

potpourri

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Happy New Year! In this new year, I begin by thanking our providers and staff for the important work you do for ACD! Without you, we cannot fulfill our mission and continue to impact the lives of the more than 36,000 children we serve as part of the CACFP.

In 2023, I remain ever hopeful and positive as we look to implement changes that:

- streamline our processing of monthly claims;
- keep you better informed of nutrition and child health topics;
- expand ACD's mission to include a focus on child safety;
- build partnerships that enhance our fundraising efforts; and
- support ACD's success in 2023 and beyond.

I'm looking forward to a new start and wish you and your family:

A safe and happy 2023!

Denise Meyer
Denise Meyer
Executive Director

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Keep It Clean...

“Clean eating” recipes for a new start in 2023

Blueberry Spinach Muffins

14 servings
createkidsclub.com

Ingredients

2 large eggs
3 medium overripe bananas
6 oz. unsweetened applesauce
1/4 cup vegetable oil
1/4 cup honey (omit if serving to baby under age of 1)
1 teaspoon vanilla extract
10 oz. frozen spinach (thawed)
2 cups white whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup blueberries

- Preheat oven to 350° F.
- Prep muffin tin.
- Squeeze out water from thawed spinach.
- To a blender: add eggs, bananas, applesauce, oil, honey, vanilla and spinach.
- Blend until well mixed.
- Add flour, baking powder, baking soda and salt.
- Blend until just mixed.
- Scrape down blender sides with a spatula to make sure dry ingredients blend well into wet ingredients.
- Add blueberries to blender and gently blend in with a spatula.

- Bake muffins for 20 minutes or until a toothpick inserted into muffin comes out clean.

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

Egg Roll In A Bowl

4 servings
momables.com

Ingredients

2 tablespoons sesame oil
1 medium onion (chopped finely)
1 lb. ground turkey (or finely chopped chicken)
1/2 teaspoon black pepper
1 teaspoon garlic powder
1-1/2 teaspoons salt
16 oz. bag coleslaw mix
1 tablespoon soy sauce (or coconut aminos for gluten-free diet)
1 tablespoon rice wine vinegar
16 oz. bag cauliflower rice (or 4 cups riced cauliflower)

- In large skillet over medium-high heat, heat sesame oil.
- Add onion and sauté until translucent.
- Add meat, black pepper, garlic powder and salt.
- Cook meat through.
- Add coleslaw mix, soy sauce (or coconut aminos) and rice wine vinegar.
- Sauté until cabbage is tender.

- Before serving, prepare cauliflower rice according to package instructions or if using your own, steam in microwave or on stove-top.
- Serve over egg roll mixture.

- ✦ Vegetable
- ✦ Meat/Meat Alternate

Peanut Butter-Oat Energy Balls

12 servings
eatingwell.com

Ingredients

3/4 cup chopped dates
1/2 cup rolled oats
1/4 cup peanut butter
Chia seeds (optional)

- Soak dates in small bowl of hot water for 5 to 10 minutes.
- Drain.
- Combine soaked dates, oats and peanut butter in food processor and process until very finely chopped.
- Roll into 12 balls (a scant tablespoon each).
- Garnish with chia seeds (if desired).
- Refrigerate for at least 15 minutes and up to 1 week.
- To make ahead: Refrigerate airtight for up to 1 week.

- ✦ Fruit
- ✦ Grain/Bread Product

Image: Canva.com



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Oatmeal 2. Raisins*** 3. Milk	1. WG Waffles 2. Blueberries 3. Milk	1. Pumpkin Bread 2. Applesauce 3. Milk	1. WG Cereal 2. Blackberries 3. Milk	1. WG Pancake 2. Banana 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Chicken 2. WG Quinoa 3. Spinach 4. Corn 5. Milk	1. Yogurt 2. Granola 3. Carrot 4. Grapefruit 5. Milk	1. Egg 2. WG Pita Bread 3. Kale 4. Peas 5. Milk	1. Tofu 2. WG Noodles 3. Bell Peppers 4. Broccoli 5. Milk	1. Beef 2. WG Rice 3. Onions 4. Swiss Chard 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Peanut Butter 2. WG Cracker 3. Currants*** 4. Carrot 5. Milk	1. Cheese 2. Banana Muffin 3. Apple 4. Spinach 5. Milk	1. Hardboiled Egg 2. WG Scone 3. Grapes*** 4. Celery 5. Milk	1. Peanuts*** 2. Popcorn*** 3. Orange 4. Edamame 5. Milk	1. Turkey*** 2. WG Goldfish 3. Pear 4. Cauliflower 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 in observance of Martin Luther King, Jr. Day: **Jan. 16 (Mon)**
- November 2022 final claim due: **Jan. 25 (Wed)**
- 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: Canva.com | Graphic: Chanakarn Kwang

