitamin C

There are many options for cooking beets:

- Roasting (holds the color the best)
- Boiling
- Instant Pot
- Steaming

You can peel your beets before or after cooking.

Fun Facts About Beets

- Beet juice can be used as a red dye.
- In 19th century Victorian England, women used beet juice to add a "red" shine to their hair.
- Beets are also known as the blood turnip.
- Beets are related to swiss chard.
- Smaller beets are sweeter than larger ones.
- The entire beetroot plant is edible.
- The biggest beet ever grown was 53 pounds



■ **Image (pg. 4):** Ewya/Adobe Stock Image

■ **Sources:** [nationtoday.com](https://www.nationtoday.com/) | <https://www.nationwidechildrens.org/> | <https://thenaturalnurturer.com/> | [nih.gov](https://www.nih.gov/) | [cleveland-clinic.org](https://www.cleveland-clinic.org/) | [factretriever.com](https://www.factretriever.com/) ■ **Image:** [africa-studio.com](https://www.africa-studio.com/)/Adobe Stock Image

Understanding Different Types of Fat

February is American Heart Month, a time to focus on protecting the heart, which is responsible for pumping blood, regulating heart rates and maintaining blood pressure.

A child's diet impacts their health later in life. Eating certain types of fat is more harmful than others when it comes to heart health. The three types of dietary fat are: unsaturated fat, saturated fat and trans fat.

Unsaturated Fat

Unsaturated fat or "healthy fat" can improve cholesterol levels and fight inflammation.

Top sources of unsaturated fat:

- Avocados
- Nuts & seeds
- Peanut butter
- Olive oil
- Fatty fish (tuna, salmon)

Saturated Fat

Saturated fat or "unhealthy fat" can increase cholesterol and contribute to inflammation.

Top sources of saturated fat:

- Red meat
- Processed meats (deli meat, hot dogs, bacon, sausage)
- Poultry with skin
- Butter or lard
- Cheese
- Ice cream

Trans Fat

Trans fat is considered the most detrimental to heart health since it can both lower HDL "good" cholesterol and raise LDL "bad" cholesterol.

Top sources of trans fat:

*Partially hydrogenated oil (pastries, pie crusts, donuts, stick margarine, shortening)

*Many of these foods appear to have no trans fat on a nutrition label, but if there is less than 0.5 grams of trans fat per serving, it rounds down to 0 grams. Instead, avoid foods with partially hydrogenated oil listed in the ingredient statement.

Fat is an essential nutrient for children. For children over the age of 2, the American Academy of Pediatrics recommends a diet of less than 30% of calories from fat. Young children (under age 2) need higher amounts of fat in their diet for healthy brain development. Unless prescribed by a doctor, fat should not be restricted for children under the age of 2.

By providing children with a healthy, balanced diet at a young age, they can learn how to eat to protect their heart.

■ Image: Adobe Stock Image



Red Heart "Beet" Pancakes

Yield: 10 servings

Kids love to eat foods bursting with color, so this Valentine's Day, try adding beets to your traditional pancake recipe! The beets provide a vibrant pinkish-red hue, along with a healthy dose of folate, a nutrient essential for growth and development.

Ingredients:

- 1 cup of beets, peeled and cooked
- 1 cup unsweetened applesauce
- 2 tsp vanilla extract
- 2 cups pancake mix
- 2 tbsp water

Instructions:

1. Carefully add the beets, applesauce, and vanilla extract to a high-speed blender. Blend until smooth and no lumps remain.
2. Pour the beet mixture into a large mixing bowl.
3. Slowly add the pancake mix in batches, stirring well. Add in a small amount of water if needed to achieve a smooth, creamy texture.
4. Pour the batter onto a prepared griddle at 325 °F. Cook the pancakes for 2-3 minutes per side.
5. Serve with maple syrup and enjoy!

Optional: If using canned beets, be sure to add beets with no salt or seasoning and rinse well before using.



Nutrition Information (serving size: 1- 4 inch pancake with 2 tsp maple syrup): 170 calories, 0.4 grams fat, 40 grams carbohydrate, 1 gram fiber, 1.5 grams protein.

- ⊕ **Vegetable**
- ⊕ **Grain/Bread Product**

Safety Note: Be sure to keep children away from the blender and griddle while in use.

■ **Image: (top)** <https://www.creativenourish.com> | **(bottom)** Alison Stock
(right) Billion Photos/Canva

GROCERY APPS

Grocery shopping apps can be a great way to save money on your grocery bill. This month, we'll focus on leftover food and ugly produce purchase apps.



