

potpourri

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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.

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ANNOUNCEMENTS FROM ACD

Your ACD field monitors wish to remind you of the following expectations:

- Remember to declare your home or center's closures in the KidKare calendar
- Always keep your last few months of attendance records on-hand
- Record your menus and meal counts on a daily basis and include the date
- Treat unexpected phone and video calls from ACD with the same importance as if there was a knock on your front door
- Save your field monitor's name and phone number in your contact list
- Keep your contact information current with your ACD office and field monitor

Thank you for your cooperation and patience as we continue conducting virtual off-site reviews.



ON THE COVER Jocelyn, 7 years old, likes doing arts and crafts and playing with her baby dolls. Her brother, Jaedyn, 8, likes to read and play video games. Kenna is soon to be 4 and enjoys coloring and playing with Barbies.

Berry delight

SKIP THE SWEETS AND INDULGE IN ONE OF THESE FRUITY TREATS!

Strawberry Smoothie Bowl

Serves 12.

- 3 cups low-fat Greek yogurt
- 1 qt and 2 c frozen strawberries, diced
- 1/4 c agave syrup
- 1 1/2 tsp vanilla extract

Place yogurt in a large mixing bowl and put the bowl in the refrigerator until needed. Pour strawberries into a high-speed blender and puree on medium speed until they have a smooth consistency. **DO NOT OVERMIX!** Pour strawberry puree over yogurt. Stir well. Add agave syrup and vanilla extract and mix well. Pour smoothie mixture into a serving bowl. **Critical Control Point:** Hold at 40°F or below. Serve 3/4 cup in a smoothie bowl.



- ✔ Meat/Meat Alternate
- ✔ Fruit

Source and photo: theicn.org

Oatmeal Muffin Squares

Serves 25.

- 1 3/4 c whole wheat flour
- 1 2/3 c enriched bread flour
- 2 3/4 c rolled oats
- 2 tsp baking powder
- 1 1/2 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 5 oz eggs, about 2 jumbo
- 1/2 c sugar
- 2 1/3 c mashed bananas
- 1 1/2 c low-fat yogurt
- 1 Tbs vanilla extract
- 1 1/3 c frozen blueberries
- 2/3 c golden raisins



Set aside 1 oz of flour. Mix the remaining flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer on low speed for 1 minute. In a separate large bowl, combine egg and sugar. Add mashed bananas, yogurt, and vanilla extract. Stir well. Add egg mixture to dry ingredients, mixing for 30 seconds on low speed and then 1 minute on medium speed. **DO NOT OVERMIX!** Coat blueberries with reserved 1 oz of flour. Fold berries and raisins into batter. Pour into a lightly greased steam table pan (12" x 10" x 2 1/2"). Bake at 375°F until golden brown, about 45 minutes.

- ✔ Fruit
- ✔ Grain/Bread

Source and photo: theicn.org

Fruit Breakfast Pizza

Customize with your favorite seasonal fruit. Serves 25.

- 2 c non-fat vanilla yogurt
- 2 c low-fat cream cheese
- 2 Tbs and 2 tsp vanilla extract
- 1/4 c and 1 tsp honey
- 2/3 c canola oil
- 1 1/2 c brown sugar
- 9 oz unsweetened applesauce
- 4 oz eggs, about 2 large
- 3 1/3 c whole wheat flour
- 1 Tbs baking powder
- 1 tsp cinnamon
- 3 c rolled oats
- 3 1/2 c sliced strawberries
- 2 1/2 c sliced bananas
- 3 c blueberries



Mix yogurt, cream cheese, 2 tsp vanilla extract, and honey in a commercial mixer on medium speed 2-3 minutes and refrigerate. **Critical Control Point:** Cool to 40°F or lower within 4 hours and hold at 40°F or below. Mix oil and sugar to a crumbled consistency. Add applesauce, eggs, and remaining vanilla. Mix 2-3 minutes. Slowly add flour, baking powder, and cinnamon and mix 2-3 minutes. Fold in oats. Press dough into a lightly greased half sheet pan and bake at 350°F for 25-30 minutes. **Critical Control Point:** Heat to 165°F or higher for at least 15 seconds. Remove from oven and cool 45-60 minutes. Spread yogurt mixture and fruit on top. **Critical Control Point:** Cool to 40°F or lower within 4 hours and hold at 40°F or below.

