

potpourri

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What's Inside?

Healthy Twists on Homemade Ice Cream

Summer Skin Ailments

Hot Weather Meals

Summer Heat & Kids

Sun Safety

& More!



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I hope this message finds you well as we move into the heart of summer. I want to extend a warm welcome to our new providers and a thank you to those that have been with us for years. I look forward to serving you and working together for many years to come!

July marks not only our nation's birthday and the middle of the summer, but also the beginning of our last fiscal period of the year. We plan to finish strong with a training conference for our Michigan providers to be held in September. The dedication of our team is crucial in driving these successes, and we look forward to keeping our momentum going right through to the new year.

Let's continue to work together to ensure that every child has access to the nutritious meals they need to thrive. Your participation and commitment are essential to our mission. I encourage you to share your constructive insights and suggestions. Your feedback is invaluable and helps us to better serve you! Thank you for your continued support and dedication to our mission!

Denise Meyer
Denise Meyer
Executive Director

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We All Scream for Ice Cream!

Celebrate summer with these healthy twists on homemade ice cream.

Peanut Butter & Banana Ice Cream

6 servings
eatingwell.com

Ingredients

4 medium bananas, peeled, halved and frozen
1/2 cup natural peanut butter
Unsweetened shredded coconut for garnish

- Place bananas and peanut butter in a food processor.
- Pulse and process until mostly smooth, stopping to scrape down the sides as needed.
- Garnish with coconut, if desired. Serve immediately.

⊕ **Fruit**

⊕ **Meat/Meat Alternate**

Pineapple/Mango Nice Cream

6 servings
eatingwell.com

Ingredients

1 16-ounce package frozen pineapple chunks
1 cup frozen mango chunks or 1 large mango, peeled, seeded and chopped
1 tablespoon lemon juice or lime juice

- Process pineapple, mango and lemon (or lime) juice in a food processor until smooth and creamy. (If using frozen mango, you may have to add up to 1/4 cup water.) For the best texture, serve immediately.

⊕ **Fruit**

Strawberry Nice Cream

6 servings
eatingwell.com

Ingredients

1 pound fresh strawberries
2 medium bananas
1 tablespoon fresh lemon juice
1/4 cup ice-cold water, as needed

- Hull and coarsely chop strawberries. Peel and coarsely chop bananas. Spread the strawberries and bananas on separate sides of one baking sheet or on two sheets. Freeze until solid, at least 12 hours.
- Let the strawberries thaw at room temperature for 15 minutes. Transfer to a food processor; pulse until finely chopped, about 10 pulses. Add the frozen bananas and lemon juice; process until smooth, 1 to 1 1/2 minutes, adding up to 1/4 cup cold water if needed to achieve desired consistency, stopping to scrape down sides of bowl as needed. Serve immediately or, for a firmer texture, transfer to a freezer-safe container and freeze for up to 30 minutes.

Note: To make ahead: Freeze fruit (Step 1), transfer to separate sealable plastic bags and freeze for up to 6 months.

⊕ **Fruit**



Frozen Berry Yogurt Ice Cream

4 servings
cleaneatingwithkids.com

Ingredients

2 cups greek yogurt (full fat)
1 – 2 tablespoons honey or maple syrup (taste test as this will depend on the sweetness of your fruit.)
1 cup frozen blueberries
2 cups frozen strawberries

- Add yogurt, berries and honey to your blender. Blend until smooth, stop half way and scrape down the sides if needed.
- Pour into your popsicle molds or small cups.*
- Freeze for 3 hours until firm
- Remove from mold and serve.

Note: If chunky texture is an issue, blend your berries first before adding the yogurt. It results in a smoother texture.

Don't have popsicle molds? Pop cupcake paper liners or small paper cups into a 12 hole muffin tray (to hold them in place). Fill the cups/liner with your ice cream mix and freeze for about an hour. Once they are a little firm, insert your wooden stick into each cup and then freeze until solid. Remove the paper cup/liner before eating

