# potpourri

January 2026

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## What's Inside?



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January welcomes a fresh start, and often, the coldest days of the year. As we settle into winter routines, warm and nourishing meals become especially important for the children in our care. This season is a wonderful time to embrace comforting, hearty foods that support health and energy, even on the chilliest days.

Many providers are turning to simple, cozy crockpot meals to make the most of their time while still prioritizing nutrition. Slow-cooked soups, stews, and casseroles are not only practical for busy days, but also provide the warmth and nourishment children need to stay full and focused.

As we move through the winter months, it's also a good reminder to keep general safety in mind. Ensuring safe play environments, being mindful of outdoor conditions, and maintaining routines that help children feel secure all contribute to supporting their well-being during this season.

Thank you for continuing to provide care that is thoughtful, responsive, and grounded in what children need most. Your commitment to nourishing both body and heart makes a meaningful difference every day.

Wishing you a warm and healthy start to the year,

Denise Meyer

**Denise Meyer**
**Executive Director**

CONTENTS





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# Crockpot January!

Warm, comforting meals made in the crockpot are just what we need for a chilly January!

## White Bean Turkey Chili

10 servings
sugarspiceandglitter.com

**Ingredients**

1 tablespoon olive oil
1 tablespoon minced garlic
1 onion, chopped
2 strips bacon, chopped
2 15 oz cans white beans
1 8 oz can corn kernels
2 cups chopped leftover turkey
1 3 oz can salsa verde
5 cups chicken or turkey broth
2 tsp cayenne pepper
1 teaspoon paprika
1 teaspoon dried oregano
1 teaspoon dried thyme
Salt & Pepper, to taste

**Instructions**

- Place oil, bacon, onion and garlic in a large slow cooker.
- Cover and heat on high for approximately 10 minutes, until onions are translucent.
- Add the beans, corn, turkey, green sauce and broth.
- Stir and cover to cook on high about 45 minutes to an hour (on low 2-3 hours).
- Season to taste with spices, and then cover and allow to cook for 15 more minutes before serving.

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

## Slow Cooker Minestrone Soup with Italian Sausage and Pesto

8-10 servings
thefoodcharlatan.com

**Ingredients**

16 oz mild Italian sausage
1 medium onion, chopped
1 1/2 cups celery, chopped
1 1/2 cups carrots, chopped
1 6 oz can tomato paste
2 tablespoons garlic, minced
1 tablespoon dried oregano
1 15 oz can Italian style diced tomatoes*
5 cups chicken broth
1 15 oz can cannellini beans, drained and rinsed
1 15 oz can red kidney beans, drained and rinsed
1 cup zucchini, chopped
1 cup yellow squash, chopped
1/2 cup dry WG short pasta (e.g. macaroni)
2 cups baby spinach
Basil pesto, to garnish
Grated parmesan cheese, to garnish

**Instructions**

- In a large soup pot, brown the Italian sausage over medium to medium-high heat. Drain the fat.
- Meanwhile, chop the onion, celery, carrots, and garlic.
- Add the tomato paste, onions, celery, carrots, garlic, and dried oregano.
- Saute for about 5 minutes.
- Pour everything into the slow cooker, then add the tomatoes and chicken broth.
- Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
- Stir in the beans, zucchini, yellow squash, and pasta. Cover and turn the heat to high. Cook for about 10-15 minutes, until the pasta is al dente.
- Turn off the slow cooker. Stir in the spinach and cover another 2 minutes. Season with salt and pepper.
- Garnish each bowl with a teaspoon of pesto and a few grates of Parmesan cheese.

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

## Slow Cooker Broccoli Mac and Cheese

8 servings
eatgood4life.com

**Ingredients**

12 oz fresh broccoli
13-16 oz extra-sharp cheddar cheese, shredded
4 oz gorgonzola cheese
4 cups organic milk
19 oz whole wheat elbow macaroni ( 1 1/2 containers)
1/2 teaspoon salt
1/2 teaspoon arrowroot powder, or cornstarch

**Instructions**

- Place all the ingredients in the slow cooker, except the broccoli and arrowroot powder. Mix through and set the slow cooker on high for 2 hours. Alternatively, you can place the slow cooker on low for 4 hours. (Stir the mixture two times while cooking.)
- Place the broccoli on a food processor and pulse until minced, about 20 seconds. Set aside.
- Add the broccoli and arrowroot powder in the slow cooker, stir and cook for an additional 20 minutes on high. Serve immediately with some extra gorgonzola cheese.
- NOTE: You can also use any other cheese mixture of your choice.
- Watch the pasta and see how it is doing after 1 hour on high and 2 hours on low!!

