

# potpourri



July 2023

Volume 49 | Issue 7





**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.

#### MICHIGAN

P.O. Box 1491; East Lansing, MI 48826  
3496 E. Lake Lansing Rd., Suite 150  
East Lansing, MI 48823  
Phone: 800-234-3287 or 517-332-7200  
Fax: 517-332-5543  
E-mail: mifrontdesk@acdkids.org

#### ILLINOIS

P.O. Box 7130; Westchester, IL 60154-7130  
4415 Harrison St., Suite 535  
Hillside, IL 60162  
Phone: 800-284-5273 or 708-236-0863  
Fax: 708-236-0872  
E-mail: Illinois@acdkids.org

#### POTPOURRI CONTRIBUTORS

Oke Agahro  
Val Crafts  
Nicolas Gisholt  
Allison Stock, RD

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax: (833) 256-1665 or (202) 690-7442; (3) or email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



Summertime is here and I hope you're enjoying the sunshine and warm weather.

For some of you, summertime may be when you close your child care business for the season or modify operating hours. **Be sure to report summer closures and/or field trips to our Customer Service Team:**  
**IL:** [ilcustomerservice@acdkids.org](mailto:ilcustomerservice@acdkids.org) or 800.284.5273  
**MI:** [mifrontdesk@acdkids.org](mailto:mifrontdesk@acdkids.org) or 800.234.3287

During summer break, access to nutritious food may not be possible for some children. Learn about **"Summer Hunger"** and community resources available to families on page 5.

Also important during the summer season, is the topic of our next webinar on **Tuesday, July 18 at 6:30pm EST: "Hydration for Kids."**

Lastly, **ACD offices will be closed Tuesday, July 4 in observance of the Fourth of July holiday.** I wish everyone a safe and happy Fourth of July!

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

# CONTENTS

### 3. Featured Recipes

Red, White & Blue Bites

### 4. Meals & Menus

CACFP Requirements & A Week's Worth Of Ideas

### 5. Childhood Health Issue

"Summer Hunger"

### 6. From Our Registered Dietitian

Food Safety When Berry Picking  
Blueberry Breakfast Tarts

### 7. Money Saving Tips

Daily Living – Go Outside!

### 8. ACD's Guide To...

A Berry-Rich Diet

### 9. Activities

Craft & Books

### 10. Child Wellness

Summer Hygiene

### 11. Potpourri Quiz



# Red, White & Blue Bites

Celebrate the 4th of July with these “star-spangled” recipes

## Red, White & Blueberry Pancake Stacks

6 servings

modernparentsmessykids.com

### Ingredients

18 mini pancakes\*

1 cup freshly whipped cream, whipped topping or coconut whip

1/2 cup blueberries\*\*\*

1 banana, sliced

6 whole strawberries

Powdered sugar (for dusting)

- **Layer 1:** pancake, whipped cream and blueberries.
- **Layer 2:** pancake, whipped cream and bananas.
- **Layer 3:** pancake, whipped cream and strawberry.
- Dust with powdered sugar and add wooden pick to stabilize if necessary.
- Serve immediately or store in refrigerator for a few hours.
- **Note (\*):** Make using a tablespoon per pancake of your favorite pancake batter.
- A bit of whipped cream can be added underneath each pancake to help it stick to the fruit below it and to keep the stack from falling.
- If making stacks ahead of time, can substitute another “white” fruit like white peaches that might not brown as fast.

⊕ Fruit

■ Image: Canva Pro

## Frozen Yogurt Berry Bites

8-16 servings

happinessishomemade.net

### Ingredients

Greek Yogurt

Blueberries\*\*\*

Strawberries

### [Equipment]

Silicone ice cube mold

- Add fruit to ice tray.
- Top with yogurt and freeze for 3-4 hours.
- Frozen berries can also be used in place of fresh berries.
- Bites using greek yogurt can be safely frozen for 6-8 months.