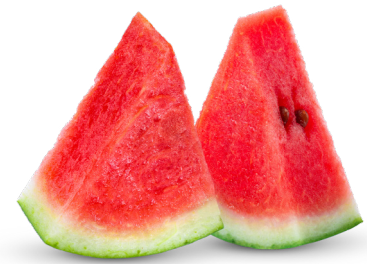
⊕ **Fruit**

⊕ **Meat/Meat Alternate**



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Waffle 2. Strawberries 3. Milk	1. WG Muffin 2. Kiwi 3. Milk	1. Yogurt 2. Blueberries*** 3. Milk	1. WG Cereal 2. Banana 3. Milk	1. Egg/Cheese Sandwich 2. Pears 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Cottage Cheese Dip 2. WG Crackers 3. Baby Carrots*** 4. Applesauce 5. Milk	1. Turkey Burger 2. WG Bun 3. Baked Beans 4. Oranges 5. Milk	1. Fish Nuggets 2. WG Roll 3. Corn 4. Raspberries*** 5. Milk	1. Seasoned Beans 2. Rice 3. Avocado 4. Cantaloupe 5. Milk	1. Diced Chicken 2. WG Pita Bread 3. Cucumber Tomato Salad 4. Honeydew Melon 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. WG Pita Bread 3. Pineapple 4. Sliced Bell Peppers 5. Milk	1. Peanut Butter 2. WG Crackers 3. Grapes*** 4. Sugar Snap Peas*** 5. Milk	1. Edamame*** 2. WG Pretzels 3. Watermelon 4. Cucumbers 5. Milk	1. Hard-Boiled Egg 2. WG Crackers 3. Peaches 4. Baby Carrots*** 5. Milk	1. String Cheese*** 2. WG Crackers 3. Apple Slices 4. Celery*** 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:

May 2024 final claim due: **July 22 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- 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

Who's Feeding Our Kids: Expanding 10 Cents a Meal's Reach to Child Care Providers

by Melanie Tran, Farm to Early Care & Education Specialist, Groundwork Center

Little hands reaching for raspberries and blackberries right from the bush, and "oo's" and "ah's" heard from her home garden are just some of the sights and sounds child care provider, Nicole Coddington experienced while participating in the 10 Cents a Meal program through her Child and Adult Care Food Program (CACFP) sponsor, the Association for Child Development (ACD).

"We saw an opportunity to give providers an incentive to serve fresh fruits, vegetables and legumes while also supporting our Michigan farmers," said Denise Meyer, Executive Director of the organization. The Association for Child Development is a sponsor of the CACFP focusing on sponsoring child care programs across Michigan and Illinois. CACFP is a USDA program that helps offset the costs of feeding eligible children or adults while they are receiving care in different settings. For children, that's often in child care centers, through school or community programs, or in child care homes with licensed professionals. The CACFP is one of the USDA's Child Nutrition Programs that makes grantees eligible for participating in 10 Cents a Meal.

As a CACFP sponsor, ACD's primary role is to provide administrative support to their providers participating in the program, and to "train and educate parents and caregivers to teach healthy eating habits to last a lifetime," Denise shared. Through a partnership with the Michigan Department of Education, ACD has been piloting the 10 Cents a Meal program among its child care providers. Developing systems for outreach, training, and providing resources to help providers be successful with CACFP and 10 Cents a Meal has been a big part of their pilot.

Providers already include fruits and vegetables for reimbursable CACFP meals and snacks they serve and are reimbursed with federal funds, but with the 10 Cents a Meal pilot they are eligible for additional money from the state of Michigan when they make those fruits and vegetables Michigan-grown. Buying and serving local food, gardening with children, and providing opportunities for nutrition, food, and agriculture education are the three main components of farm to early care and education (ECE), and are



*Getting the garden beds ready in the spring!
Photo by Nicole Coddington*

strategies that can enrich children's learning experience and equip them with those "healthy habits to last a lifetime" that Denise mentioned.

Those local fruits and vegetables can even come right from on-site gardens where children can be a part of the growing process and have the opportunity to touch and explore nature and food. "The children love to go out and pick the food and watch it grow," said Nicole. "They loved seeing how things were being integrated into the food. Seeing it picked in the garden and then incorporated into the snacks and meals— it came full circle."

For the children and families Nicole works with, serving local food for the children to eat during the day became a family affair too. "I ended up having parents bring produce to me that I could use as donated produce." Parents brought in everything from rhubarb and apples, to cucumbers from their own gardens or purchased at the farmers market.

This pilot has offered the opportunity for participating child care providers to receive more money on top of their CACFP reimbursement for including Michigan-grown fruits, vegetables, and dry beans in the meals and snacks for the children they care for. "Not only has 10 Cents a Meal assisted in alleviating some financial burden of rising food costs, but it has also resulted in children being exposed to different fruits, vegetables, and beans that they might not have tried otherwise," said Denise. "It aligns beautifully with our mission to teach children healthy eating habits to last a lifetime.".....

Beat the Heat When Preparing Meals

Summer is here, and temperatures will soon reach their peak for the year. Keeping your home cool can be difficult this time of year, especially in the kitchen, where we rely on our ovens, stovetops and other kitchen appliances to prepare food.