**Vegetable** **Grain**
**Meat/Meat Alternate**

# Meals & Menus CACFP Requirements

| CACFP | MON | TUE | WED | THU | FRI |
|---|---|---|---|---|---|
| **BREAKFAST**<br>**1. GN/BP OR MT****<br>**2. FT OR VG**<br>**3. MK** | 1. WG Muffin<br>2. Pear Halves<br>3. Milk | 1. Lowfat Yogurt w/WG Cereal<br>2. Blueberries***<br>3. Milk | 1. WG French Toast Sticks<br>2. Bananas<br>3. Milk | 1. Scrambled Egg<br>2. Orange Wedges<br>3. Milk | 1. Apple Cinnamon Quinoa Bowl<br>2. Strawberries<br>3. Milk |
| **LUNCH/DINNER**<br>**1. MT**<br>**2. GN/BP**<br>**3. VG**<br>**4. FT OR VG**<br>**5. MK** | 1. Baked Chicken Tenders<br>2. WG Pasta<br>3. Steamed Broccoli<br>4. Orange Slices<br>5. Milk | 1. Black Bean & Cheese Taco<br>2. WG Tortilla<br>3. Lettuce/ Tomato<br>4. Pineapple Chunks<br>5. Milk | 1. Turkey & Veggie Meatballs<br>2. Brown Rice<br>3. Green Beans<br>4. Diced Peaches<br>5. Milk | 1. Baked Fish Nuggets<br>2. WG Roll<br>3. Carrot Coins<br>4. Applesauce<br>5. Milk | 1. Vegetarian Chili<br>2. WG Cornbread<br>3. Side Salad<br>4. Pear Slices<br>5. Milk |
| **SNACKS***<br>**1. MT**<br>**2. GN/BP**<br>**3. FT**<br>**4. VG**<br>**5. MK** | 1. Hummus<br>2. WG Pita Pockets<br>3. Apple Slices<br>4. Baby Carrots***<br>5. Milk | 1. Nut/Seed Butter<br>2. WG Crackers<br>3. Grapes***<br>4. Cucumber***<br>5. Milk | 1. Cheese Cubes<br>2. WG Breadstick<br>3. Blueberries***<br>4. Cherry Tomatoes***<br>5. Milk | 1. Greek Yogurt<br>2. WG Granola<br>3. Banana<br>4. Snap Peas***<br>5. Milk | 1. Hard-Boiled Egg<br>2. WG Toast<br>3. Peaches<br>4. Celery Sticks***<br>5. Milk |

(*) Choose two food groups from "Snacks" list.

**FT:** Fruit **VG:** Vegetable **GN:** Grain **WG:** Whole Grain
**MK:** Milk **BP:** Bread Prdt. **MT:** Meat/Meat Alternate

(**) MT may be substituted for GN/BP up to 3x a week.

(***) Choking hazard for children under age 4.

**REMINDERS:**

November 2025 final claim due: **January 26, 2026 (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

# Back to Basics: Staying Compliant When Claiming Meals in CACFP

Participating in the Child and Adult Care Food Program (CACFP) supports healthy nutrition for children in care, but accurate documentation is key to ensuring your program receives reimbursement. Whether you are new to CACFP or refreshing your procedures, it's important to stay consistent and organized. Using My Food Program (MFP) can simplify tracking, but attention to detail is still essential. Below are important reminders to help you maintain compliance and avoid disallowances.

**One of the most critical pieces of yearly compliance is updating enrollment forms. Each child must have a current CACFP enrollment form on file every year.** This ensures you are only claiming meals for children who are actively enrolled and eligible. Be sure to review forms annually and confirm that parent signatures and dates are current. Missing, incomplete, or expired enrollment forms are among the most common reasons for corrections during reviews.

**Another key requirement is reporting closures ahead of time.** If your program will be closed (for a holiday, professional development, vacation, or temporary emergency), or you will be away from the site at meal service (field trip), you must report the closure in My Food Program before the day of the closure. This helps prevent inaccurate meal claims and missed monitor visits. It also ensures that ACD has accurate attendance records. Failure to report closures may result in claims being held or adjusted.

