

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 LOOKING FOR SPOTLIGHT PROVIDERS

ACD is very proud of our providers! All of you bring many different skills to the food program.

We want to share your knowledge. If you would like to have your day care featured in a future issue of *Potpourri*, please send an email to: potpourri@acd-kids.org and you will be contacted to set up a time to be interviewed.

A picture is worth a thousand words so as a part of the article you are encouraged to submit photos to share.

Don't miss out on the chance to show off your day care. Send an email today!

ON THE COVER From left to right:

Kaidence, 4, likes reading, music and Disney Princesses.

Aubrey, 5, likes playing outside, obstacle courses and reading.

Marilyn, 2, likes horses ("neighs neighs"), playing outside and picking dandelions.

Blueberries, Blueberries, Blueberries!

July is National Blueberry Month

Chilled Blueberry Soup

This refreshing and beautiful quick, summer soup features a blend of blueberries, apple juice, and low-fat yogurt, and is garnished with fresh mint leaves.

- 2 cups fresh blueberries (2 6-oz containers)
- 1 cup 100% apple juice
- 1 1/2 cups plain low-fat yogurt
- 1 teaspoon cinnamon
- Fresh mint leaves for garnish

1. Rinse blueberries and set aside a few for garnishing.
2. Blend all ingredients in food processor or blender.
3. Serve immediately.
4. Garnish with mint leaves and blueberries, if desired.

- ✔ Meat/Meat Alternate
- ✔ Fruit



Source and photo: myplate.gov

Kale and Avocado Salad with Blueberries and Edamame

Bursting with nutrient-rich produce, this California-inspired salad is a delicious and satisfying way to get your vitamins.

- 6 cups stemmed and coarsely chopped curly kale
- 1 avocado, diced
- 1 cup blueberries
- 1 cup halved yellow cherry tomatoes
- 1 cup cooked shelled edamame
- 1/4 cup sliced almonds, toasted
- 1/2 cup crumbled goat cheese (2 ounces)
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon minced chives
- 1 1/2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon salt

Step 1

Place kale in a large bowl and, using your hands, massage to soften the leaves. Add avocado, blueberries, tomatoes, edamame, almonds, and goat cheese.

Step 2

Combine oil, lemon juice, chives, honey, mustard, and salt in a small bowl or in a jar with a tight-fitting lid. Whisk or shake well.

Step 3

Drizzle the vinaigrette over the salad and toss to combine.

- ✔ Vegetable
- ✔ Fruit

Source: eatingwell.com

Frozen Blueberry Yogurt Popsicles

A perfect healthy summer snack for kids made from just 3 ingredients - blueberries, bananas and yogurt.

- 1 1/2 bananas
- 16 oz. Greek yogurt
- 4 1/2 oz. blueberries

Prepare all the ingredients. Put the banana, Greek yogurt, and blueberries into a blender.

Blend until you have a smooth consistency.

Finalize your popsicles. Fill your Popsicle mold with the frozen yogurt mixture and place in the freezer.

Freeze and serve. Freeze for about 6 hours before serving.



- ✔ Meat/Meat Alternate
- ✔ Fruit

Source and photo: creativenourish.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 3x a week.</i>	1. Cheese omelet 2. Pears 3. Milk	1. Whole grain french toast 2. Raspberries* 3. Milk	1. Scrambled egg 2. Grapefruit 3. Milk	1. Ham 2. Oranges 3. Milk	1. Whole grain toast 2. Blueberries* 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Peanut Butter 2. Whole grain rolls 3. Cauliflower 4. Mushrooms 5. Milk	1. Nuts* 2. Whole grain bun 3. Beets 4. Coleslaw 5. Milk	1. Cheese 2. Whole grain spaghetti 3. Turnip greens 4. Kale 5. Milk	1. Cottage Cheese 2. Whole grain barley 3. Tomatoes 4. Wax beans 5. Milk	1. Seed butter 2. Egg noodles 3. Bok choy 4. Acorn squash 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. Fish sticks 2. Kiwi fruit 1. Plantain 2. Milk	1. Whole grain waffles 2. Milk 1. Edamame*2. Grapefruit	1. Graham crackers 2. Blackberries* 1. Black beans 2. Milk	1. Bananas 2. Milk 1. Whole grain bread 2. Peanut butter	1. Celery 2. Fruit salad 1. Whole grain pumpkin bread 2. Milk

