

potpourri

January 2025

Volume 51 | Issue 1

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Bath Safety

& More!



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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Happy New Year!

As we step into 2025, it's a perfect time to reflect on the incredible progress we've made and refocus on our shared mission: ensuring every child has access to the nutrition they need to thrive. January is a month of new beginnings, and what better way to start the year than by strengthening our commitment to the health and well-being of children.

I'd like to take a moment to thank our customer service staff as well as our field monitors for working so diligently to help our providers navigate the transition to My Food Program. You are invaluable to ACD. Thank you also to our providers for being flexible, patient, and willing to learn a new software along with us. We appreciate each and every one of you. Your contributions make it possible to turn challenges into opportunities, which leads to more benefit for our kids.

As we work toward our goals, it's important to keep in mind that a hopeful mindset inspires resilience, creativity, and determination! When we focus on possibilities rather than limitations, we can accomplish extraordinary things together.

Let's make 2025 a year of hope, impact, and positive change. Together, we can build a healthier and brighter future for every child.

Denise Meyer
Executive Director

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Keep Them Warm with Some Hearty Meals!

Healthy comfort food is just the thing for the winter blues!

Black Bean Chicken Burritos

8 servings

tasteofhome.com

Ingredients

- 1 pound ground chicken
- 1 small green pepper, chopped
- 1 small sweet red pepper, chopped
- 1 small onion, chopped
- 1 tablespoon canola oil
- 2 garlic cloves, minced
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (10 ounces) diced tomatoes and green chiles
- 1 cup fresh or frozen corn
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon pepper
- 8 whole grain tortillas (8 inches)

Instructions

- In a large nonstick skillet, cook chicken over medium-high heat until no longer pink, breaking into crumbles, 4-6 minutes; drain and remove from skillet.
- In the same skillet, saute peppers and onion in oil until lightly browned and crisp-tender, 2-4 minutes. Add jalapeno pepper and garlic; saute 1 minute longer. Stir in beans, tomatoes, corn, seasonings and chicken. Bring to a boil. Reduce heat; simmer, uncovered, until liquid is evaporated, about 5 minutes. Serve in tortillas, with optional toppings as desired. 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 ⊕ Grain ⊕ Meat/
Meat Alternate

Chicken & Spanish Cauliflower "Rice"

8 servings

tasteofhome.com

Ingredients

- 1 large head cauliflower
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 1/2 cup tomato juice
- 1/4 teaspoon ground cumin
- 1/4 cup chopped fresh cilantro
- 1 tablespoon lime juice

Instructions

- Core and cut cauliflower into 1-in. pieces. In batches, pulse cauliflower in a food processor until it resembles rice (do not overprocess).
- Toss chicken with salt and pepper. In a large skillet, heat oil over medium-high heat; saute chicken until lightly browned, about 5 minutes. Add green pepper, onion and garlic; cook and stir 3 minutes.
- Stir in tomato juice and cumin; bring to a boil. Add cauliflower; cook, covered, over medium heat until cauliflower is tender, 7-10 minutes, stirring occasionally. Stir in cilantro and lime juice.

⊕ Meat/Meat Alternate ⊕ Vegetable

American Goulash

6 servings

eatingwell.com

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 1/2 cups chopped onion
- 1 pound lean ground beef
- 2 large cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 (14 ounce) can no-salt-added diced tomatoes, undrained
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 cup low-sodium beef or chicken broth
- 1 1/4 cups whole-wheat elbow macaroni
- 2 tablespoons grated Parmesan cheese

Instructions

- Heat oil in a large pot over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.