To stay organized and compliant, remember these daily practices:

- Record attendance as children arrive and leave.
- Take meal counts at the time of service, not before or after and serve meals at your approved times listed in My Food Program.
- Follow the CACFP meal pattern and claim only creditable food items that meet the meal pattern.
- Document menu substitutions on the same day they occur.
- Submit monthly claims by the deadline.

Consistent recordkeeping and communication make CACFP smooth and manageable. By keeping yearly enrollment forms up to date, reporting closures ahead of time, and using My Food Program daily, your program can confidently provide nutritious meals to children while maintaining full compliance.

Sources: cacfp.org | myfoodprogram.com

**TO RECORD A CLOSURE, HOLIDAY OR FIELD TRIP:**

Click on "Field Trips, Closure or School Release Days" on the main MFP dashboard. This will take you to the Closures page.


On the Closures page, click the blue "Add Single Day" button in the upper-right corner.

**The Reason Off Site** is the first field. It is a dropdown menu and you can select from field trip, closure, holiday or other/not claiming. A field trip is treated differently from a closure or holiday.

**Recording a Field Trip** will not prevent you from entering meal counts, does not automatically disallow meals that we recorded before the field trip entry was made, does not add a red X to the menu calendar, and alerts your sponsor that you will be away during meal service so that they do not attempt to do a review visit.

**Recording a Closure or a Holiday or Other/Not Claiming*** will prevent you from entering meal counts with the on-screen message "Site closure for this day and meal," automatically disallows meals that are recorded before the closure or holiday entry was made with the reason "Meals/Snacks claimed outside of the operating days", adds a red X to the menu calendar, and alerts your sponsor that you will be away during meal service so that they do not attempt to do a review visit.

*Used for providers or centers who are not claiming the meal. For example, if a provider or center is serving a non-creditable meal or does not have any children in attendance for the meal service.

# Simplifying Meal Planning with Cycle Menus

Creating healthy, balanced meals every day for children in care can be a challenge. Between meeting CACFP (Child and Adult Care Food Program) requirements, keeping meals appealing to children, and managing costs, it can feel like a juggling act. One strategy that helps providers save time, stay organized, and maintain variety is using a cycle menu.

A cycle menu is a planned set of meals and snacks that repeats every few weeks, and are most commonly on a three- or four-week schedule. The example below is for two weeks. Once the menu is created, it can be reused throughout the year with seasonal adjustments. Cycle menus can be a powerful tool to ensure CACFP compliance with meal pattern requirements while reducing daily decision-making.

## BENEFITS OF A CYCLE MENU

**1. Saves time and reduces stress.**
With a cycle menu, you plan once and serve many times. You'll spend less time scrambling for meal ideas or writing grocery lists each week.

**2. Encourages variety and nutrition balance.**
Cycle menus make it easier to see the big picture of what children are eating over time. You can plan a mix of proteins, fruits, vegetables, and whole grains to keep meals colorful and balanced. Rotating menu items also helps prevent menu fatigue and exposes children to new foods in a predictable way.

**3. Helps with CACFP compliance.**
When creating your cycle menu, you can check each meal and snack against CACFP meal pattern requirements to ensure they include all required components.

**4. Aids budgeting and reduces waste.**
Repeating menus allow you to buy ingredients in bulk and use items efficiently. Because you'll know exactly what's being served, you can better predict portion sizes and reduce food waste.

## GETTING STARTED

Start by planning one week of meals that meet CACFP requirements and are well-received by the kids. Gradually build to a full three- or four-week rotation, swapping in seasonal produce and local favorites. Once your cycle menu is in place, you'll enjoy smoother operations, happier children, and stress-free meal times.