WATERMELON FLAG

Per flag:

1 large slice of fresh watermelon

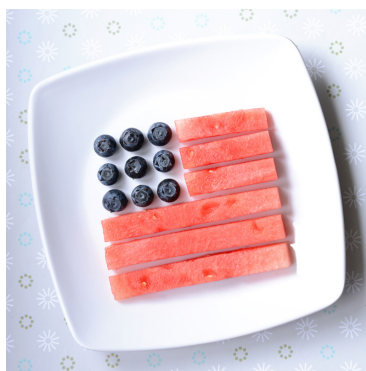
9 Blueberries*

A sharp kitchen knife (supervise children if allowing them to slice)

Slice the rinds off your piece of watermelon to give you a perfect square.

Slice your square piece of watermelon into thin strips. You'll want 3 longer strips and 3 shorter strips. Place these strips of watermelon on a plate.

Grab 9 fresh blueberries and place them beside the 3 shorter strips of watermelon to make your flag.



✓ Fruit

Source and photo credit: www.kixcereal.com

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

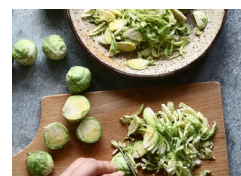


Money Saving Tip

Shop bottom shelves and outer aisles. Stores typically put the name brand items at eye level so you will choose these instead of looking for a better deal. Look on lower shelves and the outside aisles for the best prices.

Cooking Tip

Instead of washing your vegetables before you trim them, reverse those steps. Trimming your vegetables and then rinsing or soaking them means you can clean the often-dirty inner parts of veggies like Brussels sprouts and their exterior at once, saving you the time it would take to double wash them.



Source and photo: www.eatthisnotthat.com

All About Antioxidants - Eat The Rainbow!



You’ve likely heard the term “antioxidants” before, but why are they special?

According to Mayo Clinic, antioxidants are substances that may protect your cells against free radicals, molecules that are thought to play a role in developing heart disease, cancer, and other diseases. Free radicals are produced from exposure to tobacco smoke, radiation, and some bacteria, fungal and viral infections.

Antioxidants are found in many fruits, vegetables, nuts, and seeds. Certain vitamins within these foods such as Vitamin C and E specifically are powerful antioxidants. Take blueberries for example. One cup of blueberries contains about 95% of the Recommended Dietary Allowance (RDA) of Vitamin C for children aged 1-3 and 57% of the RDA of Vitamin C for children aged 4-8.

Other sources of vitamin C include yellow bell peppers, cantaloupe, kale, kiwi, broccoli, brussels sprouts, lemons, purple cabbage, strawberries, and oranges. Vitamin E is found in sunflower seeds, almonds, peanuts, salmon, avocado, red bell peppers, mango, and kiwi. As you can see from these examples, antioxidant-containing foods are bursting with color!

A fun way to introduce antioxidants to kids is by using a rainbow and explaining how foods that contain anti-oxidants make up all the colors:

- Red (red bell peppers, strawberries)
- Orange (cantaloupe, salmon, oranges)
- Yellow (lemons, mango, yellow bell peppers)
- Green (kale, kiwi, broccoli, brussels sprouts, avocado)
- Blue/Indigo (blueberries)
- Violet (purple cabbage)

You can also explain how antioxidants are like the “good guys” protecting our bodies from the “bad guys” like smoke and bad germs.

For an easy snack full of antioxidants, try these ideas:

- Strawberries dipped in sunflower seed spread
- Sliced yellow & red bell peppers dipped in an avocado mash
- Sliced kiwi and mango in yogurt

There’s a rainbow of opportunities to eat antioxidants, and having a plate full of color is one way to start!