⊕ Fruit

⊕ Meat/Meat Alternate

## Red White & Blue Cheesecake Salad

16 servings

theslowroasteditalian.com

### Ingredients

8 oz. cream cheese

3.4 oz. instant cheesecake pudding mix, unprepared

1 cup liquid French vanilla creamer\*

1 lb. strawberries, cut into bite-size pieces

12 oz. blueberries\*\*\*

1/4 cup lemon juice (about one large lemon)

4 large bananas, peeled & sliced

- In medium tall bowl (i.e. 8-cup measuring cup), using electric mixer, whip cream cheese until smooth. Cheese may bind up in beaters but will loosen.
- Add dry pudding mix and continue beating until well combined.
- With mixer on low speed, slowly add creamer, one tablespoon at a time, to cream cheese mixture (be sure creamer is completely combined before adding another tablespoon).
- Repeat until all of the creamer has been added and the mixture is completely smooth. Refrigerate mixture while you prepare the fruit.
- In a large bowl, combine lemon juice and bananas.
- Stir to coat bananas completely; pour off excess lemon juice.
- Add strawberries and blueberries. Gently stir to combine.
- Fold cheesecake mixture into the fruit.
- Serve immediately or cover and refrigerate until ready to serve.
- **Note (\*):** Can substitute creamer with one cup heavy cream, plus 1/4 cup powdered sugar and two teaspoons vanilla extract.

⊕ Fruit

**Safety Note:** (\*\*\*) Choking hazard for children under age 4.



	CACFP	MON	TUE	WED	THU	FRI
<b>BREAKFAST</b>	<b>1. GN/BP OR MT**</b> <b>2. FT OR VG</b> <b>3. MK</b>	1. WG Waffles 2. Apple Slices 3. Milk	1. Scrambled Eggs 2. Hashbrowns 3. Milk	1. WG Cereal 2. Banana 3. Milk	1. Cottage Cheese 2. Cantaloupe 3. Milk	1. Oatmeal 2. Blueberries*** 3. Milk
<b>LUNCH/DINNER</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. VG</b> <b>4. FT OR VG</b> <b>5. MK</b>	1. BBQ Chicken 2. Brown Rice 3. Corn 4. Pears 5. Milk	1. Taco-Seasoned Tofu 2. Corn Tortilla 3. Salsa 4. Avocado 5. Milk	1. Meatloaf Muffins 2. WG Roll 3. Sweet Potatoes 4. Green Beans 5. Milk	1. Breakfast Ham 2. WG Pancakes 3. Hashbrowns 4. Peaches 5. Milk	1. Tuna Salad 2. WG Wrap 3. Baby Carrots*** 4. Honeydew 5. Milk
<b>SNACKS*</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. FT</b> <b>4. VG</b> <b>5. MK</b>	1. Hardboiled Egg 2. WG Crackers 3. Mandarin Oranges 4. Sugar Snap Peas*** 5. Milk	1. Nut/Seed Butter 2. Graham Crackers 3. Grapes*** 4. Celery 5. Milk	1. Edamame*** 2. WG Rice Cake 3. Applesauce 4. Cherry Tomatoes*** 5. Milk	1. Hummus 2. WG Crackers 3. Raspberries*** 4. Sliced Bell Peppers 5. Milk	1. String Cheese 2. WG Pretzels 3. Pineapple 4. Broccoli 5. Milk
(*) Choose two food groups from “Snacks” list.				(**) MT may be substituted for GN/BP up to 3x a week.		
<b>FT:</b> Fruit <b>VG:</b> Vegetable <b>GN:</b> Grain <b>WG:</b> Whole Grain <b>MK:</b> Milk <b>BP:</b> Bread Prdt. <b>MT:</b> Meat/Meat Alternate				(***) Choking hazard for children under age 4.		

**REMINDERS:**



- ACD offices will be closed in observance of the Fourth of July holiday: **July 4 (Tue)**
- Check/update expiring enrollments & submit new enrollments by **July 14 (IL) & July 17 (MI)**
- June first claim due: **July 11 (MI) & July 17 (IL)**
- May final claim due: **July 26 (IL) & July 27 (MI)**
- Complete **“Holiday Note” form** with required signatures if caring for children on a holiday.