⊕ Vegetable ⊕ Meat/Meat Alternate

⊕ Grain

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Waffles 2. Melon 3. Milk	1. Eggs 2. Hash Browns 3. Milk	1. Oatmeal 2. Blueberries*** 3. Milk	1. WG Cereal 2. Banana 3. Milk	1. Yogurt 2. Strawberries 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Rotisserie Chicken 2. WG Roll 3. Mashed Sweet Potato 4. Corn*** 5. Milk	1. Beef Taco Meat 2. Corn Tortilla 3. Salsa 4. Apple Slices 5. Milk	1. WG Cheese Pizza 2. WG Crust (Pizza) 3. Green Peas*** 4. Honeydew 5. Milk	1. Salmon Bites 2. Brown Rice 3. Cooked Carrots 4. Peaches 5. Milk	1. Chicken Patty 2. WG Bun 3. Broccoli 4. Baked French Fries 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Nut/Seed Butter 2. WG Pretzels 3. Orange Slices 4. Sliced Bell Peppers*** 5. Milk	1. Edamame*** 2. WG Crackers 3. Kiwi 4. Cherry Tomatoes*** 5. Milk	1. String Cheese*** 2. WG Pretzels 3. Grapes*** 4. Cucumbers 5. Milk	1. Hummus 2. WG Pita 3. Pears 4. Cauliflower 5. Milk	1. Hard-Boiled Egg 2. WG Crackers 3. Applesauce 4. Baby Carrots*** 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:

November 2024 final claim due: **January 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

Planning Ahead with Shelf Stable Creditable Meals

We all learned a lesson during the pandemic: expect the unexpected. Disasters can happen. Tornadoes, flooding, power outages, etc., are all possibilities in this region we call home. Do you have an updated emergency plan? This article focuses on how food can figure into an emergency plan.

Why It's Important

Planning for emergencies is especially important for any childcare provider because you're responsible for your children's safety and well-being.

Food Emergencies

Things to consider before an emergency:

- Store at least a three-day supply of non-perishable food including shelf-stable or UHT (ultra high temperature) boxed milk.
- Always freeze refrigerated foods that you may not need immediately.
- Freeze containers of water for ice to help keep food cold in the freezer, refrigerator and coolers.
- Group food together in the freezer – food will stay colder longer.
- Know where to obtain dry or regular ice.
- Know how to use dry ice properly.
- Use refrigerated foods first, then frozen, then fresh/non-perishable.
- Be sure to have enough water on hand for drinking, cooking, etc.

Easy Sample Menus

Breakfast Ideas

- Ready-to-eat cereal, juice or canned fruit, milk (fresh if available, then reconstituted dry or UHT)
- Granola/cereal bar, juice or canned fruit, milk (fresh if available, then reconstituted dry or UHT)

Lunch Ideas

- Tuna salad sandwich, canned peaches, apple juice, milk (fresh if available, then reconstituted dry or UHT)
- Soft tortilla, refried beans, corn, pineapple tidbits, milk (fresh if available, then reconstituted dry or UHT)
- Canned noodles in sauce with beans, pears, green beans, milk (fresh if available, then reconstituted dry or UHT)

Snack Ideas

- Crackers and oranges or grape-juice
- Crackers and pears
- Peanut butter crackers and orange juice

Water

One gallon of water per person per day is recommended.

Creditable, pre-packaged, ready-to-eat meals are available for purchase and are another way to be prepared for an emergency.

Non-Perishable Foods That Can Be Eaten Safely (Commercially Canned or Pre-Packaged)

Meat/Meat Alternates	Grains	Vegetables	Fruit	Milk	Infant Foods	Other
Canned or fresh pack meats such as tuna, chicken.	Soft tortillas and sandwich bread (whole grain)	Canned vegetables (low sodium)	Canned or single-service fruits packed in original juice or light syrup)	Nonfat, dry milk	Ready-to-eat infant foods	Condiment Packets (mayonnaise, salad dressing)
Beans	Crackers (whole grain)	Vegetable juice	100% juice	Ultra high temperature (UHT) box milk	Milk- and soy-based, iron-fortified infant formulas	Sugar, jelly, salt, pepper
Peanut butter	Ready-to-eat cereals (whole grain)		Dried fruits			

Spilling the Beans

Beans are one of the oldest foods grown, dating back to over 10,000 years ago! But what are beans exactly? Beans are considered a “pulse” since they contain a dried seed (or pod) that you can eat. With a wide range of uses, it’s no wonder beans are a staple in many people’s diets.