- ✔ Fruit
- ✔ Grain/Bread

Source and photo: www.foodnetwork.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Grain/Bread Product - OR- Meat/Meat Alternate 2. Fruit or Vegetable 3. Milk <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to x3 a week.</i>	1. Oatmeal muffin squares 2. Blueberries 3. Milk	1. Ham 2. Hash browns 3. Milk	1. Whole grain toast 2. Grapefruit 3. Milk	1. Cheese omelet 2. Salsa 3. Milk	1. Smoothie bowls 2. Sliced banana 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Turkey sausage* 2. Whole grain pancakes 3. Hash browns 4. Orange slices 5. Milk	1. Stir-fried tofu 2. Egg noodles 3. Bok choy 4. Red bell pepper 5. Milk	1. Soy crumbles 2. Whole grain tortillas 3. Avocado 4. Sweet corn 5. Milk	1. Chili beans 2. Whole grain rice 3. Tomato sauce 4. Sweet corn 5. Milk	1. Ground beef 2. Whole grain rolls 3. Mashed potatoes 4. Succotash 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Mixed nuts* 2. Fruit salad 1. Peanut butter* 2. Whole grain waffles	1. Refried beans 2. Whole grain tortilla chips 1. Cheddar cheese 2. Whole grain crackers	1. Whole grain cranberry muffin 2. Milk 1. Popcorn* 2. Raisins	1. Puffed rice cereal 2. Orange slices 1. Fried egg 2. Whole grain toast	1. Hummus 2. Cucumber slices 1. Whole grain zucchini bread 2. Milk

* This food is a choking hazard for children under the age of 4 years

Easy Heart Apples

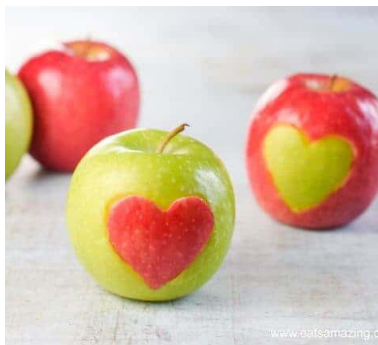
If you don't have heart-shaped cookie cutters, cut hearts freehand using a small, sharp knife and a paper template to ensure that all they're the same size.

- One red or pink apple, washed
- One green apple, washed
- Lemon juice (optional)

Push a small heart-shaped cookie cutter into the side of one of the apples so all sides cut the skin. Gently remove, leaving the skin in place. Run the tip of a small knife under the heart-shaped apple and carefully remove in one piece. Brush the cut surface of the apple and the back of the heart with lemon juice to prevent browning. Repeat the process with the second apple. Place the green heart into the red apple and the red heart into the green apple. You may need to shave off a little apple from the backs of the hearts so that they fit snugly. Brush any extra cut marks with lemon juice and serve immediately.

✔ Fruit

Source and photo: eatsamazing.co.uk



Money Saving Tip

Buying in bulk can save you a lot of money, but don't assume that buying something in large quantities automatically means you're getting the best value. To be sure, compare the prices per unit or ounce of the items that you want to buy.

Cooking Tip

Ground spices expire quickly. Take stock of yours regularly by giving them a whiff. If they don't smell like anything, they won't taste like anything, so it's best to replace them.

Sources: ramseysolutions.com, epicurious.com



Fighting Bac

Preventable sources of cross-contamination



According to recent studies, 9% of foodborne illness outbreaks occur in the home. Bacteria commonly found in the kitchen include *E. coli*, *Salmonella*, shigella, *Campylobacter*, norovirus, and hepatitis A.

Adults may simply react to food poisoning with nausea, vomiting, and diarrhea, but children younger than five years old run a higher risk of getting severely ill because their immune systems are still developing. For example, kids this age are three times more likely to be hospitalized if infected with *Salmonella*.

Thankfully, researchers have identified common sources of cross-contamination in the average kitchen and simple steps you can take to fight back against the spread of bacteria.

For starters, while you may regularly sanitize counters and tabletops, don't

forget the nooks and crannies of sink faucets, stove knobs, oven handles, refrigerator doors, and trash cans. *E. coli* can survive on hard surfaces for hours, and hepatitis A for months.

Be wary of hand towels, sponges, and kitchen rags, too, as *Salmonella* can grow on cloths stored overnight, even those that have been rinsed in the sink. The best practice is to use a clean, new cloth for each kitchen surface and to wash them with bleach or another disinfectant before reusing.

