

potpourri

July 2025

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What's Inside?
Hydration & Kids
Crediting Dried Fruit
Knowing the UV Index
Face & Eye Safety
& More!



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As we enter the heart of summer, July offers a moment to reflect on the freedom, energy, and promise this season brings, especially for kids!

It's a time for play, learning, and discovery. But it's also a time when access to healthy food becomes more

uncertain for many families. At ACD, we remain focused on making sure every child has the nutrition they need to thrive, no matter the season. Summer meals are not just about feeding hungry stomachs. They are about supporting healthy growth, keeping kids engaged, and giving families peace of mind.

This wouldn't be possible without the network of providers, staff, and community partners who show up every day with compassion and commitment. Your efforts during the summer months are essential, and I want to thank you for your continued dedication.

As we celebrate the spirit of independence and community this July, let's also reaffirm our shared goal: a future where every child has the nourishment they need to reach their full potential.

Wishing you a safe, restful, and meaningful summer!

Denise Meyer
Denise Meyer
Executive Director

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March Into Summer with These Recipes!

New, Fun & Tasty Dishes for Summer!

Shredded Zucchini & Pasta

6 servings
theicn.org

Ingredients

1 1/4 cups farfalle (bow-tie) pasta, whole-wheat, uncooked
3 cups water
1 tsp vegetable oil
1 1/2 tsp garlic, clove, minced
3 1/2 cups zucchini, fresh, unpeeled, shredded
1/4 tsp salt
1/8 tsp black pepper, ground
2 tsp parmesan cheese, grated

Instructions

- In a medium pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente (soft to the touch and firm to the bite). Drain water from pasta. Rinse well with cold water.
- Heat oil in a medium nonstick sauté pan on medium heat. Add garlic. Cook for 15–20 seconds. Stir constantly.
- Increase heat to medium-high. Add zucchini, salt, and pepper. Cook for 10 more minutes. Stir frequently. Cook until temperature reaches 140 °F.
- Add cooked pasta to pan. Cook for about 2 minutes. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.
- Sprinkle with parmesan cheese.

✦ Grain ✦ Vegetable

Sweet Potato Hash

8 servings
shelikesfood.com

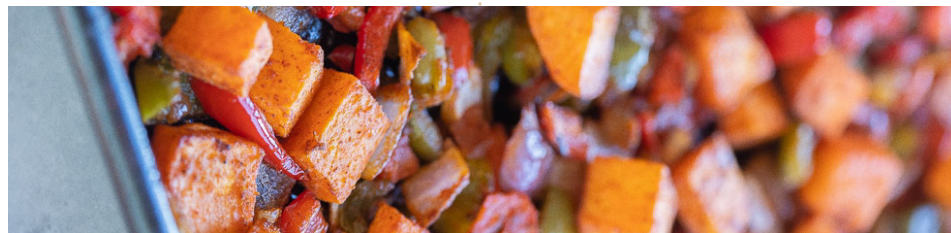
Ingredients

2 medium sized sweet potatoes, peeled and diced (about 4 cups once diced)
2 medium sized red bell pepper, diced
2 medium sized green bell pepper, diced
1 large red onion, diced
4 tbsp olive oil
2 teaspoon granulated garlic
2 tsp ground cumin
1 tsp onion powder
1 tsp paprika
1 tsp smoked paprika
1 tsp salt
1 tsp black pepper

Instructions

- Pre-heat oven to 425 degrees F. Start by preparing your sweet potato and veggies. Dice sweet potato, bell peppers and onion into bite size pieces and place on a large baking sheet.
- Drizzle the veggies with olive oil and add all your seasonings. Use your hands to toss everything together and arrange in a single layer on your sheet pan. Place pan into the oven and roast for about 30-35 minutes, stirring once. Remove from oven once sweet potatoes start to brown.