Beans may be small, but they are mighty in nutrients. Beans provide about 7 grams (1 oz) of plant-based protein in one half-cup serving of cooked beans. Not only that, beans don’t have any saturated fat or cholesterol like most animal-based proteins have. Beans are also full of fiber. Fiber helps not only provide fullness and satiety but fiber is also linked to a decreased risk of cardiovascular disease, metabolic syndrome, stroke, diabetes and obesity. Most Americans (children included) fall very short of the recommended daily fiber intake (12 grams of fiber per 1,000 calories consumed). One-half cup of beans provides about 7 grams of fiber! Beans are also a versatile food that satisfies many specialty diets since they are naturally gluten-free and vegetarian/vegan.

In addition to their health benefits, beans are a very economical food. Comparing the cost of beans to ground beef, beans are about 1/3 of the price, pound for pound. ([source](#))

Cooking beans from their dry form is the most economical way to use beans, compared with cooked, canned beans. Be sure to rinse canned beans well to remove any added sodium.

If you are new to serving beans to children, start with a small amount and slowly increase the serving size over time. This can help with any discomfort that can come from eating a large amount of beans.

As you can see, beans are a nutritious, economical and versatile food, so start adding more beans to your menu today!



■ Images: Adobe Stock Images

Bean & Cheese Nuggets

These nuggets are an easy way to incorporate more fiber and plant-based protein in children's diets. The soft texture works well for early eaters too! A serving of 4 nuggets provides 3/8 cup of meat/meat alternate.

Yield: 16 nuggets

Ingredients:

1 medium zucchini, grated (about 1/2 cup)
 1/2 cup carrots, shredded
 1/4 cup onion, minced
 15 oz can cannellini beans, drained and rinsed (or 1.5 cups cooked from dry)
 1/4 cup shredded sharp cheddar cheese
 1/4 tsp garlic powder
 1/4 tsp salt
 1 tsp Italian seasoning
 2 eggs
 1 cup breadcrumbs



Instructions:

1. Preheat the oven to 400°F.
2. With a clean dish towel or cheesecloth, squeeze out all the liquid from the grated zucchini.
3. To a food processor, add the zucchini, carrots, onion, beans, spices and cheese. Process until you have smooth consistency.
4. Add 1 egg and 1/2 cup of the breadcrumbs and pulse a few times.
5. Place the mixture in the refrigerator for 10 minutes to set up.
6. In a dish, beat the remaining 1 egg. In another dish, pour the 1/2 cup of remaining breadcrumbs.
7. After the mixture has been refrigerated for 10 minutes, roll the bean and cheese mixture into small balls (about 2 tbsp). Then dip in the beaten egg and finally coat with the breadcrumbs.
8. Place the nuggets on a lined sheet pan and bake for 20 minutes or until golden brown.

Nutrition Information: (serving size 4 nuggets): 330 calories, 5 grams fat, 50 grams carbohydrate, 7 grams fiber, 17 grams protein.

Safety notes: *Keep children away from the sharp blades in the food processor and the oven.*

Optional: Use another type of bean if desired.

🌱 **Vegetable** 🌱 **Meat/Meat Alternate**

■ **Images:** Allison Stock



USE THE LIBRARY

A commonly overlooked resource is your local library! The resources that your library has to offer will vary with its size and funding, but generally, libraries offer many possibilities to take advantage of.



Before you buy something, see if you can borrow it from the library. Many people know you can borrow books, CDs and DVDs, but look further at what else they may offer. Some libraries have:

- Tools
- Seeds to start a garden
- Baking pans
- Musical instruments
- Board games
- Chromebooks
- Cameras
- DVD/VHS players
- Craft supplies like die cutters, button makers, sewing machines, etc.

Look for "experience kits." These are available for library patrons to try a new hobby. For kids, think space exploration, rocks and minerals, science specimens and more!

Get free or discounted tickets to local attractions. Many libraries offer entry to state parks, museums, special exhibits, and festivals.

Most libraries list these items on their websites. Before you go out and buy things like those on this list, make sure to check your local library first.

■ **Source:** consumerreports.org

Fresh Start!

Boosting Kids' Nutrition in the New Year

Most of us are very familiar with New Year's resolutions, and we know how few of us stick to them. According to U.S. News & World Report, 80 percent of New Year's resolutions fail by February! Researchers suggest that only 9 percent of Americans that make resolutions complete them, and 23 percent of us quit the resolution completely by the end of the first week!