Studies also show that many people do not wash their hands with the frequency or thoroughness needed to reduce bacterial contamination. It's not a matter of "one and done;" rather, experts recommend that we wash before, after, and multiple times throughout the cooking process. 🍷

Sources: health.clevelandclinic.org, cdc.gov
Left photo: Andre Taissin on Unsplash

COMMON CULPRITS: TOP 6 SOURCES OF CROSS-CONTAMINATION (IN NO PARTICULAR ORDER)

1



YOUR
PHONE

2



YOUR
HANDS

3



APPLIANCE
HANDLES

4



UNWASHED
PRODUCE

5



COOKING
UTENSILS

6



CLOTH
TOWELS

ACD's Guide to Whole Grain Flours

Whole Wheat Flour

What is it?

Rich, nutty-tasting flour milled from hard red wheat berries



How can I use it?

Breads, cakes, crusts, cookies

White Whole Wheat Flour

What is it?

Flour of a lighter color and milder flavor than regular whole wheat; milled from hard white wheat berries



How can I use it?

Yeast breads, pizza crusts, muffins

Whole Wheat Pastry Flour

What is it?

Pale, light-tasting flour with less protein made from soft white wheat



How can I use it?

Crusts, cookies, cakes, quick breads
Best 1:1 substitute for all-purpose flour!

Spelt Flour

What is it?

Versatile flour with a fine texture similar to that of all-purpose flour. Made of spelt, an easily digestible ancient grain.



How can I use it?

1:1 substitute for all-purpose flour
May result in denser breads and cakes and crisper crusts and cookies

Oat Flour

What is it?

Sweet, delicate-tasting flour made of ground rolled oats. Gluten-free only if made from certified gluten-free oats.



How can I use it?

Cookies, bars, crumble toppings
Blends well with gluten-free flours or other whole grain flours

Sorghum Flour

What is it?

Also known as jowar flour. Neutral flavor and fine texture milled from gluten-free sorghum grains.



How can I use it?

Ideal for gluten-free baking
Also blends well with other whole grain flours

How to Make the Switch



In the CACFP, at least one serving of grains or bread products served a day must be whole grain rich. Remember that grain-based desserts are not creditable.

Regular and white whole wheat flours are more absorbent than all-purpose flour, so if you use them to replace more than half the white flour in a recipe, it may result in a drier, denser product.

Going whole grain with your favorite recipes? Try these tips:

Substitute **whole wheat pastry flour** 1:1 for all-purpose flour.

Use a **50/50 blend** of whole wheat flour and oat flour.

Use only whole wheat flour, adding **2 tsp of water** per cup of flour.

Valentine Bird Feeders

- 3/4 cup flour
- 1/2 cup water
- 1 envelope unflavored gelatin
- 3 Tbs corn syrup
- 4 cups birdseed

Mix all the ingredients together in a large bowl. Spray the inside of a cookie cutter with cooking spray and place it on a parchment-lined baking sheet. Fill with the birdseed mixture and pack firmly. Use a chopstick or pencil to make a hole at the top. Carefully remove the cookie cutter while holding down the birdseed. Allow to harden overnight. Tie with ribbon or string.

Source: simplejoy.com



CACFP Meal Component Quiz

Does an avocado credit as a fruit or vegetable? Is cream cheese reimbursable in the CACFP? Put your knowledge to the test with this handy review from USDA Team Nutrition.

Take the quick, 10 question quiz today at:

fns.usda.gov/tn/quizzes/meal-components



ACD's BOOK CLUB

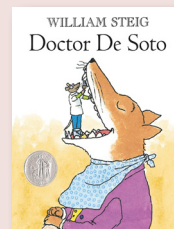
Brush up on dental health with ACD!

English-Language Books

PICTURE BOOK

Doctor De Soto
by William Steig

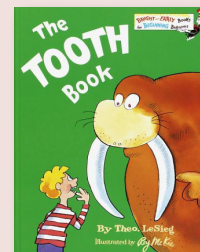
Dr. De Soto treats toothaches of animals large and small. Being a mouse, he doesn't attend to animals that are "dangerous"...until a fox turns to him and Mrs. De Soto for help.



EASY READER

The Tooth Book
by Dr. Seuss

Explore the many things that teeth can do, how they grow, and how to keep them looking their best with the delightful rhymes of Dr. Seuss writing as Theo LeSieg.