Sources:Allison Stock, R.D., healthline, usda nutrient database
Photo credit: health.harvard.edu

ACD'S Guide to Storing Fresh Fruits and Vegetables

Having fruits and vegetables go bad before they're used is frustrating to say the least. Not to mention the money wasted in throwing away spoiled ingredients.

Use the handy chart below to discover the best way to store fruits and vegetables.

WHERE TO STORE FRUITS & VEGETABLES

PRODUCE TO STORE AT ROOM TEMP		PRODUCE TO STORE IN THE FRIDGE
Bananas	STORE THESE ON YOUR COUNTER, THEN MOVE TO THE FRIDGE WHEN RIPE	Apples
Basil		Asparagus
Cucumber		Blueberries
Eggplant		Corn on the Cob (in the husk)
Garlic		Broccoli
Grapefruit		Brussels sprouts
Green beans		Cabbage
Lemons		Carrots
Limes		Cauliflower
Onions		Cherries
Oranges	Papayas	Cilantro
Potatoes	Peaches	Dark leafy greens
Summer squash	Pears	Grapes
Sweet potatoes	Pineapple	Leeks
Watermelon	Plums	Lettuce
Winter squash		Parsley
Zucchini		Peas
		Pomegranate
		Raspberries
		Strawberries



Source and photo credit: eating well.com

Paper Bag Puppets

Small paper lunch bags
Colored construction paper
Safety scissors
Paste
Crayons or markers
Yarn, pom poms, sequins, glitter, felt

1. Cut out circles, squares, triangles and rectangles from construction paper, or print out paper bag puppet templates.
2. Let the kids color the shapes or templates.
3. Have the kids paste the shapes to the paper bags. The facial features go on the top of the flap, while the inside of the mouth or bottom of the chin go under the flap.
4. Feel free to let the kids use yarn, pom poms, sequins, glitter, felt or any other material to decorate the puppets.



Source and photo: bethebestnanny.com



Running a Small Business Insurance

Even being as careful as possible, accidents and incidents can, and do, happen. Insurance is an essential part of running a business. Some types of insurance to consider for your business are:

- Property
- Crime
- Business income
- Liability
- Equipment breakdown

Although dropping insurance premiums might be a way to cut expenses, it's well worth the cost when compared to going out of business.

Source: himama.com

ACD's BOOK CLUB

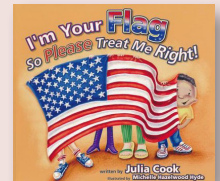
F is for Flag

English-Language Books

PICTURE BOOK

I'm Your Flag so Please Treat me Right!
by Julia Cook

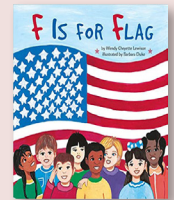
A story told by an American flag.



EASY READER

F is for Flag
by Wendy Cheyette Lewison

How one flag can mean many things.



Spanish-Language Books

PICTURE BOOK

Todos los países, capitales y banderas del mundo
by José Alonso T.R.

Interesting facts about the world around us, featuring chapters about transcontinental countries, flags, capital cities, and more.



EASY READER

Un mundo de banderas
by Clive Gifford

Learn about the fun and fascinating histories behind different types of flags and their uses.