So, instead of thinking of January as a time for resolutions, how about viewing this time as a fresh start? Maybe a fresh start for nutrition!

Believe it or not, many fruits and vegetables are in season in the winter months.

Seasonal Winter Produce

Apples	Kale	Pears
Avocados	Kiwi	Potatoes
Beets	Leeks	Pomegranate
Brussels sprouts	Lemons	Pumpkin
Cabbage	Limes	Rutabaga
Carrots	Onions	Sweet potatoes/yams
Celery	Oranges	Turnips
Grapefruit	Parsnips	Winter squash

Cycle Menus and Seasonal Produce

What is a cycle menu? A cycle menu is a series of menus planned and served for a period of time (for example, four weeks) and then repeated.

Cycle menus are easy to change once you plan them. A substitution can be as easy as using a seasonal version of a vegetable or fruit. For example, apples are in season during fall and winter; you can serve them as the fruit for a reimbursable CACFP lunch instead of another fruit listed on the cycle menu. Be sure to keep accurate records by marking any changes on your menu. Winter is a great time for new substitutions!

You can substitute different seasonal vegetables or fruits in the same recipe throughout the year, depending on when they are available locally. An example of this is a salad recipe that calls for leafy greens. If the original recipe calls for romaine lettuce, you can adjust the recipe to use seasonal kale in the fall. In the spring, you could use seasonal spinach.

It's a new year, so get a fresh start with the fresh produce in season!

■ Source: cacfp.org



Q: How often do I need to update my menus to ensure CACFP compliance?

Menus should be updated regularly to align with any changes in CACFP meal pattern requirements or USDA guidelines. Providers are encouraged to review their menus at least quarterly to ensure they reflect seasonal produce availability and meet all nutrition requirements, such as offering whole grains and limiting added sugars. Keeping menus up to date is essential for maintaining compliance and providing variety in children's diets. Failure to do so could lead to non-compliance and affect meal reimbursements.

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

Salt Painting Snowflakes

White thick cardstock or cardboard.

Watercolors or food coloring - if using food coloring, don't dilute it with too much water to keep the colors vibrant.

Table salt

White glue

Paintbrush

A little bit of water

STEP 1

Trace or draw a snowflake design on the cardstock or cardboard. You can also download line art of snowflakes to make it easier.

STEP 2

Trace the snowflakes with the glue.

STEP 3

Sprinkle the salt on to the glue outline. Pour A LOT of salt over your image to ensure you coat every small piece of it. Shake off the excess salt.

STEP 4

Paint the snowflake with the watercolor paint and let dry.

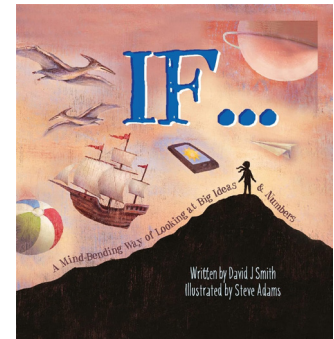


Winter is a wonderful time of discovery for kids! From pinecones to snowflakes, it can be a magical time.



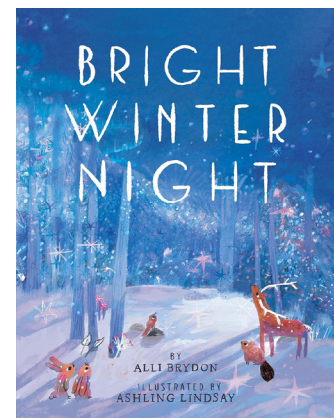
A Pinecone!

by Helen Yoon (Author, Illustrator)



If...

by David J. Smith (Author)



Bright Winter Night

by Alli Brydon (Author),
Ashling Lindsay (Illustrator)

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

■ Source: thebestideasforkids.com ■ Images: thebestideasforkids.com

January is Bath Safety Month

Bathing is part of our daily routine. It's not uncommon for us to forget to take proper precautions while in the bathroom. January is National Bath Safety Month, making it the perfect time to do what is needed to minimize the risk of injury and drowning in the bath.