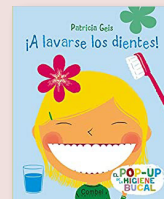


Spanish-Language Books

PICTURE BOOK

¡A lavarse los dientes!
by Patricia Geis

This interactive pop-up book uses fun illustrations to answer questions that childrens may have about teeth and oral hygiene.



EASY READER

Cuentos cortos para lavarse los dientes
by Abel Amutxategi

Forget tooth-brushing timers! Whimsical stories to read to children in the amount of time that it takes them to brush their teeth.





About Amy

BUSINESS:

Amy's Daycare

LOCATION:

Knoxville, Illinois

LICENSED:

2004

ACD FIELD MONITOR:

Tracy Ellinger

CLIENTS:

Four children, 22 months to 4 years, as well as a few who attend part-time

OWN CHILDREN:

One son, Andrew

HOW SHE HANDLES PICKY EATERS:

Give everyone a little bit of everything. The rule is you have to try everything at least once before you can have more helpings of your favorites. Even if it's just one bite. That way, the kids are the ones making the decisions and you aren't forcing them to do anything.

WORD OF ADVICE:

Childcare is easier when you have a special area dedicated for the kids, whether that be a "daycare room" or just a separate playroom.



ACD Provider Spotlight: Meet Amy Hasting

Practice makes perfect, they say, and over her career Amy Hasting of Knoxville has just about mastered the art of childcare.

Simply called Amy's Daycare, her business is as intentional and straightforward as its name. She regularly cares for four children and does so specifically to keep her numbers low. "Why have 8 when you know your limit?" she says. "You have to know your limits. The kids can feel that." This means that her kids walk in every morning with smiles on their faces, knowing that they have Miss Amy's full attention and energy.

Playtime is also a deliberate affair, as Amy makes it a policy not to allow electronics in the daycare. She mentions that this is even a selling point for some parents, who know that she won't simply plop their kids in front of the TV. "They see the artwork on the walls," she says, "Their kids come home singing songs." The television set in her daycare room isn't hooked up to cable; it's just for the occasional movie-and-popcorn-day.

Amy describes herself as hands-on, so time not spent on gadgets is redirected into activities, the children's favorite part of daycare. Learning Time last month centered around snowmen, so the kids got to make a snowman craft, read a story, danced to the song "Let it Go" from the movie Frozen, and fell silently to the floor "like snowflakes."

Inspiration for these fun activities comes from file cabinets that Amy keeps of old lesson plans. Having grown up knowing that she wanted to be a teacher, she earned her Associate of Science degree in Early Childhood Education and was a preschool teacher for eight and a half years. She later watched children out of her home until becoming licensed in 2004. Running a preschool program out of her daycare continues to be what she likes most about her work, and she especially enjoys the "shock factor" evident on parents' faces when they see what their kids have learned in such a short time.

The teacher runs deep in Amy, who as a girl often played school with her younger sister. Today, from how she handles picky eaters to spills, many aspects of her daycare reflect her passion for kids' learning and empowerment. Messes aren't a reason to get upset, for example, because if someone gets an area dirty, they know to clean it up; a kid-size dustpan and broom always hang on the wall at a level they can reach.

Kids who clean up after themselves? Could it be true? We aren't surprised. In closing, Amy says that she believes in good, consistent routines in childcare because they "establish confidence, independence, and pride in knowing what comes next." There's no doubt that the intentionality and love in her daycare is something that kids and parents alike can be very proud of. 🍎

Her Favorites

SNACK OR MEAL FOR CHILDREN:

Vanilla Greek yogurt with fruit

GAME OR ACTIVITY:

Goodnight Moon board game

CHILDREN'S BOOKS:

Everyone Poops by Taro Gomi, her go-to for potty training



Photos Courtesy of Amy Hasting

Supporting Multilingual Children in Early Childhood



Do you or your partner speak multiple languages? Perhaps you care for a child who does, or one who is learning English as a Second Language.

Raising children to be multilingual can benefit them in many ways. Using more than one language regularly may be linked to better academic performance, an increased sense of self-worth and belonging, and more empathy for other's world views. At the family level, promoting multiple languages improves communication among members, enhances emotional bonds, and boosts the family's sense of cultural identity.

METHODS OF LANGUAGE USE

Children can acquire two languages simultaneously, such as if they grow up in a bilingual home, or sequentially, if they learn their second language at school or daycare. If two parents speak different languages, they may choose to follow a "one person, one language" model, in which say, Mom speaks to her son only in Arabic while Dad only uses French.