## TIPS FOR IMPLEMENTATION

- Rotate every two weeks; swap in seasonal fruits and vegetables to keep it fresh.
- Verify all items meet CACFP portion sizes and food component requirements for the children's age groups.
- Post menus for parents and keep documentation for CACFP review.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEEK 1 | **Breakfast:** Oatmeal, apples, low-fat milk<br>**Lunch:** Baked chicken, brown rice, green beans, orange slices, milk<br>**Snack:** WG crackers with cheese cubes | **Breakfast:** Waffles, strawberries, milk<br>**Lunch:** Turkey & cheese sandwich on WG bread, cucumber slices, applesauce, milk<br>**Snack:** Yogurt, peaches | **Breakfast:** Scrambled eggs, WG toast, banana, milk<br>**Lunch:** Beef & vegetable stew, WG roll, pear slices, milk<br>**Snack:** Carrot sticks with hummus | **Breakfast:** WG cereal with milk & blueberries<br>**Lunch:** Baked fish, mashed sweet potatoes, peas, milk<br>**Snack:** Graham crackers w/nut or seed butter | **Breakfast:** Pancakes w/ sliced bananas, milk<br>**Lunch:** Turkey meatballs, WG pasta with marinara, steamed broccoli, milk<br>**Snack:** Apple slices w/ yogurt dip |
| WEEK 2 | **Breakfast:** WG muffin, pineapple chunks, milk<br>**Lunch:** Chicken wrap with lettuce and cheese, corn, melon cubes, milk<br>**Snack:** Trail mix (WG cereal, raisins, pretzels) | **Breakfast:** Scrambled egg and veggie breakfast burrito, milk<br>**Lunch:** Meatloaf, mashed potatoes, carrots, applesauce, milk<br>**Snack:** WG pita with ranch/yogurt dip | **Breakfast:** WG bagel w/ cream cheese, orange wedges, milk<br>**Lunch:** Cheese quesadilla, brown rice, mixed vegetables, milk<br>**Snack:** Fresh pear slices and WG crackers | **Breakfast:** Yogurt parfait w/granola and berries<br>**Lunch:** Pulled chicken sandwich, coleslaw, green beans, milk<br>**Snack:** Banana and low-fat milk | **Breakfast:** WG French toast with warm apples, milk<br>**Lunch:** Baked mac & cheese, peas and carrots, fruit cocktail, milk<br>**Snack:** Celery sticks w/ peanut butter |

**Source:** usda.gov

## Slow Cooker Greek Chicken Gyros with Tzatziki

**Yield:** 8 servings

**Ingredients:**

2 pounds boneless skinless chicken breast
1 cup diced onion, about 1 medium onion
2 teaspoons minced garlic
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 tablespoons olive oil
1 tablespoon red wine vinegar
2 tablespoons lemon juice
1/3 cup water

**Tzatziki Sauce**

2 cups plain greek yogurt
1 cup finely grated cucumber
2 teaspoons minced garlic
1 tablespoon white wine vinegar
1 teaspoon dried dill
1 teaspoon dried oregano
2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
Salt, to taste
Ground black pepper, to taste

**For Serving**

Warm pita bread
Diced red onion
Shredded romaine lettuce
Diced cucumber
Diced tomatoes

**Instructions:**

1. Spray a 4-quart slow cooker with nonstick cooking spray and lay 2 pounds boneless skinless chicken breast on the bottom of it.
2. In a small bowl combine 1 cup diced onion, 2 teaspoons minced garlic 1 teaspoon dried oregano, ½ teaspoon salt, ½ teaspoon ground black pepper, 3 tablespoons olive oil, 1 tablespoon red wine vinegar, 2 tablespoons lemon juice, and 1/3 cup water.
3. Pour the onion mixture over the chicken and place the lid on the slow cooker. Cook on LOW for 6-8 hours, or on HIGH for 4-6 hours.

**Tzatziki Sauce**

1. In a medium bowl combine 2 cups plain greek yogurt, 1 cup finely grated cucumber, 2 teaspoons minced garlic, 1 tablespoon white wine vinegar, 1 teaspoon dried dill , 1 teaspoon dried oregano, 2 tablespoons lemon juice, 1 tablespoon extra-virgin olive oil.
2. Add salt, and ground black pepper, to taste. Cover the bowl and refrigerate for at least 30 minutes before serving to allow the flavors to meld.

**For Serving**

1. Shred the chicken in the crockpot before serving with the tzatziki sauce, warm whole-grain pita bread, diced red onion, shredded romaine lettuce, diced cucumber, and diced tomatoes.

***Safety notes:*** *Keep children away from the hot crockpot and sharp knives.*

**Grain** **Meat/Meat Alternate** **Vegetable**

Source: therecipecritic.com Image: therecipecritic.com

## Things to Consider When Buying a Crockpot/Slow Cooker

Slow cookers come in a wide range of prices and functions. Here are some factors to consider to help you find the perfect one for your kitchen, so you can happily use it for years to come.

**Method of heating**

Most slow cookers have a base that snugly encloses a removable insert. Sometimes the heating element is just on the bottom, or if you're lucky, the element also goes up the side of the base (which allows heat to be more evenly distributed).