# Summer Hunger

Access to nutritious food during summer break is vital for children

While many children are enjoying endless meals during summer break; some children are experiencing “summer hunger.”

During summer break, access to nutritious food is not possible for some children.

**Feeding America estimates that 22 million children in the U.S. experience summer hunger each year.** What’s more, research shows that family grocery costs rise more than \$300 a month during summer months when school is out! With soaring food prices, this may cause families on already-tight budgets to turn to cheap foods with little nutritional value.

**Summer hunger is real and so is its long-term effects.**

Children who lack access to nutritious food during summer months are:

- more susceptible to Type 2 diabetes, iron deficiency anemia, asthma and heart disease;
- at a higher risk of summer weight gain – gaining weight two to three times faster during the summer than during the school year; and
- more likely to experience summer learning loss (aka “summer slide”); forgetting what they learned and falling behind their peers once the school year starts.

**As a provider, whether you close your child care business for the season, modify operating hours or are open; help minimize summer hunger by sharing the resources below with parents/caregivers.**

Summer meal programs provide free meals for children and teens (up to age 18) when school is out in June, July and August. Participants can show up at scheduled meal hours and receive a free meal with some programs also providing activities. **Proof of income is NOT required.**

Summer meal programs can be difficult to find, so here are three ways to find local sites:

- **Text:** “FOOD” to 304-304 to receive a message with nearby locations (data and message rates may apply).
- **Call:** The USDA Hotline at 1-866-348-6479 to find free summer food service programs in Illinois or Michigan.
- **Online:** Search by zipcode/state at: [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank). If the food bank looks far away, they often work with meal programs close to a family's home.

Because transportation to and from meal programs can also be an issue; programs are typically located at schools, parks, community centers and housing projects for easier access.

**Read more about childhood hunger in the March 2023 “Potpourri” issue.**

■ **Source:** [feedingamerica.org](https://feedingamerica.org) | [feedingamericaaction.org](https://feedingamericaaction.org) | [nokidhungry.org](https://nokidhungry.org) | [feedthechildren.org](https://feedthechildren.org) | [moveforhunger.org](https://moveforhunger.org) | [harvesthope.org](https://harvesthope.org) ■ **Image:** Freepik





# Food Safety When Berry Picking

July is “National Berries Month” – enjoy berries safely

It’s finally summertime and fresh berries abound!

With July known as “National Berries Month,” taking children to pick berries is a fun way for them to get outside, use their senses and at the end of it all, enjoy a delicious reward.

There are many lessons children can learn while picking berries including how to keep food safe when picking it directly from the field.

If you are speaking with young children, explain that there are “bad germs” on the berries that are so small they can’t be seen with their eyes.

For older children, explain how bacteria and microorganisms found on berries can cause foodborne illnesses.

Next, assure children they can keep the berries safe for eating by following these basic food safety principles:

- **Before picking, wash hands thoroughly. If there isn't a handwashing sink, use hand wipes followed by hand sanitizer.**
- **Put fresh berries into clean containers.**
- **DO NOT eat berries that have fallen on the ground, is rotten or has signs of animal infestation.**
- **Pack a cooler with ice packs to use for the car ride home.** Fresh produce should not be kept at room temperature for more than two hours maximum or one hour if the temperature is above 90 °F.
- **Avoid eating or drinking while picking (which is usually prohibited by farmers).**



Once you arrive home after picking berries, store them in the refrigerator.

Right before serving berries, wash them thoroughly and remove any stems.

**As a reminder, berries can be a choking hazard for children under the age of 4, so serve them smashed or sliced into smaller pieces.**

Whether you pick strawberries, raspberries or blueberries this summer, following good food safety practices while picking ensures everyone can enjoy berries safely.

■ Image: (top/bottom) Freepik.com

■ Image (pg. 7): (top) thecookierookie.com | (bottom) Canva Pro | (right) Billion Photos/Canva

## Blueberry Breakfast Tarts

10 servings

With double the protein and a third of added sugar of store-bought breakfast tarts, these flavorful tarts can be served with fresh blueberries on the side and milk for a reimbursable breakfast meal.