✦ Vegetable



Tasty Taquitos

6 servings
johnstalkerinstitute.org

Ingredients

1/2 cup jarred salsa
1 cup cooked chicken, boneless, skinless, chopped
1/4 cup corn (fresh, canned, or frozen)
2 tbsp green onion
1/4 cup bell pepper, chopped
1/4 cup monterey jack cheese, shredded
3/4 cup black beans
1 tsp vegetable oil
1 tbsp pepper (or less to taste)
6 whole grain tortillas, 8"

Instructions

- Preheat oven to 425°F.
- In medium bowl, combine salsa, chicken, corn, green onion, bell pepper, beans, pepper and cheese.
- Soften tortillas on stove top or in microwave, and spoon filling onto center of tortilla. Roll up tightly. Place toothpick in center to secure.
- Place tortillas roll side down on baking sheet, brush with oil. Bake 15 to 20 minutes or until crisp and lightly browned.
- Serve 1 taquito per child.

✦ Vegetable ✦ Meat/Meat Alternate
✦ Grain

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Mini Muffins 2. Kiwi Slices 3. Milk	1. Lowfat Greek Yogurt 2. Blueberries*** 3. Milk	1. WG Bagel Half 2. Cantaloupe 3. Milk	1. Hard-Boiled Egg 2. Applesauce 3. Milk	1. WG Cereal 2. Sliced Grapes*** 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. BBQ Pulled Chicken 2. WG Bun 3. Coleslaw (Light Dressing) 4. Watermelon 5. Milk	1. Cheese & Spinach Stuffed Shells 2. WG Pasta Shells 3. Carrots 4. Apple Slices 5. Milk	1. Taco Meat 2. WG Taco Shells 3. Lettuce & Tomato 4. Pineapple Chunks 5. Milk	1. Baked Tofu Bites 2. Quinoa 3. Roasted Cauliflower 4. Strawberries 5. Milk	1. Egg Salad 2. WG Bread 3. Cucumbers 4. Peaches 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Cheese Cubes*** 2. WG Crackers 3. Peaches 4. Cherry Tomatoes*** 5. Milk	1. Hummus 2. WG Pita Rounds 3. Banana 4. Cucumber 5. Milk	1. Cottage Cheese 2. Rice Cakes 3. Apple Slices 4. Baby Carrots*** 5. Milk	1. Seed/Nut Butter 2. WG Mini Banana Muffin 3. Mixed Berries*** 4. Celery*** 5. Milk	1. Lowfat Yogurt 2. WG Crackers 3. Strawberries 4. Bell Pepper*** 5. Milk
(*) Choose two food groups from “Snacks” list.			(**) MT may be substituted for GN/BP up to 3x a week.			
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate			(***) Choking hazard for children under age 4.			



REMINDERS:

May 2025 final claim due: **July 28, 2025 (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@acd kids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acd kids.org | Fax: (708) 236-0872

Wondering How to Credit Dried Fruit?

Did you know that dried fruits have a different crediting by volume than other fruits in the Child and Adult Care Food Program meal pattern?

Dried fruits are one of five ways that fruit can be served in the CACFP. They can also be fresh, frozen, canned or in the form of full-strength fruit juice. Fruit juice may only be served once per day. Commercial fried fruit chips and home-canned fruit products are not allowed in the CACFP, but home-frozen fruit products are creditable to children over one year.

Most people think of raisins, apricots, prunes or cranberries when it comes to dried fruits, but dried coconut also falls under the category of dried fruits and **credits as twice the volume served**. For example, 1/4 dried apricots credits as a 1/2 cup fruit.

Fruit leather does not credit as dried fruit and is not allowable in the CACFP.

Food	Creditable		Information
	Yes	No	
Dried Coconut	X		Dried coconut credits as twice the volume served. For example, a 1/4 cup dried coconut credits as a 1/2 cup fruit.
Coconut Flour		X	Coconut flour is not creditable.
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X		Dried fruit credits as twice the volume served. For example, a 1/4 cup raisins credits as a 1/2 cup fruit.
Fruit, Fresh, Frozen, Canned, or Dried (All Varieties)	X		Fresh, frozen, or canned fruit is creditable.
Fruit Snacks (100% Fruit Strips, Leather, Fruit Drops, or other Fruit Snack type products)		X	Fruit snacks or leather are not creditable.
Jams, jellies, fruit butters, and preserves		X	Jams, jellies, fruit butters, and preserves are condiments and are not creditable.