**Crock construction**

Ceramic and porcelain are the popular options out there, although there are metal crocks, too. They all do a good job of conducting heat, so it's really up to your preferences. What's important with the crock, however, is that it's removable for easy cleaning. Slow cookers with the crock and heating unit fused together just aren't fun or easy to clean.

**Lid material**

When using a slow cooker, you want to avoid opening the lid, since that lets out precious heat and extends cooking time. Slow cookers with glass lids — so you can see what's going on inside without taking the lid off — are better options than plastic or more opaque versions.

**Size**

Most slow-cooker recipes are meant for the average-sized slow cooker, which is about six quarts. The key to size is that slow cookers need to be at least half full to get good results.

Other helpful features include a sear function, timer, and warming function.

Source: thekitchn.com

# Keeping Kids Hydrated in the Winter Months

Staying hydrated is just as important in winter as it is in the heat of summer, but it's often overlooked during the colder months. Because children aren't sweating as visibly when it's cold, they may not feel as thirsty. However, indoor heating, playing in warm winter clothing, and dry winter air can all increase fluid loss. For childcare providers, being mindful of hydration helps support children's energy levels, digestion, temperature regulation, and overall health.

Offering hydrating foods is another way to increase fluid intake. CACFP-approved fruits and vegetables like oranges, clementines, apples, cucumbers, and bell peppers contain high water content and can increase water intake. Warm foods can also help during colder weather: broths, vegetable soups, and oatmeal made with milk or water can be both comforting and hydrating while meeting meal pattern requirements.

Avoid relying on sugary drinks like hot chocolate or fruit-flavored drinks for hydration. While these may be tempting in winter, they contribute to unnecessary added sugars. Instead, milk, water, or 100 percent juice during meals and snacks to add variety without compromising nutrition.

Finally, encourage hydration through routine. For example, build "water breaks" into your schedule the same way you schedule handwashing. Model hydration yourself! Children often drink more when they see adults doing the same.

**Tips at a Glance:**

- Offer water throughout the day, not just at meals.
- Include hydrating fruits and vegetables in menus.
- Serve warm hydrating foods like soups and oatmeal.
- Choose low- or no-sugar drink options.
- Make hydration fun with child-friendly reminders.

Keeping hydration in focus during winter helps children stay comfortable, energized, and ready to learn and play. Even on the coldest days, a little extra attention to water intake makes a big difference.

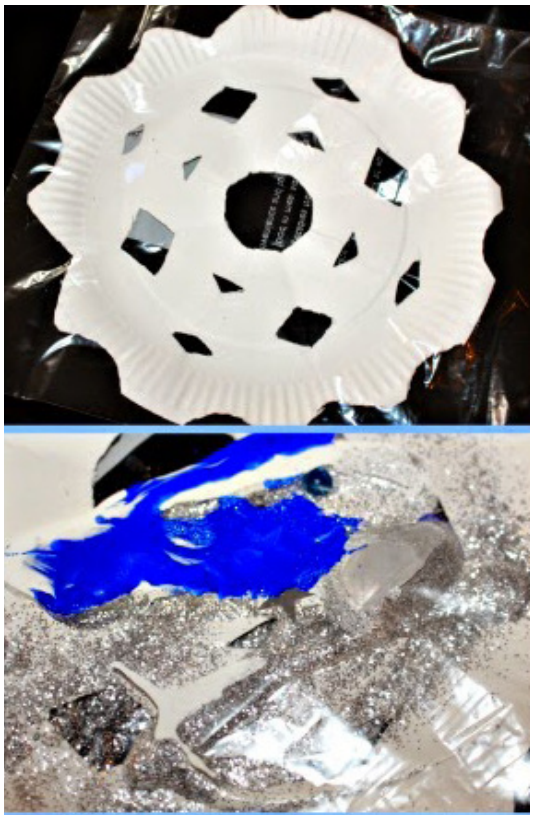
**Winter hydration requires more intentional reminders:**

- **Make water easily accessible throughout the day, especially during active play and after outdoor time.**
- **Add child-friendly visuals near the water station, such as a picture of a snowman drinking water, to give kids a fun cue.**
- **Build water breaks into your schedule.**
- **Model hydration yourself. Children often drink more when they see adults doing the same.**

■ Source: chop.edu ■ Images: Adobe Stock Images

# No-Mess Paper Plate Snowflakes

- Paper plates
- Freezer bags
- White, blue and silver paint
- Glitter (optional)



**STEP 1**
Fold each paper plate in half and then in half again, and then in half once more. Cut out lots of triangles and half circles and then open up the plates. Some kids may be able to do this themselves.