SPOTLIGHT RECIPE

Dried Blueberries

Ingredients: ½ cup of fresh blueberries

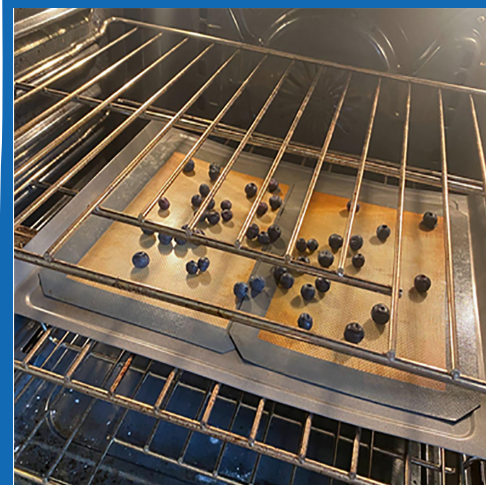
1. Preheat a conventional oven to 210° F.
2. While the oven preheats, wash blueberries with cool water. Lay on a paper towel to dry.
3. Place blueberries on a baking sheet lined with parchment paper or a silicone baking mat.
4. Cook blueberries for 2-4 hours, depending on the size. (*Blueberries will be done when they look similar to raisins but slightly more plump. See image below*)
5. Remove from the oven and allow the blueberries to cool to room temperature before serving.

Yield: 1/4 cup of dried blueberries

Nutrition Information (¼ cup serving): 42 calories, 0.24 grams fat, 11 grams carbohydrate, 1.7 grams fiber, 0.5 grams protein. *Source:* [USDA Nutrient Database](#)

Dried blueberries add a wonderful burst of sweetness to homemade trail mix, oatmeal, yogurt, or even served on their own! Remember, dried fruit (such as dried blueberries) will be credited as twice the volume served. For example, 1/4 cup of dried blueberries, credits as 1/2 cup of fruit.

Please note: Larger-sized blueberries may need to be cut in half to prevent choking hazards for children under the age of 4.



✓ **Fruit**

Source and photo credit: Allison Stock, R.D.

MAKE A DIFFERENCE TO CHILDREN

July is National Make a Difference to Children month. This grassroots movement was started by a man named Kim Ratz in 2006. He wanted people to recognize that making a difference in children's lives helps society in the long run.

Mr. Ratz's focus was parents, teachers, care providers and the general public. Children who are in orphanages, shelter homes and abusive households are especially in need. There is a huge number of children needing help and the issue is how many people are willing to come forward to help at least one child.

Helping children does require an effort. The children can be your children, neighbor kids or ones that are friends of your children. There are many ways to make a difference, such as:

- Simply talking to a child. Sometimes all that is needed to make a child feel cared about is a little time and attention. So talk to the children in your life, and spend time with them.
- Vow to protect children. If you witness abuse or neglect, report it to authorities. But always make sure you are fully aware of the situation. Context is important.
- Donate to children's organizations. Find organizations that align with your interests. Make donations and speak to others to encourage them to donate as well.

Some ways to participate in July's Make a Difference to Children:

Celebrate children: It is our duty to protect them and give them a life in which to flourish. No one should lose out on the essence of what it means to be a child.

Celebrate the future: Each morning provides the hope of a better day. Children are our future and in making life better for them, we are automatically making the future better for all of us.

Celebrate positivity: Sometimes things seem so dark that we don't realize there is a light to work toward. This is the positivity that all people need, especially children.



Source: nationaltoday.com Photo credit: stock.adobe.com

SHOPPING ON A BUDGET

Food costs, like most everything else, have risen in the past months. Here are 5 tips to help shop on a budget.

PLAN YOUR MEALS

Use the suggestions on Page 4 to help plan your meals. Shop the food ads to find items on sale.

SHOP WITH A LIST

Having a list makes shopping easier and helps avoid impulse buying. Also, when you can, buy in bulk to save money.

BUY FROZEN OR CANNED

Frozen fruits and vegetables are a healthy alternative to fresh that cost less and last longer.

When choosing canned options, always check the label to avoid excess sugar, salt and empty calories.

CUT COSTS WITH COUPONS

Just by using five 50 cents off coupons a week, you can save over \$100 a year.

BUY STORE BRANDS

You can save 20% - 30% on your food bill by choosing generic or store brands.



Source: [cdc.gov](https://www.cdc.gov), Photo credit: [stock.adobe.com](https://www.stock.adobe.com)

Finding ways to reduce food costs but still serve healthy meals requires some thought and creativity. But it can be done!