### Ingredients

#### [Dough]

1/2 cup unsalted butter, cold  
3 tbsp. plain Greek yogurt  
1 tsp. vanilla  
1 tbsp. sugar  
1 cup whole wheat flour  
1 cup enriched white flour  
1/2 tsp. iodized salt  
6 tbsp. 2% milk

#### [Blueberry Jam Filling]

1/2 cup frozen blueberries\*  
1 tbsp. sugar  
1 tbsp. lemon juice  
1 tbsp. chia seeds

#### [Icing]

1/4 cup powdered sugar  
1 tsp. 2% milk  
1/4 tsp vanilla  
1/2 tbsp. blueberry jam (leftover from filling)

- Dice cold butter into small cubes.
- Add butter, yogurt, vanilla and sugar to a bowl and mix with an electric mixer.
- In a separate bowl, combine flour and salt.
- Slowly add dry ingredients to wet ingredients while mixing (mixture will resemble a dry, chunky dough).
- Slowly add milk until dough is no longer chunky (but not wet or sticky). Place dough in the refrigerator.
- Meanwhile, prepare jam filling by heating blueberries in a pot with lemon juice and sugar. After five minutes on medium-high heat, blueberries will begin to simmer. Carefully use a fork to smash them as juices will be hot.
- Turn off heat, stir in chia seeds and set pot on heat-safe trivet to cool 10 minutes.
- While jam cools, place parchment paper on flat surface to roll out dough. Sprinkle with flour to keep dough from sticking.



## DAILY LIVING

### Go outside!

It's summertime! Take advantage of warmer weather, longer daylight hours and farmers markets to save money.



Here's how:

- **Dry laundry outside.** If you can hang up laundry outside, let the sun and warm summer breeze do the drying for you.
- **Grill outside.** If you have outdoor space, take meal plans outside. Cooking outdoors turns a plain meal into a fun picnic.
- **Host a backyard movie night.** Instead of going to the movie theater, host a backyard movie night using a projector, DIY movie screen and lots of healthy snacks!
- **Enjoy the great outdoors.** Instead of plopping on the couch, use extended daylight hours to go walking – which helps you save money on electricity by not running electronics and indoor lights.
- **Have a garage sale.** It's a perfect time to declutter – have a garage sale!
- **Shop farmers markets at the end of the day.** Vendors tend to discount produce at the end of the day.

■ Source:  
[thekitchn.com](http://thekitchn.com)  
[thebalancemoney.com](http://thebalancemoney.com)

[Continued on page 8]

# A Berry-Rich Diet

Berries are “nutritional powerhouses” – eat lots!

Berries are nutritional powerhouses rich in vitamins, minerals and antioxidants known to help lower blood pressure, promote heart health, improve gut health, support healthy aging and control the risk of chronic diseases.

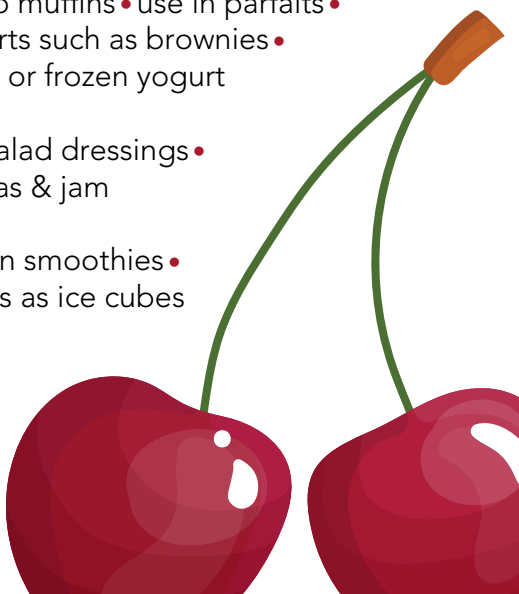
Incorporating more berries into your diet is easy!