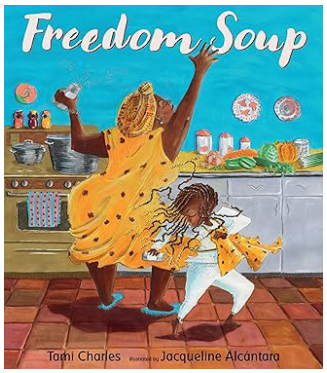
**STEP 2**
Put a snowflake into a freezer bag and squirt in a bit of white, blue and silver poster paint along with a sprinkle of glitter.

**STEP 3**
Seal the bag closed and spread the paint over the paper plate using your hands. As the paint spreads across the paper plate, the colors mix together making lots of patterns.

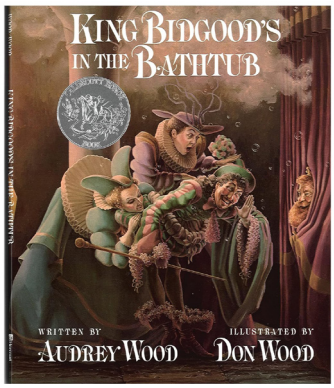
**STEP 4**
As each paper snowflake is completed remove from the freezer bag and leave them to dry.

■ Source: messylittlemonster.com ■ Images: messylittlemonster.com

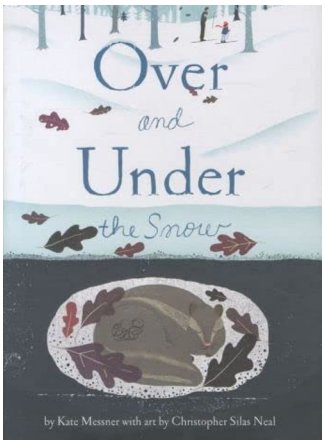
**It's January! Here are some fun classics to celebrate what January brings: Soup Month, hibernation, and National Bubble Bath Day!**




**Freedom Soup**
by Tami Charles (Author), Jacqueline Alcántara (Illustrator)




**King Bidgood's in the Bathtub**
by Audrey Wood (Author), Don Wood (Illustrator)




**Over and Under the Snow**
Kate Messner (Author)

■ **Books:** amazon.com

BOOKS

# Breathing Easy: Supporting Indoor Air Quality in Winter

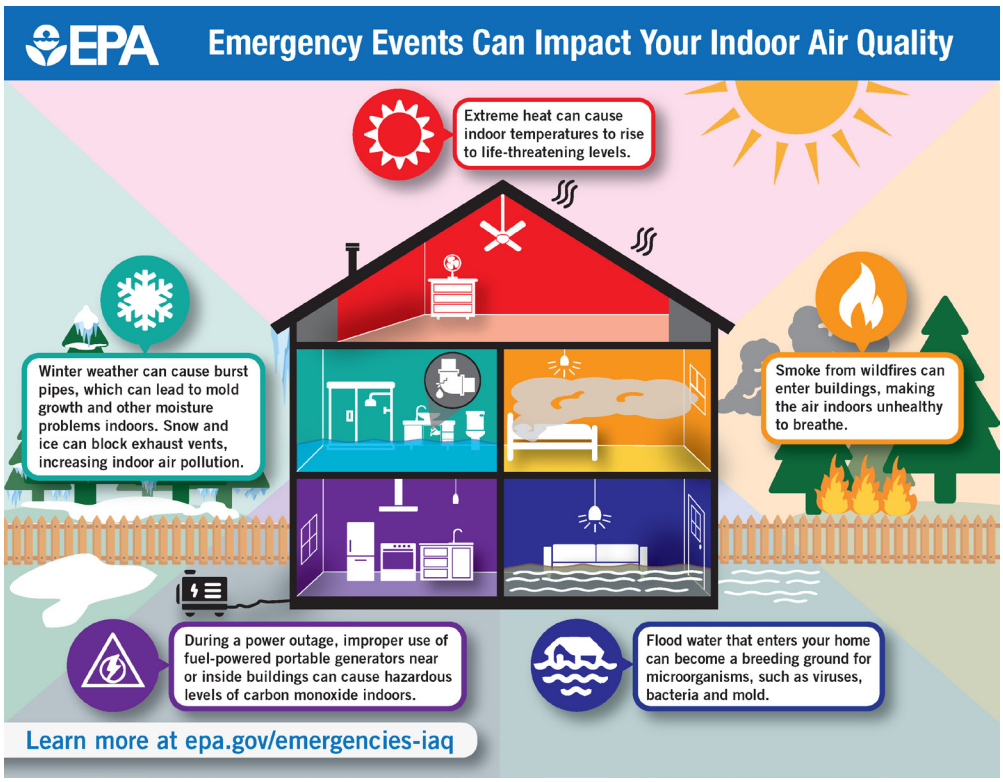
When temperatures drop, childcare programs naturally keep windows closed and heating systems running to maintain a warm, comfortable environment. However, reduced fresh air circulation can impact indoor air quality, especially in busy childcare settings where children spend many hours each day. Paying attention to indoor air can help reduce illness, improve comfort, and support the overall well-being of the children and staff in your care.