IN OBSERVANCE OF INDEPENDENCE DAY
ACD OFFICES WILL BE CLOSED
MONDAY JULY 4, 2022



Photo credit: [cristina glebova on Unsplash.com](https://www.unsplash.com)



July 2022 Potpourri Quiz

Take the quiz below and submit your answers to your ACD Field Monitor to receive FREE training credit.
Please do not mail your quiz to the office.

1. Antioxidants are thought to protect your cells from free radicals.
 - a. True
 - b. False
2. Free radicals are _____ that are thought to play a role in developing disease.
 - a. atoms
 - b. molecules
 - c. vitamins
 - d. cells
3. RDA stands for:
 - a. Radically Different Antioxidants
 - b. Recommended Daily Amount
 - c. Recommended Dietary Allowance
 - d. Really Delicious Antioxidants
4. One cup of blueberries contain _____ of the RDA of Vitamin C for children aged 1 - 3.
 - a. 65%
 - b. 75%
 - c. 85%
 - d. 95%
5. One cup of blueberries contain 57% of the RDA of Vitamin C for children aged:
 - a. 1 - 3
 - b. 4 - 6
 - c. 4 - 8
 - d. 4 - 12
6. Zucchini should be stored in the fridge:
 - a. True
 - b. False
7. Which food should not be stored at room temperature?
 - a. Peas
 - b. Onions
 - c. Grapefruit
 - d. Potatoes
8. Some fruits and vegetables can be left on the counter then moved to the fridge when ripe.
 - a. True
 - b. False
9. How should strawberries be stored?
 - a. At room temperature
 - b. In the freezer
 - c. In the fridge
 - d. On the counter then moved to the fridge when ripe.
10. It's a good idea to drop all insurance premiums to cut expenses.
 - a. True
 - b. False
11. _____ started the grassroots movement to name July Make a Difference for Children month.
 - a. Ken Ratz
 - b. Kim Ratz
 - c. Kim Rank
 - d. Ken Rink
12. The movement began in _____.
 - a. 2005
 - b. 2006
 - c. 2007
 - d. 2008
13. Which is not a way listed to make a difference to children?
 - a. Talk to a child
 - b. Start a podcast
 - c. Vow to protect children
 - d. Donate to children's organizations
14. Buying frozen or canned items can save money:
 - a. True
 - b. False
15. You can save _____ by choosing store brands.
 - a. 10 - 20%
 - b. 20 - 30%
 - c. 30 - 40%
 - d. 40 - 50%



CHANGE SERVICE REQUESTED

Non-Profit Org.
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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.



JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1 POSTAGE STAMP DAY The first postage stamp was issued in 1847.
4 ACD OFFICES CLOSED Happy 4th of July!	5 HAWAII DAY Hawaii is the 50th state to join the union.	6 JULY FLOWER The flower for July is the Larkspur.	7 MACARONI DAY Make some macaroni art.	8 FREEZER POP DAY Freeze 100% fruit juice for a sweet summer treat.
11 BLUEBERRY MUFFIN DAY July is also National Blueberry Month.	12 PAPER BAG DAY Paper bags make great puppets.	13 COW APPRECIATION DAY Dress like a cow today.	14 TAPE MEASURE DAY It's fun to measure things.	15 GIVE SOMETHING AWAY DAY Giving feels good!
18 JULY BIRTH STONE The birth stone for July is the Ruby.	19 MOON DAY In 1969, Neil Armstrong was the first man to walk on the moon.	20 PENNSYLVANIA DAY Pennsylvania is the 2nd state to join the union.	21 BE SOMEONE DAY Make a difference in someone's life today.	22 MANGO DAY Mangoes have more vitamin C than oranges.
25 MERRY GO ROUND DAY The first merry go round was created in the 1840's.	26 AUNTS AND UNCLES DAY Celebrate your family!	27 NEW JERSEY DAY New Jersey is the 3rd state to join the union.	28 HAMBURGER DAY McDonalds has sold over 300 billion hamburgers.	29 RAIN DAY If you get the chance, dance in the rain.