“Clean Eating” For Kids

A simple eating style with many health benefits

It's a new year. Many adults make resolutions during this time of year to change their diet and eat better.

The start of a new year is also an ideal time for parents/caregivers to think about children's diets as the foods children eat impact their developing brains and bodies.

“Clean eating” is a style of eating that can be beneficial for children (and adults) as they grow.

Clean eating focuses on eating whole foods; making homemade meals; and avoiding processed, artificial foods. Following this style of eating helps children establish healthy habits (which is central to ACD's mission); improves brain health; builds stronger immune systems; and prevents childhood obesity.

A clean diet includes: fresh, frozen or canned fruits and vegetables and (with no added sugar, salt or sauce), full-fat milk, plain yogurt, 100% fruit juice, single-ingredient meats like chicken legs or ground beef, dried beans, whole-wheat pizza dough, popcorn, seeds, plain nut butters (without added sugar and preservatives), water and unsweetened tea. Avoid bottled salad dressings, pre-packaged lunch meat, and vegan substitutes as part of clean eating.

Parents/caregivers do not need to commit to 100% clean eating. Try the 80/20 rule: eighty percent of the time eat clean, whole foods and 20 percent of the time eat something else.

Other tips to help children embrace clean eating:

- Stop buying snacks.
- Make healthy ingredient swaps that eliminate processed ingredients.
- Notice children's hungry times and feed them the “good stuff” then.
- Note clean meals children like and incorporate them into a regular meal rotation.
- Turn food questions into a project teaching children healthy life skills.

Clean eating ideas to try: homemade granola with milk, chickpea fritters, enchilada soup, banana chips, coconut-peanut butter dip and cinnamon-raisin oatmeal cookies.

NOTE: Consult a registered dietitian or licensed healthcare professional before starting any diet.

Source/Images: momables.com | seacoast.momcollective.com | mayoclinichealthsystem.org | hiyahealth.com | cleaneatingkitchen.com | eatingwell.com | bbcgoodfood.com | Canva.com



Setting Healthy Goals In 2023

Try “SMART” goals for a change

It's the time of year when New Year's resolutions abound, with many vowing to exercise more or eat healthier. While these resolutions are admirable, most people break them as early as February.

This year, I challenge you to reframe your thinking. Instead of the typical “lose weight” resolution, think about a tangible result you will gain by losing weight such as:

- Be more active with my grandkids.
- Hike in a national park for my 50th birthday.
- Participate in the 5K race with my neighbor.

Note how most of these results involve those you care about. When you have an emotional connection to a goal (e.g., your grandkids or neighbor) you are more likely to stay committed to it.

Research also shows goals are more likely achieved when they are “SMART” goals:

S: Specific
M: Measurable
A: Achievable
R: Realistic
T: Timely

Say you want to drink more water. Instead of the goal: “drink more water,” a SMART goal is “drink eight cups of water each day by drinking two cups every four hours.” Only you know if a goal is realistic for you. If you typically drink no water, jumping to eight cups is a big leap.

Sample SMART goal:

Specific: Drink more water.

Measurable: Eight cups per day.

Achievable: Fill up a 64 fl. oz. water bottle each morning.

Realistic: I drink four or five cups now, so eight cups per day is a realistic goal for me.

Timely: Every four hours, I will drink two cups of water.

Lastly, write down your goals and tell others about your goal.

Research has shown if your support network knows you are working toward a goal, this helps keep you accountable and ultimately, more successful at achieving your goal!



Kohlrabi Fritters

4 servings

This is a fun way to introduce kids to a new vegetable! A good source of fiber and vitamin C, kohlrabi is a brassica vegetable along with broccoli, cabbage and cauliflower.