On the other hand, if a child's parents speak the same language that is not predominantly spoken in the community, it is called the "heritage" language. If a child speaks English with her friends and teachers at school but only uses Mandarin at home, Mandarin would be her heritage language.

MULTILINGUAL ACTIVITIES

BTo best support children's multilingual development, think about their interests and incorporate language into these activities. For example, if they enjoy cooking, prepare their favorite recipe together using only the language they're learning. Play games together with a focus on words, like I Spy, bingo, and Who Am I?. Read, tell stories, sing songs, and dance to music in that language.

Families can foster multilingualism by organizing playtime with other children who speak their language, borrowing CDs and books from the library, watching movies together, and attending cultural activities offered in the community.

While multilingualism may be a natural way of life for some families, a child's individual rate of language acquisition is affected by many things, such as their personality, their learning style, and the value that they assign to their different languages.



Did you know?

Children can understand the differences between languages very early on. They can learn two or more at the same time without getting confused and quickly realize what language to speak with whom in their lives.

C **Multilingualism can have a positive impact on academic learning.** Children who speak multiple languages may have enhanced problem-solving and multitasking skills, creativity, flexible thinking, and focus.

Multilingual children often have strong literacy skills. Learning more than one language helps kids learn about linguistic structures, which increases the likelihood of their becoming literate in all the languages that they use. Children exposed to both written Spanish and English, for example, often read and write English at high levels.

Mixing languages is not cause for concern. Starting sentences in one language and finishing them in another is a common and natural part of development that children stop doing with age and experience.



Learning more than one language won't negatively affect speech development. Children develop speech at different rates, and learning an additional language neither increases nor decreases the chance of a language delay.

REMEMBER

Raising multilingual children is a long-term commitment, and yours may be less willing to use a foreign language as they get older, especially if their friends and classmates only speak English. Associating the language with fun activities, seeking support, and helping your child understand the benefits of multilingualism can all help. At the end of the day, just being exposed to another language can benefit your child in the long term, so be supportive of their choice.

Source: learninglinks.org.au, raisingchildren.net.au

Self-Care for Professionals: You Can't Pour from an Empty Cup

Self-care has become a buzzword in busy times, but what does this mean in our work? Those of us who spend all day caring for children rarely have the luxury of a free minute to ourselves, let alone a night off to soak in the tub with our favorite snack. But self-care is not chocolate cake and bubble baths! Read on to learn nurturing, self-validating practices for early care and education providers:

✔ **Do something that helps you relax.** This might be exercise, time in nature, reading, crafting, or calling up an old friend. But don't force yourself to head to the gym if you won't enjoy it; identify activities that are impactful for YOU and schedule them into your week on a regular basis.

✔ **Care for yourself like you would any child.** We often take "self-care" to mean "self-indulgence," but it really means that all of your physical and emotional needs are taken care of. Good nutrition, sufficient sleep, exercise, and routine medical checkups are just as important for you as they are for the kids you care for.

✔ **Remind yourself why you do this work.** Reflect on the things you enjoy about working with children and the impact that you have in others' lives. Write out your values in life and consider how your work aligns with them. Do they include connection? Creativity? Integrity? Kindness?

✔ **Ask for help.** We all wish we were superhuman, but admit to yourself when you need a break. And then take one! Ask your partner to make dinner one night or a friend to watch your kids for an evening. Schedule leisurely personal days off into your work calendar and stick to them.

✔ **Put money aside when you are able.** Your financial health influences your general well-being whether you know it or not, and who needs more stress in their life? Build an emergency fund that can cover 2-3 months of living expenses and you'll be better prepared in case of illness, unemployment, or unexpected expenses.

✔ **Cultivate a supportive work environment.** Use staff meetings to talk out challenging situations involving particular children or families to get a fresh perspective. When you've had a rough day, reach out to colleagues to talk it over, and do your best to return the favor. We're more able to be there for others when we feel rested, listened to, and supported ourselves. 🍷

Sources: cssp.org



Standard Registration
ends February 28!



CHILD NUTRITION CONFERENCE



New Orleans, Louisiana
April 18-22, 2022



If there's one educational event you do this year, make it this one! Join ACD in the spring for this annual training opportunity featuring experts in diverse tracks like nutrition, financial management, Head Start, and summer food programs. With so much to choose from, there's something for everyone! Register today at cacfp.org/conference/ to lock in discounted rates for in-person or virtual sessions.