Here are a few tips & ideas:

- **Keep berries in different forms: fresh, dried & frozen.** Frozen berries are an affordable way to enjoy berries when they're not in season.
- **Breakfast:** add to overnight oats & pancake batter • top on waffles
- **Snack:** mix into homemade energy bites • use to make yogurt-covered berries
- **Lunch:** add to salads, savory pizzas & grilled cheese sandwiches
- **Dinner:** use to make grilled fruit kabobs • add to soups, chilis or meats
- **Desert:** bake into muffins • use in parfaits • blend into desserts such as brownies • add to ice cream or frozen yogurt
- **Sauces:** add to salad dressings • use to make salsas & jam
- **Beverages:** use in smoothies • use frozen berries as ice cubes

### Safety Note:

Berries present a choking hazard for children under age 4.



[Continued from page 7]

## Blueberry Breakfast Tarts (Cntd')

- Remove dough from refrigerator and roll out with a rolling pin until it is 1/4-inch thick, then cut into 2x2 inch squares.
- Preheat oven to 350°F.
- After jam has cooled, spoon two teaspoons each onto half of pastry dough squares.
- Cover with other half of pastry dough squares (you may need to stretch squares to completely cover them).
- Seal edges with a fork.
- Bake on parchment paper for 13-15 minutes.
- While tarts bake, prepare icing by combining powdered sugar, milk, vanilla and blueberry jam in a bowl.
- Once cooled, top each tart with one teaspoon of icing.
- **Note (\*)** : smash blueberries thoroughly to avoid choking hazard whole blueberries pose.
- **Optional:** Add one drop of purple food coloring to the icing for a bolder color.

### Nutrition Information

(one tart): 210 calories, 10 grams fat, 26 grams carbohydrate, 2.3 grams fiber, 5 grams added sugar, 4 grams protein.

- ⊕ Fruit
- ⊕ Grain/Bread Product
- ⊕ Meat/Meat Alternate



## 4th of July Fruit Pops

Star-shaped cookie cutters\*  
 Striped paper straws  
 Pastry piping tip  
 Blueberries\*\*\*  
 Apples\*\*  
 Watermelon

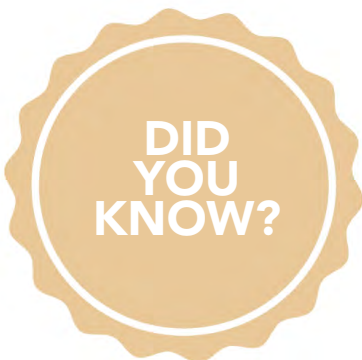


- Cut watermelon and apple pieces to thickness of cookie cutters.
- Place cookie cutters on top of fruit slices and push straight down.
- Cut out center of blueberry using large round end of a pastry tip.
- Place one fruit inside another and finish with a blueberry in the middle.
- Push straw through all three pieces of fruit to keep everything in place.
- If you have trouble pushing a paper straw through the apple, use a hardy plastic straw first to create a pathway and then replace with the paper straw. Popsicle sticks also work well.
- **Note (\*):** Star-shaped nested cookie cutter set used for recipe is Wilton's® which is sold at Michael's® craft stores.
- **Note (\*\*):** To keep apples from browning, lightly brush with lime or lemon juice. Another option is to soak apples for 10 minutes in any lemon-lime soda like Sprite® or 7-Up®.

### ✦ Fruit

**Safety Note: (\*\*\*)** Choking hazard for children under age 4.

■ **Craft/Image:** [bakersroyale.com](http://bakersroyale.com)



- **Strawberries** are packed with nutrients like iron, potassium and calcium.
- **Raspberries** are rich in vitamins and potassium, folate and magnesium.
- **Blackberries** contain a significant level of fiber – ideal for maintaining healthy digestion.
- **Blueberries** are full of vitamins and minerals that fight inflammation.

Summer's in full swing – celebrate with these “hot” books.



### Blue Sky White Stars by Sarvinder Naberhaus

This book is an inspiring and patriotic tribute to iconic imagery of our nation, beginning with the American flag – perfect reading for the 4th of July holiday.



### Summer Vacation, Here I Come! by D.J. Steinberg

School is out and it's time to soak in the sun with this collection of silly and heartwarming poems to evoke the joy of summer vacation. Included is a page of stickers.