Ingredients

1 cup kohlrabi (shredded)
1/4 cup onion (diced finely)
2 eggs
1/4 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoons garlic powder
1 teaspoons dried parsley
1/2 cup breadcrumbs
2 teaspoons avocado oil

- Wash kohlrabi well and pat dry.
- Remove leaves and outer peel with small paring knife.
- Using a grater, shred kohlrabi and place on clean, dry dish towel. Fold towel and twist towel ends over the sink to squeeze as much liquid out.
- Finely dice onion and add kohlrabi and onion to a mixing bowl.
- Add eggs, seasonings and breadcrumbs to bowl. Stir well to incorporate ingredients.
- In fry pan, add oil and portion out 1/4 cup of fritter mixture.
- Pat fritter down with measuring cup to flatten to 1/2-inch thickness.
- Cook 3-5 minutes per side.
- Serve with mashed avocado or hummus for dipping (optional).

Safety Note: Keep children away from fry pan as oil may splatter.

Nutrition Information (1 fritter): 120 calories, 5 grams fat, 11 grams carbohydrate, 2 grams fiber, 5 grams protein.

✦ Vegetable

Images: ful-filled.com (top) | Billion Photos (right)



BUSINESS

Home business tax deductions. If you run a business from home, you may be able to deduct a portion of home-related expenses such as heat, electricity, and other home maintenance. **Consult a tax professional** to help you take advantage of these and other savings. **Source:** shopify.com



MEALS

Wednesdays are the best day to shop for food. This is when most supermarkets release new weekly circulars. Markets also usually honor last week's deals so you will likely have bonus sale items to choose from. **Source:** gobankingrates.com

HEALTH

Create your own home gym. Start with easy home workouts to build the habit and momentum. Purchase weights and tune into personal trainers on YouTube to start burning fat and gaining muscle. The first few months require initiative...keep going! **Source:** extraspace.com | sofi.com

Creating A Fitness Challenge

Fitness goals aren't just for adults...help kids stay active in 2023



Pick a fitness goal.



Goal should be to do some type of exercise daily.



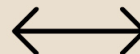
Create a weekly or monthly fitness challenge calendar.



Infants: at least 30 minutes of "tummy time" throughout the day.

Kids Age 3-5: at least 3 hours of physical activity per day or 15 minutes every hour they are awake.

Kids Age 5+: 60 minutes of moderate to vigorous physical activity most week days.



Warm up with mild stretching before activity.



Try jumping jacks, high knees, yoga or "active play" like an energetic round of "Simon Says."



Don't overdo activities!



Reward anyone who completes challenge.



Share fitness achievements!

Sources: connecticutchildrens.org | healthychildren.org | simply-well-balanced.com

Paper Penguin

Black print or construction paper
White print paper
White construction paper
Orange paper
Scissors
Glue
Wiggle eye stickers



- Cut two strips of black paper (one wider).
- Apply glue on one end of paper strip. Make a roll.
- Repeat with other paper strip. Let glue set.
- If desired, use clothespins to hold paper as glue dries.
- Take smaller roll (head) and stick on two eyes.
- Cut triangle beak out of orange paper and glue on head.
- Cut “U” shape out of white paper (thinner than body width).
- Glue onto penguin body.
- Glue head onto penguin body.
- Cut “icy base” out of white construction paper.
- Cut penguin feet out of orange paper and glue on icy base.
- Glue penguin on icy base.

Perfect Penguin Snack

Large round whole-wheat crackers
Small round whole-wheat crackers
Mozzarella cheese slices
Black currants***
Baby carrots



- Place large cracker on a plate. Using heart cookie cutter, slice a piece of mozzarella cheese into a heart shape and place in center of cracker.
- Using a knife (supervise children), slice carrot into thin slices.
- Slice one piece into a triangle and place in center of heart for the beak.
- Take two thin carrot slices and slice two tiny triangles out of the bottom of each piece. Place on cracker for feet.
- Take black currants and place on cracker for eyes.
- Slice small crackers into quarters.
- Take two quarters and place one on each side of penguin’s body.