Some fruits are easy to measure like blueberries or chopped strawberries (1/4 cup serving = 1/4 measuring cup), but some are not so obvious. Here are some examples regarding fruit and serving sizes straight from the CACFP Food Buying Guide.

Apples	1/4 raw, unpeeled medium apple = about 1/4 cup
Bananas	1 medium banana = 1/2 cup
Cantaloupe	1/10 medium melon = about 1/4 cup
Grapes, Seedless	7 grapes = about 1/4 cup
Nectarines	1 small nectarine = about 1/2 cup or 1 medium nectarine = about 3/4 cup
Oranges	1 medium orange = about 1/2 cup
Peaches	1 small peach = about 3/8 cup or 1 medium peach = about 2/3 cup
Pears	1 medium pear = about 3/4 cup
Plums	1 small plum = 3/8 cup or 1 medium plum = 1/2 cup or 1 large plum = 5/8 cup
Tangerine	1 medium tangerine = about 3/8 cup or 1 large tangerine = about 1/2 cup

Water Works: Why Hydration Helps Kids Thrive

Hydration is crucial for children's overall health and well-being! It plays a pivotal role in their growth and development. As young bodies are composed of about 70% water, maintaining adequate hydration levels is essential to support various bodily functions.

Body Temperature

Hydration is vital for regulating body temperature. Children are more susceptible to heat-related illnesses like heat exhaustion and heatstroke due to their higher metabolic rates and lower sweat capacity compared to adults. Adequate water intake helps in dissipating heat and keeping their body temperature within safe limits, especially during physical activities and hot weather.

Cognitive Function

Proper hydration supports cognitive function and concentration in children. Studies have shown that even mild dehydration can impair cognitive performance, attention span, and memory. By ensuring kids drink enough water throughout the day, parents and caregivers can help optimize their learning potential and academic performance.

Digestion

Maintaining good hydration levels aids in digestion and nutrient absorption. Water is essential for the smooth functioning of the digestive system, facilitating the breakdown of food and the absorption of nutrients into the bloodstream. It also helps prevent constipation, a common issue among children, by keeping stools soft and easy to pass.

Encouraging Healthy Hydration Habits

Caregivers play a pivotal role in ensuring kids develop healthy hydration habits. Encouraging regular water breaks, particularly before, during, and after physical activities, helps replenish lost fluids and maintain optimal hydration levels. Offering water-rich foods such as fruits (like watermelon and oranges) and vegetables (such as cucumbers and celery) also contributes to overall hydration.

It's important to note that children may not always recognize signs of dehydration, such as dry mouth, fatigue, or irritability. Therefore, proactive measures like setting hydration reminders and making water readily available can significantly impact their well-being. By instilling good hydration habits early on, caregivers can empower children to thrive physically, mentally, and emotionally.



Perfectly Pink Ice Pops

Yield: 6 servings (1 pop)

Ingredients:

1/2 cup low-fat or nonfat plain yogurt or low-fat or nonfat Greek yogurt
 1/2 cup low-fat or fat free milk
 1 tablespoon honey
 1 cup frozen strawberries**
 1/2 cup frozen raspberries**

Instructions:

1. In a blender, add the yogurt, milk, honey and frozen fruit.
2. Blend until the mixture is smooth, stopping to stir the mixture when necessary.
3. Pour about 2/3 cup of the mixture into a frozen ice pop mold.
4. Repeat until all frozen ice pop molds are filled.
5. Freeze for 4-5 hours or until the mixture is solid.

*This recipe will make about 6 frozen ice pops, depending on the size of your mold. If you have extra mixture, enjoy it as a smoothie!

**You can substitute frozen raspberries and strawberries with any fresh or frozen fruit on-hand.

***If you don't have frozen ice pop molds, use paper cups and wooden ice pop sticks

Safety notes: *Keep children away from the blender.*

🍓 **Fruit** 🍖 **Meat/Meat Alternate**

■ **Source:** utia.tennessee.edu ■ **Image:** utia.tennessee.edu



Strawberry Nice Cream

Yield: 8 servings (1/2 cup)

Ingredients:

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

Instructions:

1. 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.
2. 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.