Leftover Food Purchase Apps

- **Flashfood**
Flashfood is an app that finds food close to its sell-by date at participating stores near you. A store can list any item, including produce, meat, dairy, bread, and snacks at discounts averaging 50%. Stores in both Illinois and Michigan participate in Flashfood.
- **Too Good to Go**
Too Good to Go is an app that connects users to stores and restaurants with leftover food. Users receive a "surprise bag" from the selected business at a cost of \$4 to \$7. Too Good to Go is not available in Michigan at this time.

Ugly Produce Purchase Apps

- **Misfits Market & Imperfect Foods**
Both Misfits Market and Imperfect Foods are apps that link customers to stores with "ugly" produce that a store may turn down. Subscribers receive a weekly box with a customized selection of funky-shaped fruits and strange-looking veggies as well as pantry items, meat, seafood and snacks. Customers can swap out items in their cart as desired. Both apps provide a delivery service.

■ **Source:** thepennyhoarder.com

Burn Awareness Week

Feb 4-10 Is Burn Awareness Week 2024

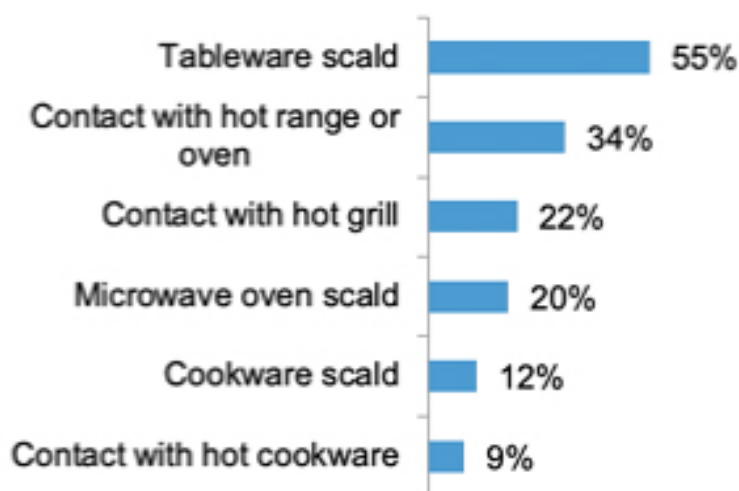
According to American Burn Association data, most burns associated with cooking in 2013-2017 were caused by contact with a hot object or liquid rather than by fire or flame.

Children under five face a higher risk of non-fire cooking burns. These young children account for 6% of the population but much larger percentages of non-fire burn injuries from cooking equipment, tableware such as bowls and cups, and cookware such as pots and pans

TIPS

- Ranges or ovens were the most common cooking equipment involved in non-fire cooking burns. Only 14% of thermal burns involving ranges or ovens were due to fire or flame.
- Although tableware is not itself used for cooking, it often holds very hot food, soups or drinks, and may itself be very hot.
- Keep hot foods and liquids away from table and counter edges.
- Have a “kid-free zone” of at least 3 feet (1 meter) around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.

Percent of Non-Fire Cooking-Related Burns Seen at Emergency Departments in 2013-2017 by Children under Five



■ Source: Data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, queried in October 2018. | American Burn Association



Q: Will there be a 2024 ACD Recordkeeper sent out?

No. Unfortunately a printed 2024 Recordkeeper is not in the budget for this fiscal year. However, the packet is available on our website in the Resource Library. You can access it directly at <https://acdkids.org/wp-content/uploads/2024-Record-Keeping-Packet.pdf> to download and print a copy.



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

Paper Plate Valentine's Day Fish

How cute is this is the paper plate fish craft!?! And it is so easy to do! A fun project to give to parents, friends, or simply to hang up at home!

You Will Need Per Fish:

paper plate
pink craft paint
craft foam sheets, red and purple
large googly eye
scissors
paintbrush
glue (stick or bottle)

- Lay down a piece of an old newspaper before you get started.
- Squirt about a teaspoon sized amount of pink paint onto the center of your paper plate. Spread around evenly until your whole plate is painted pink. Let dry.
- Cut out three purple hearts and one red heart from the craft foam, about 3 to 4 inches high.
- Cut out two more red hearts, one 1-inch high and one that is 2-inches high.
- Flip over the paper plate. Carefully glue the points of your two purple hearts on to the right side creating the fish tail.
- Now glue your largest red heart onto the top-right (still on the backside) of your plate. Glue the medium red heart onto the bottom of the plate creating a fin. Add the smallest red heart onto the left side. This creates the fish lips.
- Flip the plate over so it is right-side up. Glue the last purple heart onto the center of your paper plate to create the side fin.
- Finish by gluing a jumbo googly eye on the side with the lips.