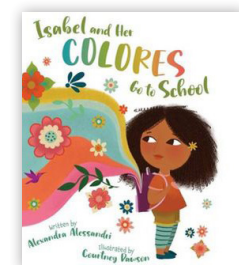
✦ Milk ✦ Fruit ✦ Grain ✦ Vegetable

Celebrate the new year with books on learning new things and having new experiences.



The Magical Yet by Angela DiTerlizzi

Great book for educators and parents/caregivers to show children how to turn a negative into a positive when helping children cope with difficult and new learning moments.



Isabel and Her Colores Go To School by Alexandra Alessandri

Isabel prepares for class at a new school. Her first day is uncomfortable until she discovers there is more than one way to communicate with friends. This is a universal story about feeling new and making new friends.

Invisible Danger: Radon

January is Radon Action Month - reduce children's exposure

Home is our safe place. In January, we observe Radon Action Month – a month focused on increasing awareness of radon in our home and other indoor places we call “home” such as schools and workplaces.

According to the U.S. Environmental Protection Agency (EPA), radon is responsible for more than 20,000 lung cancer deaths each year – making it the second leading cause of lung cancer in the U.S.

Radon can be found all over the country. **The greatest exposure to radon generally happens in the home where it is estimated elevated radon levels are present in one out of every 15 U.S. home (EPA).**

Radon is an invisible and odorless gas that moves through the ground to the air and into a home through cracks. When radon gas “decays,” it releases radioactive particles that lead to radon exposure and health risks.

Young children and adolescents are disproportionately affected by radon as they have faster breathing rates that almost doubles their risk of developing lung cancer compared to adults. Lung cancer takes time to manifest and is often rare in children. However, early stages of lung cancer can mimic a cold, allergies or respiratory ailments.

Parents/caregivers can play an active role in mitigating children's radon exposure and risk. While most homes do not have a radon problem, it is important to test your home for radon and take the recommended steps to lower elevated radon levels in your home (a process called “radon mitigation”).

Radon levels are usually higher in places that are: poorly ventilated, very tightly sealed, very well-insulated, and closer to the ground such as basements or crawl spaces.

Additional steps to help reduce radon levels in your home include:

- Trying to quit if you smoke.
- Sealing cracks in floors, walls or foundation.
- Regularly testing your home for radon levels.
- Not allowing people to smoke in your home (basement or garage).
- Increasing airflow in your home by frequently opening windows and using fans and/or vents to circulate air.



Source/Images: nationwidechildrens.org | kids.niehs.nih.gov | my.clevelandclinic.org | ohioarm.com
nationalradondedense.com | paulsakson.com | peopleimages.com-yuriarcurs | Canva.com (Getty Images)

Jan. 2023

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

1. Clean eating focuses on processed, artificial foods.

- a. True
- b. False

2. Creating a fitness challenge involves:

- a. No effort.
- b. Eating chocolate.
- c. Warm ups with mild stretching.
- d. Heavy weights.

3. What is not an aspect of a “SMART” goal?

- a. Achievable
- b. Timely
- c. Unrealistic
- d. Specific

4. Radon is a visible gas.

- a. True
- b. False

5. Which two groups are disproportionately affected by radon?

- a. Young children
- b. Adults over 50
- c. Accountants
- d. Adolescents

6. A fitness challenge goal should be to do no exercise daily.

- a. True
- b. False

7. Goals are less likely achievable when they are “SMART” goals.

- a. True
- b. False

8. The greatest exposure to radon is in the:

- a. Workplace
- b. Home
- c. Neighbor’s pool
- d. Grocery store

9. What is not part of a clean diet?

- a. Seeds
- b. Water
- c. Full-fat milk
- d. Vegan substitutes

10. Overdoing activities is OK for a fitness challenge.

- a. True
- b. False

11. When radon gas “decays,” it releases:

- a. Fog
- b. Radioactive particles
- c. Snow
- d. Nothing - it is odorless

12. Clean eating is not a beneficial style of eating.

- a. True
- b. False

13. Kids age three to five need how much physical activity daily?

- a. At least 3 hours
- b. 60 minutes
- c. None - they’re perfect!
- d. 30 minutes

14. Radon is the second leading cause of lung cancer in the U.S.

- a. True
- b. False

15. Radon Action Month is:

- a. May
- b. In the future
- c. Every other year
- d. January



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.