## WHY INDOOR AIR QUALITY MATTERS

Children breathe more air for their size than adults, making them more vulnerable to pollutants in indoor environments. In winter, common indoor air issues include dust, mold spores, chemical fumes, and the buildup of carbon dioxide from limited ventilation. These can contribute to respiratory irritation, headaches, fatigue, and increased susceptibility to colds and asthma symptoms.

## PRACTICAL STEPS TO IMPROVE AIR QUALITY

1. **Increase Air Circulation**: While it may feel counterintuitive, opening a window for just 5–10 minutes a few times a day can significantly improve air exchanges. If the weather is too cold, opening doors between rooms can help move air.
2. **Use Air Purifiers or HVAC Filters:** If your center uses an HVAC system, check and replace filters regularly—ideally every 1–3 months. Look for high-efficiency filters rated MERV 8–13. Portable HEPA air purifiers can also help in high-activity rooms.
3. **Reduce Chemical Exposure:** Choose fragrance-free, non-aerosol cleaning products. Use cleaners and disinfectants only as needed and when children are not in the room. Store art supplies and markers that emit fumes in closed containers.
4. **Control Moisture:** Wipe up spills promptly, monitor bathrooms and kitchens for leaks, and consider using a dehumidifier in damp areas. Good moisture control helps prevent mold growth.
5. **Encourage Handwashing:** Better air quality also means fewer germs in the air. Consistent handwashing routines reduce the spread of viruses, helping maintain healthier indoor environments.




## A HEALTHIER WINTER INDOORS

Small improvements to indoor air quality add up and contribute to fewer illnesses, calmer environments, and better daily comfort for everyone. Supporting cleaner air is one more way you help children thrive.

■ Source: epa.gov ■ Images: epa.gov

# January 2026

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

**1. You can encourage children to drink more water in the winter by:**
a. Making water accessible
b. Modeling hydration yourself
c. Taking water breaks
**d. All of the above**

**2. An average size crockpot/slow cooker is ___ quarts?**
a. 2
b. 4
c. 6
d. 8

**3. One of the most critical pieces of yearly compliance is updating enrollment forms.**
a. True
b. False

**4. Reduced fresh air circulation does not impact indoor air quality.**
a. True
b. False

**5. A cycle menu is a planned set of meals that repeat daily.**
a. True
b. False

**6. When closing for a holiday, you do not need to record it in My Food Program.**
a. True
b. False

**7. Children breathe more air for their size than adults.**
a. True
b. False

**8. When should you record attendance?**
a. As children arrive
b. At the end of the day
c. As children leave
d. Both a and b

**9. Consistent handwashing routines reduce the spread of viruses.**
a. True
b. False

**10. Rotating menu items with a cycle menu can:**
a. Be difficult
b. Help avoid menu fatigue
c. Stop picky eating
d. Be hard to record

**11. When should you report a closure in My Food Program?**
a. Holidays
b. Field Trips
c. Vacation
d. All of the above

**12. Eating hydrating foods does not increase fluid intake.**
a. True
b. False

**13. You should report closures after the fact.**
a. True
b. False

**14. Hydrating foods include cucumbers, bell peppers, and ____ among others.**
a. Tuna fish
b. Peanut butter
c. Crackers
d. Oranges

**15. CACFP enrollment forms need to updated every two years.**
a. True
b. False

Image: Adobe Stock Images

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 50 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.**