An estimated 87 children die each year from drownings at home. Two-thirds of these incidents took place in the bath. Parents, babysitters, and caregivers can prevent these incidents if they implement the five layers of protection at home.

The American Academy of Pediatrics offers the following tips to help prevent incidents in the bath:

SUPERVISION:

It doesn't take much water for a child to drown, so it's essential to never leave your little one alone in the bath.

Children are especially at risk when left alone in the bathtub. Just two or three inches of water can be enough for them to slip below the surface and become submerged. This can happen quickly and silently, leaving little time for adults to respond.

Parents should always keep an eye on their children while in the bath, keeping them supervised and not taking their eyes off them, not for a second. Have everything you will need during bath time on hand before you begin, and keep it at arm's length. Once bath time is over, drain the bathtub immediately. Never leave water in the bathtub when no one is using it.



SLIPS AND FALLS:

Begin by installing non-slip mats or non-slip stickers on the floor of your bathtub or shower. Covering water faucets with cushioned covers will help prevent your child from getting hurt should they slip and bump their head. The bathtub is not the only place where a small child can slip and fall in the bathroom. Ensure the bathroom floor has anti-slip rugs and that toilet lids are permanently shut and locked. A curious toddler can easily fall in if trying to play with the water in the bowl.

WATER TEMPERATURE:

The temperature of the water in a child's bath is important for several reasons:

- **Safety:** water that is too hot can scald a child's skin, causing severe injury. It is crucial to test the temperature of the water before letting your child enter the tub to ensure it is not too hot.
- **Comfort:** Water that is too cold can be uncomfortable and may discourage children from wanting to take a bath. On the other hand, water that is too hot can make children feel overwhelmed and anxious.
- **Health:** Water that is too hot can strip the skin of its natural oils, leading to dryness and irritation. Water that is too cold can reduce circulation and lead to chills.

It is generally recommended to keep the temperature for a child's bath water at around 100°F (35°C). To ensure the water is at a safe temperature, you can use a thermometer or test the water with your elbow or wrist.

ELECTRIC APPLIANCES:

First of all, do not use any electrical appliances near the water. If you keep any electrical appliances in the bathroom, such as hairdryers and electric razors, keep them securely stored far away from the sink, tub, or shower. Do not use any appliances while in the tub or shower. Water and electricity do not mix, and using any devices while standing in water can be dangerous.

January 2025

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

1. What makes UHT boxed milk different from other milk?

- a. Its unique flavor
- b. It has more nutrition
- c. It is shelf stable
- d. It is organic

2. What percentage of Americans complete their New Year's resolutions?

- a. 17 percent
- b. 42 percent
- c. 13 percent
- d. 9 percent

3. Beans are one of the oldest foods grown.

- a. True
- b. False

4. Cycle menus are easy to change once you plan them.

- a. True
- b. False

5. What temperature is recommend for a child's bath water?

- a. 120 degrees
- b. 100 degrees
- c. 98.6 degrees
- d. 130 degrees

6. Each year, two-thirds of at-home drowning incidents happen in the bath.

- a. True
- b. False

7. Beans are naturally gluten free.

- a. True
- b. False

8. How many gallons of water per person is recommended in an emergency?

- a. One gallon per day
- b. Two gallons per day
- c. 1/2 gallon per day
- d. Four gallons per day

9. Beans are about __ the price of ground beef.

- a. 1/2
- b. Equal
- c. 2/3
- d. 1/3

10. One half cup of beans provides about __ grams of fiber?

- a. 3
- b. 5
- c. 7
- d. 9

11. An example of a non-perishable food is:

- a. Raw carrots
- b. Fresh raspberries
- c. Canned tuna
- d. Cottage cheese

12. No fruits and vegetables are in season in the winter.

- a. True
- b. False

13. After bathtime, the water should be drained immediately.

- a. True
- b. False

14. How many days of non-perishable food should you have on hand for an emergency?

- a. 3 days
- b. 1 day
- c. 5 days
- d. 7 days

15. Rinsing canned beans before use removes added sodium.

- 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.