February 2022 Potpourri Quiz

Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, click on the Training tab, then select "Potpourri Newsletter."

- Ground spices retain their smell and flavor indefinitely.
 - True
 - False
- What percentage of foodborne illness outbreaks occur in the home?
 - 1%
 - 5%
 - 9%
 - 10%
- E. coli can live on hard surfaces for _____, while hepatitis A can live for _____.
 - Seconds; minutes
 - Minutes; days
 - Hours; months
 - Neither can live on hard surfaces
- Rinsing kitchen rags and letting them air-dry overnight is an effective way to sanitize them.
 - True
 - False. Salmonella can continue to grow on cloths stored overnight.
- Which of the following are common sources of cross-contamination?
 - Hands
 - Cooking utensils
 - Cloth towels
 - All of the above
- Grain-based desserts are _____ in the CACFP.
 - Not creditable
 - Creditable
 - Only creditable if whole grain
 - Forbidden
- Which of the following flours contains more protein?
 - Regular whole wheat flour
 - Whole wheat pastry flour
 - They contain the same amount
 - Neither contain protein
- Which of the following whole grain flours is the best 1:1 baking substitute for all-purpose flour?
 - Regular whole wheat flour
 - White whole wheat flour
 - Whole wheat pastry flour
 - Oat flour
- All oat flour is gluten-free.
 - True
 - False. Oat flour is only gluten-free if made from certified gluten-free oats.
- When parents speak a language with their child other than the one predominantly spoken in the community, it is called a _____ language.
 - Native
 - Heritage
 - Minority
 - None of the above
- Children who speak multiple languages may have enhanced:
 - Problem-solving skills
 - Creativity
 - Focus
 - All of the above
- Learning an additional language _____ a child's likelihood of developing a language delay.
 - Decreases
 - Increases
 - Neither increases or decreases
 - Guarantees
- Self-care is synonymous with _____.
 - Self-indulgence
 - Personal grooming
 - Seeing to it that your physical and emotional needs are met
 - Going to the gym, even if you won't enjoy exercising
- Building a financial emergency fund can contribute to one's general well-being by:
 - Alleviating the stress of unexpected expenses
 - Having more money for vacations
 - Having more money for medical appointments
 - Having more money in general
- The results of a supportive work environment may include:
 - Receiving fresh perspectives on challenging situations at work
 - Talking through difficult days
 - Being able to help coworkers when they have problems
 - All of the above



CHANGE SERVICE REQUESTED

Non-Profit Org.
U.S. Postage PAID
Lansing, MI
Permit No. 401

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.



February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 National Dark Chocolate Day Challenge yourself to prepare a savory dish with dark chocolate, such as chili, a pot roast, or Mexican <i>mole</i> .	2 Groundhog Day Did Punxsutawney Phil see his shadow today?	3 Cancer Prevention Month Familiarize yourself with the Seven Steps to Prevent Cancer at preventcancer.org .	4 Animal Identification Venture outside to compare animal tracks in the snow.
7 Citrus Fruit Add a splash of fresh citrus to your meal or beverage.	8 Sledding Weather permitting, go sledding with the kids.	9 National Pizza Day Check out our recipe for fruity breakfast pizza on page 3.	10 Self-Care Break Make time to take a walk, call a friend, or do a hobby that relaxes you.	11 Homemade Valentines Write each child's name on a piece of paper and have everyone write one kind or positive thing about them.
14 Valentine's Day Skip the sweets this year and serve a healthy Valentine's Day treat made of berries.	15 Black History Month Read a book together about a famous African American's contributions to history.	16 National Almond Day Serve a handful of raw, unsalted almonds as a snack.	17 DIY Bean Bags Sew fabric scraps together and fill with dried beans to make bean bags.	18 Jump Rope Who can jump rope the longest?
21 Presidents Day ACD's offices are closed today in observance of the holiday.	22 Clean Kitchen Do a deep clean of your stove knobs, oven handles, and faucet joints.	23 Ice Skating Invite a few parent volunteers to go ice skating with you and the kids.	24 Whole Grain Goodness Challenge yourself to replace the white flour in a recipe with a whole grain flour.	25 Window Art Let your imaginations go wild with washable window markers.
28 Dental Health Review best toothbrushing practices together.	1	2	3	4