■ **Books:** [amazon.com](http://amazon.com)

# Summer Hygiene

Warmer weather calls for special hygiene routines for children

Yay for warmer weather! Well, maybe...with increased time spent outdoors also comes the potential for increased exposure to harmful UV rays, insects and poisonous plants – which can lead to excessive sweating, sunburn, summer rash or other skin problems.

For children with under-developed immune systems and more delicate skin; practicing good hygiene and skin care especially during warmer months is important.

Providers and parents/caregivers, consider these tips:

- **Start early to instill good hygiene and skin care habits.** Doing so supports long-term overall health and well-being by helping children avoid harmful germs and getting sick.
- **Make handwashing mandatory.** Ensure children wash hands often: after using the bathroom; before meals or handling food; after playing outside; after sneezing or after petting the dog.
- **Encourage regular baths (or showers for older children).** After playing in dirt and sweating excessively, a bath twice daily is advised for children during the summer. Teach children to use soap and shampoo as part of their bath/shower routine.
- **Create a simple skin care routine.** Incorporate skincare into a child's daily routine: cleanser, moisturizer and sunscreen. Choose gentle, age-appropriate products formulated for children's delicate skin with ingredients that hydrate skin like coconut and shea butter.
- **Create a “self-care” kit.** Put together a self-care kit that includes good hygiene essentials: toothbrush, toothpaste, soap, shampoo, etc. Encourage children to use the kit daily and make it their own.
- **Avoid going out during dawn or dusk.** This is when mosquitoes are more active. Put children in protective clothing and use insect repellent containing DEET (a common active ingredient providing protection against mosquitoes, ticks, fleas, chiggers, leeches and many biting insects). **DEET is safe for children older than two months old in concentrations of 10-30 percent. Always apply sunscreen first and insect repellent second. DO NOT apply insect repellent to hands, near the eyes or open cuts or wounds.**
- **Keep children under six months old from direct sunlight.** If this isn't possible, lightly apply sunscreen to their face and back of the hands.
- **Minimize going barefoot in public areas.** This helps prevent infections from viruses such as warts and fungus.



■ **Source:** [texaschildrens.org](https://www.texaschildrens.org) | [uclahealth.org](https://www.uclahealth.org) | [nationwidechildrens.org](https://www.nationwidechildrens.org) | [healthdirect.gov.au](https://www.healthdirect.gov.au) | [myfirst.tech](https://www.myfirst.tech) | [ever-eden.com](https://www.ever-eden.com) | [healthshots.com](https://www.healthshots.com) ■ **Image:** Stefano Oppo/Canva

# July 2023

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

**1. DEET is safe for children under two months old:**

- a. True
- b. False

**2. A simple skin care routine includes:**

- a. Toothpaste
- b. Moisturizer
- c. Cleanser
- d. Sunscreen

**3. It is OK to eat berries that have fallen on the ground:**

- a. True
- b. False

**4. Proof of income is required for summer meal programs:**

- a. True
- b. False

**5. “Summer slide” is:**

- a. A new carnival ride.
- b. The latest summer slang.
- c. Summer learning loss
- d. An old dance craze.

**6. How many children experience “summer hunger?”**

- a. 2 Million
- b. 12 Million
- c. 22 Million
- d. 21 Million

**7. Hosting a backyard movie night is a great way to save money:**

- a. True
- b. False

**8. Berries present a choking hazard for children over age 4:**

- a. True
- b. False

**9. Berries are only available fresh:**

- a. True
- b. False

**10. What should be avoided while picking berries?**

- a. Drinking
- b. Driving
- c. Eating
- d. Talking

**11. Some children cannot access nutritious food during summer break:**

- a. True
- b. False

**12. July is known as:**

- a. “National Blue Month”
- b. “National Bear Month”
- c. “National Berries Month”
- d. “National Boys Month”

**13. To avoid mosquitos, it is best to go out during dawn or dusk:**

- a. True
- b. False

**14. Blackberries contain a significant level of:**

- a. Calcium
- b. Color
- c. Tartness
- d. Fiber

**15. Summer meal programs provide free meals:**

- 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](http://www.acdkids.org).**