To help beat the heat, consider different methods of preparing food that minimize the need for kitchen appliances that give off heat:

Grilling

Likely the most popular method for keeping your kitchen cool in the summer is grilling. Remember it's not just meat that can be grilled! Vegetables like corn on the cob, zucchini, mushrooms, asparagus and bell peppers are also delicious when grilled. Always use a thermometer when grilling meat, poultry and fish to ensure it's cooked to a safe internal temperature:

Poultry: 165°F

Ground beef, pork, fish/seafood: 155°F

Whole cuts of beef, pork, fish/seafood: 145°F



Microwave cooking

Many frozen foods can be heated in a microwave instead of on the stovetop. For example, most frozen vegetables provide instructions for microwave cooking. This cooking method creates less heat than cooking frozen vegetables on the stovetop.

Batch cooking

Batch-cooking prevents you from heating your kitchen multiple times in the future. For example, if you're making spaghetti, cook two batches of spaghetti noodles vs. just the amount you need for one meal. Freeze the extra noodles with a small amount of olive oil to keep them moist or refrigerate to repurpose them into a cold pasta salad.

Cold dishes

Not necessarily a different cooking method, but serving cold dishes is an easy way to keep your kitchen cool as well. Examples include nut/seed butter, deli meat, hummus, chicken salad (prepared from store-bought cooked chicken), tuna salad, bean salads, cottage cheese and yogurt.

As you can see, you have many choices to beat the heat when preparing food in your kitchen this summer!



Cottage Cheese Veggie Dip with Crackers, Vegetables and Fruit

Yield: 4 servings

This colorful summer meal is easy to whip up on a hot summer day! Cottage cheese is used in place of traditional veggie dip to provide a meat/meat alternate. 1 serving of this recipe provides 2 oz meat/meat alt, 1 oz grain, 1/4 cup fruit and 1/2 cup vegetable.

Ingredients:

Cottage cheese veggie dip:

- 2 cups (16 oz) of low-fat cottage cheese
- 2 tbsp milk
- 2 tsp dried parsley
- 1 tsp garlic powder
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/8 tsp black pepper

1 cup blueberries

2 cups fresh vegetables (cucumbers, carrots, cherry tomatoes)

4 oz whole grain crackers

Instructions:

- To a blender, add all of the ingredients listed for the cottage cheese veggie dip. Blend until smooth, adding additional milk if the dip appears too thick.
- Wash the fresh fruit and vegetables. Slice as needed, based on the age and development of children being served.
- Plate the meal by serving the cottage cheese veggie dip alongside vegetables, fruit and whole grain crackers.

Nutrition Information (serving size: 1/4 cup cottage cheese veggie dip, 1/4 cup blueberries, 1/2 cup vegetables, 1 oz whole grain crackers): 330 calories, 11 grams fat, 46 grams carbohydrate, 8 grams fiber, 18 grams protein.

Optional: Swap out the fruit and vegetables with others you have on hand.

- ⊕ **Grain/Bread Product**
- ⊕ **Vegetable**
- ⊕ **Meat/Meat Alternate**

Safety Note: Blueberries, cherry tomatoes and baby carrots are a choking hazard for children under age 4. Serve in the appropriate form for children under age 3.

■ **Images:** Allison Stock



MAKE THE MOST OF CREDIT CARD REWARDS



Knowing the ins and outs of your rewards from credit cards can help you capitalize on all of their benefits.

Here are five steps you can take to ensure you're maximizing your credit card rewards.

1. Get the right card

There is no one-size-fits-all credit card: An outstanding product for one person could be a horrendous option for another. Your best bet is to find a rewards program that matches your spending habits.

2. Charge everything (and pay it back quickly)

You can maximize rewards by charging all your purchases to your credit card. Rewards cards offer either a set number of points/miles or a percentage of cash back on every dollar spent. So the more you charge, the greater your rewards.

3. Use multiple cards

Juggling multiple cards can add a level of complication, but it also makes it easier to maximize rewards.

4. Remember your bonus categories

There's no need to modify your spending simply to match your credit card rewards categories.

5. Uncover hidden perks

Do you know everything your card can do for you? Your benefits may also differ depending on what network your card runs on. For instance, Visa and Mastercard tend to offer slightly different side perks, and even within those networks there are several different tiers.

■ **Source:** nerdwallet.com

Summer Skin Ailments in Kids

Summer is upon us, and that means increased outdoor activities and exposure to the sun, chlorine, and other things that can challenge kids' delicate skin. It's important to understand some common summer skin conditions and know the best ways to protect and care for young skin.