A super cute book that pairs well with this craft is My Heart is Like a Zoo by Michael Hall.

Safety Note: (*) Carefully supervise or monitor children when using sharp objects to cut foam or paper.

■ **Craft/Image:** [artsymomma.com](https://www.artsymomma.com)

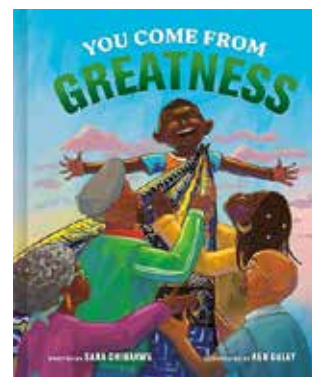


February is Black History Month and this year, February has 29 days! These books reflect that our individuality and differences make us stronger.



Our Diversity Makes Us Stronger: Social Emotional Book for Kids about Diversity and Kindness (Children's Book for Boys and Girls)

by Elizabeth Cole (Author),
Julia Kamenshikova
(Illustrator)



You Come from Greatness: A Celebration of Black History: A Picture Book

by Sara Chinakwe (Author),
Ken Daley (Illustrator)

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

January 2024

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

1. A kid-free zone around the oven should be:

- a. 1 foot
- b. 3 feet
- c. 5 feet
- d. 7 feet

2. Which fat is considered a "healthy" fat?

- a. Trans fat
- b. Saturated fat
- c. Unsaturated Fat
- d. Cholesterol

3. Fat is an essential nutrient for children:

- a. True
- b. False

4. Happiness lowers one's risk of heart disease:

- a. True
- b. False

5. What kind of juice did Victorian-era women use to color their hair?

- a. Orange juice
- b. Cranberry juice
- c. Beet juice
- d. Apple juice

6. Children under five face a higher risk of non-fire cooking burns:

- a. True
- b. False

7. Will there be a 2024 Record-keeper sent out?

- a. Yes
- b. No

8. Where can you find the printable Recordkeeper online?

- a. CACFP website
- b. USDA website
- c. State website
- d. ACD website

9. Shopping apps can help you save money on your grocery bill:

- a. True
- b. False

10. A top source of trans fat is:

- a. Avocado
- b. Partially hydrogenated oil
- c. Milk
- d. Tuna

11. February is American Heart Month:

- a. True
- b. False

12. The heart does not have its own electrical impulse.

- a. True
- b. False

13. Perfect Foods is an app that links customers to perfect produce:

- a. True
- b. False

14. Children under 5 account for what percent of the population in the US?

- a. 6%
- b. 15%
- c. 11%
- d. 8%

15. Trans fat is a "healthy" fat:

- a. True
- b. False

February 2024

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

1. Eating beets has been shown to increase athletic performance:

- a. True
- b. False

2. Children do not need supervision when cutting foam or paper:

- a. True
- b. False

3. How much fat is in 1/2 cup of boiled beets?

- a. 1.7 grams
- b. 3 grams
- c. 0 grams
- d. 0.15 grams

4. The Flashfood app is only available in Illinois:

- a. True
- b. False

5. A child's diet impacts their health later in life:

- a. True
- b. False

6. Good cholesterol is known as:

- a. ABL
- b. HDL
- c. LDL
- d. HGT

7. Small beets are sweeter than larger ones:

- a. True
- b. False

8. The heart supplies blood to every cell in the body except in the:

- a. Kidneys
- b. Brain
- c. Liver
- d. Cornea

9. Humans cannot eat the whole beetroot plant:

- a. True
- b. False

10. If a food contains less than 0.5 grams of trans fat per serving, it is rounded down to 0 grams on the label:

- a. True
- b. False

11. Cheese is a source of "healthy" fat:

- a. True
- b. False

12. How many times a day does the heart beat?

- a. 10,000
- b. 200,000
- c. 100,000
- d. 50,000

13. Antioxidants are what give beets their natural red/pink color:

- a. True
- b. False

14. Fat should not be restricted for children under age 2:

- a. True
- b. False

15. The three types of dietary fat are trans fat, unsaturated fat and:

- a. Saturated fat
- b. Lipid fat
- c. Hydrogenated fat
- d. Lard



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.