Safety notes: *Keep children away from sharp knives.*

🍓 **Fruit**

■ **Source:** eatingwell.com

FREECYCLING

Joining a Freecycle network is a great way to give away and receive items for free, helping reduce waste and support sustainability. Here's how to get started:



1. Go to the Freecycle website www.freecycle.org.
2. Sign up for an account
 - Click "Sign Up" in the top right corner.
 - Fill in your name, email, and create a password.
 - You'll need to confirm your email to activate your account.
3. Find your local group
 - After signing in, search for your city or zip code in the search bar.
 - Select a nearby local Freecycle group to join.
4. Join a group
 - Click "Join" on the group page.
 - Some groups may ask a quick question or have basic rules to agree to before approving your request.
5. Start posting
 - Once you're a member, you can post items you want to give away ("Offer") or request items you need ("Wanted").
 - Be specific in descriptions, and always follow the group's posting etiquette.
6. Arrange pickup
 - Communicate directly with members through the site's messaging system to arrange a contact-free pickup.

Tips:

- Everything must be free, legal, and appropriate for all ages.
- Be polite and prompt when communicating with other members.
- Be safe! Meet in a public place.

■ **Source:** nerdwallet.com

Understanding the UV Index

Understanding the UV index and its impact on children is crucial for their health and well-being, especially during outdoor activities. The UV index measures the intensity of ultraviolet (UV) radiation from the sun, providing a numerical scale to indicate the risk of harm from unprotected sun exposure.

For kids, who often spend considerable time playing outdoors, understanding and monitoring the UV index is essential. UV radiation, particularly UVB and UVA rays, can penetrate the skin and lead to sunburn, premature aging, and an increased risk of skin cancer later in life. Children's skin is generally more sensitive than that of adults, making them more susceptible to sun damage. Therefore, parents and caregivers should pay close attention to the UV index to ensure appropriate sun protection measures are taken.

When planning outdoor activities, especially during peak UV hours (usually between 10 AM and 4 PM), it's advisable to check the UV index forecast for the day. The index ranges from 1 to 11+, with higher numbers indicating greater UV exposure and risk. Here's a breakdown of what each range means:

- **Low (1-2):** Minimal risk of harm. Wear sunglasses on bright days; use sunscreen if there is snow on the ground, which reflects UV radiation, or if you have particularly fair skin.
- **Moderate (3-5):** Moderate risk of harm from unprotected sun exposure. Take precautions, such as covering up, wearing a hat, sunglasses, and sunscreen, especially if you will be outside for 30 minutes or more.
- **High (6-7):** High risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. and seek shade. Wear a wide-brimmed hat and UV-blocking sunglasses, and apply sunscreen.
- **Very High to Extreme (8-11+):** Very high to extreme risk of harm from unprotected sun exposure. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. and seek shade. Cover up, wear a hat and sunglasses, and apply sunscreen regularly.

Educating children about the UV index and sun safety from an early age is essential for developing lifelong habits that protect their skin. Encouraging them to play in shaded areas, wear protective clothing, sunglasses, and reapply sunscreen every two hours, especially after swimming or sweating, helps reduce their UV exposure and ensures they can enjoy outdoor activities safely. By incorporating these habits into daily routines, parents can help their children thrive while enjoying the benefits of outdoor play.



Microwave Puffy Paint

- 1 cup flour
- 1 teaspoon salt
- 1 cup water
- Food coloring or liquid watercolor paint
- Squeeze bottles
- Cereal box cardboard or thick paper (paper plates will work)
- Microwave

STEP 1

Whisk together flour, salt, and water in a medium bowl. Whisk until mixture is smooth and clump free for easy squeezing.

STEP 2

Divide your flour mixture between 3-4 cups or small bowls (however many different colors you want to make) and add food coloring or liquid watercolors to each. Mix.

STEP 3

Transfer your paint mixture into squeeze bottles.

STEP 4

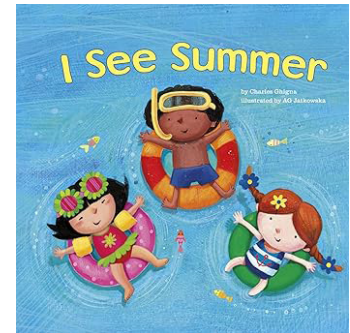
Squeeze the puffy paint onto your paper/cardboard to create designs, images, or patterns as desired.