HEAT RASH

Heat rash (also known as prickly heat or miliaria) is seen most often in babies and young children when sweat gland pores become blocked and perspiration can't escape. The rash looks like patches of small pink or red bumps or blisters under clothing or spots where skin tends to fold—on the neck, elbows, armpits, or thighs—although heat rash can occur on other covered areas.



What parents can do:

- Keep kids cool. Dress your child in clothing that keeps the skin cool and dry. If possible, use fans and air conditioning to avoid overheating.
- Pay attention to hot spots. Wash areas of the skin that stay wet with sweat, urine, or drool with cool water. Pat them dry.
- Keep skin bare. Leave areas open to air without clothing. Do not apply skin ointments.

IMPETIGO

Impetigo is a bacterial skin infection that's more common during hot, humid weather. It causes a rash that may have fluid-filled blisters or an oozing rash covered by crusted yellow scabs. Impetigo is more likely to develop where there is a break in the skin, like around insect bites.

What parents can do:

- Clean and cover. Clean the infected area with soap and water. Cover the infected area loosely to help prevent contact that would spread the infection to others or to other parts of the body. Wash your own hands well after treating your child's sores.
- Avoid scratching. Trim your child's fingernails and discourage scratching. A child can spread the infection to other parts of their body by scratching. You can cover the rash loosely with a

bandage to discourage your child from touching the rash, but make sure air can flow through so the skin can heal.

- Talk with your pediatrician. While mild cases may respond to over-the-counter antibiotics such as bacitracin or bacitracin-polymyxin, impetigo is usually treated with prescription antibiotics — either a skin cream or oral medication. Your pediatrician may order a skin culture (test of your child's skin) to determine which bacteria are causing the rash.

SWIMMER'S ITCH

Swimmer's itch (also called clam digger's itch or cercarial dermatitis) may appear after playing in bodies of water where microscopic parasites are released by infected snails. The rash is caused by an allergic reaction to the parasites, most often found in shallow, warmer water near the shoreline where children tend to stay. The parasites burrow into skin, and cause tiny reddish, raised spots on skin not covered by the swimsuit to appear. Welts and blisters may also form.



What parents can do:

- Be aware. Don't swim near or wade in marshy areas where snails are commonly found. Try not to attract birds (by feeding them, for example) where your family swims. Birds may eat the snails and spread the parasites in the water.
- Shower or towel dry. Shower or briskly rub the skin with a towel immediately after getting out of the water. The parasites start to burrow when the water on skin begins evaporating.
- Don't scratch. Trim your child's fingernails and discourage scratching. Home treatments such as cool compresses on the affected areas, Epsom salt or oatmeal baths or baking soda paste may help to relieve the discomfort. If itching is severe, a pediatrician may suggest prescription-strength lotions or creams to reduce your child's symptoms.

■ Source: [healthychildren.org](https://www.healthychildren.org) ■ Images: [healthychildren.org](https://www.healthychildren.org)

What Kid Doesn't Love Sea Creatures? Try These Adorable Bubble Wrap Jellyfish They Can Hang in the Window!

Bubble Wrap Jellyfish

SUPPLIES:

Bubble wrap
Paper Plate
Brushes or sponge brush
Acrylic paint
Scissors
Googly eyes

STEP 1

Cut a paper plate in half and paint it. I used a blue green color. Set the paper plate aside to dry.

STEP 2

Take a piece of bubble wrap, the same width as the paper plate and cut thin strips into the bottom, leaving the top intact.

STEP 3

Use different colored paints to paint each tentacle. (For toddlers: let them paint the bubble wrap all one color and let them use a sponge brush instead of a regular brush). Set it aside to dry.

STEP 4

Once everything is dry, glue the tentacles to the back of the paper plate. Cut off any extra bubble wrap that stick out from behind the paper plate head of the jellyfish.

STEP 5

Glue googly eyes to the front of the plate just above the tentacles.

STEP 6

Hang it up in a window!

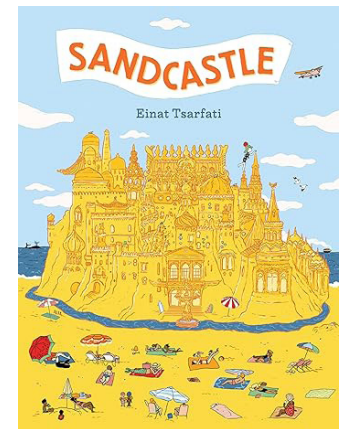


It's July, and summer is in full swing! Here are a few books that celebrate the season!



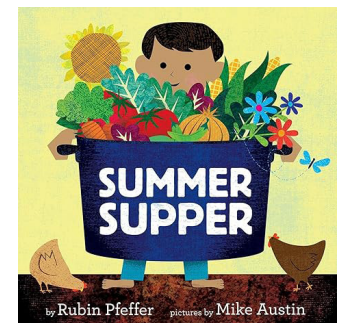
Wild Summer: Life in the Heat

by Sean Taylor & Alex Morss (Authors), Cinyee Chiu (Illustrator)



Sandcastle

by Einat Tsarfati (Author, Illustrator)



Summer Supper

by Rubin Pfeffer (Author), Mike Austin (Illustrator)

■ Sources: happytoddlerplaytime.com/ ■ Images: happytoddlerplaytime.com

■ Books: amazon.com

Practice Sun Safety

Do you have a backyard or other outdoor space where kids play? Follow these tips to help keep them safe while they're having fun.

How Do Sunburns Happen?

UV rays react with a chemical called melanin (MEL-eh-nun) in the skin. The lighter a child's natural skin color, the less melanin it has to absorb UV rays and protect itself. Kids with darker skin have more melanin. But regardless of their skin tone, all kids need protection from UV rays because any tanning or burning causes skin damage.

A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage.

How Can I Protect My Child's Skin?

Use Sunscreen

Experts recommend that all kids — no matter their skin tone — wear sunscreen with an SPF of 30 or higher. Whatever sunscreen you choose, make sure it's broad-spectrum (protects against both UVA and UVB rays) and, if kids are in or near water, is labeled water-resistant. Apply a generous amount and re-apply often.

Avoid the Strongest Rays of the Day

Try to stay in the shade when the sun is at its strongest (usually from 10 a.m. to 4 p.m. in the northern hemisphere). If kids are in the sun during this time, apply and reapply sunscreen — even if they're just playing in the backyard. Most sun damage happens during day-to-day activities because it's easy to overlook using sunscreen then. Remember that even on cloudy, cool, or overcast days, UV rays reach the earth. This "invisible sun" can cause unexpected sunburn and skin damage.



Cover Up

One of the best ways to protect skin is to cover up. To see if they offer enough protection, put your hand inside clothes to make sure you can't see it through them. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels.

Babies have skin that burns more easily, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress them in lightweight clothing that covers the body, including hats with wide brims to shadow their face. If your baby is younger than 6 months old and still has small areas of skin (like the face) exposed, apply a tiny amount of SPF 30 sunscreen on those areas.



Wear Sunglasses

Sun exposure damages the eyes as well as the skin. Sun exposure over time can cause cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection.

Let kids pick their own pair — many options are fun, with multicolored frames or cartoon characters. Look for sunglasses with at least 99% UV protection.

Double-Check Medicines

Some medicines make skin more sensitive to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medicines) and over-the-counter (OTC) medicines your kids take can increase sun sensitivity. If so, take extra sun precautions. The best protection is simply covering up or staying indoors because even sunscreen can't always protect skin from sun sensitivity.

July 2024

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

1. When cooking, what is a safe internal temperature for chicken?

- a. 155 degrees
- b. 145 degrees
- c. 200 degrees
- d. 165 degrees

2. Some medicines can make skin more sensitive to UV rays:

- a. True
- b. False

3. Swimmer's itch is caused by microscopic parasites released by infected ____.

- a. Fish
- b. Birds
- c. Snails
- d. Seaweed

4. Heat rash is most commonly found where on the body?

- a. Feet
- b. Arms and thighs
- c. Neck, elbows
- d. Both b and c

5. Temperatures inside a car can rise how many degrees in ten minutes:

- a. 20
- b. 30
- c. 10
- d. 40

6. Babies should be kept out of the sun whenever possible.

- a. True
- b. False

7. No case of impetigo can be treated by over-the-counter antibacterial ointment:

- a. True
- b. False

8. UV rays react with the melatonin in skin:

- a. True
- b. False

9. Sun exposure to the eyes over time can cause ____.

- a. Color change
- b. Cancer
- c. Cataracts
- d. Better vision

10. Kids should wear sunscreen with an SPF of 15 or higher.

- a. True
- b. False

11. If you suspect heat stroke, call 911 immediately:

- a. True
- b. False

12. Heat rash is also known as?

- a. Impetigo
- b. Prickly heat
- c. Swimmer's itch
- d. Athlete's foot

13. Cottage cheese can be used as a meat/meat alternate.

- a. True
- b. False

14. The three main components of farm to early care and education (ECE) are nutrition, food and:

- a. Hygiene
- b. Agriculture education
- c. Animals
- d. Vitamins

15. One of the best ways to protect skin is to cover up:

- 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.