STEP 5

Place puffy paint art in microwave and microwave on high for about 30 seconds.

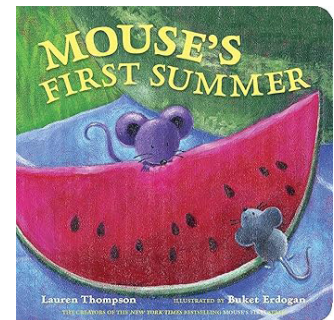


July brings summer fun and what better time to read about the things we do in the season!



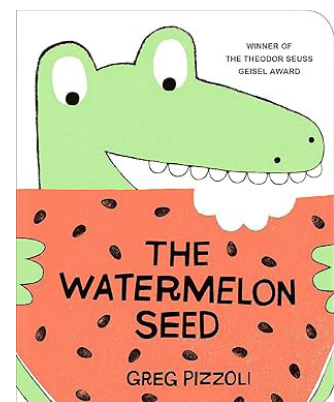
I See Summer

by Charles Ghigna (Author), Agnieszka Malgorzata Jatkowska (Illustrator)



Mouse's First Summer

by Lauren Thompson (Author), Buket Erdogan (Illustrator)



The Watermelon Seed

by Greg Pizzoli (Author, Illustrator)

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

Protecting Children's Eyes & Faces in Childcare Settings

As childcare providers, you play a vital role in keeping children safe as they explore, play, and learn. One area that often gets overlooked is eye and face protection. Injuries to the eyes and face can be serious, even permanent, and many are entirely preventable with proper precautions.

Why Eye and Face Safety Matters

Children are naturally curious and energetic, which makes them prone to accidents, especially in active childcare environments. Developing eyes are particularly sensitive, and injuries such as scratches, bruises, or exposure to harmful substances can have lasting effects on a child's vision and overall well-being.

Common Risks in Childcare Environments

In childcare settings, potential hazards include toys with sharp edges, art supplies, small flying objects, and even cleaning products. Outdoor play introduces risks like sand, dirt, and UV exposure. Accidents can happen quickly, which is why it's essential to identify and minimize risks before injury occurs.

Prevention Tips for Childcare Providers

- **Choose Safe Toys:** Select age-appropriate toys without sharp edges or detachable small parts that could cause harm.
- **Supervise Closely:** Keep a watchful eye during all activities, especially those involving sports, water play, or art projects.
- **Use Protective Gear:** For higher-risk activities, such as sports or riding toys, encourage the use of safety goggles or face shields.
- **Sun Safety:** Ensure children wear hats and child-safe sunglasses during outdoor play to protect against harmful UV rays.
- **Safe Storage:** Store cleaning supplies and other hazardous materials securely and out of children's reach.

Lead by Example

Children mimic adult behavior. Use and encourage proper handling of materials, demonstrate safety practices, and correct unsafe behavior gently but firmly. By fostering a culture of safety and awareness, childcare providers can help prevent eye and face injuries and support every child's healthy development and bright future.



July 2025

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

1. Young bodies are composed of ____ percent water.

- a. 50
- b. 60
- c. 70
- d. 80

2. ____ is essential for the smooth functioning of the digestive system.

- a. Fruit
- b. Water
- c. Vitamins
- d. Exercise

3. We should minimize risks before injuries occur.

- a. True
- b. False

4. Farfalle pasta is also known as bowtie pasta.

- a. True
- b. False

5. Peak UV hours are usually between ____ and ____.

- a. Noon and 5 PM
- b. 9 AM and 6 PM
- c. 8 AM and 3 PM
- d. 10 AM and 4 PM

6. Proper hydration supports cognitive function.

- a. True
- b. False

7. Freecycling is a way to rent a bicycle for free.

- a. True
- b. False

8. Children are prone to accidents because they are:

- a. Curious
- b. Clumsy
- c. Energetic
- d. Both A and C

9. Dried fruit credits as twice the volume served.

- a. True
- b. False

10. For which UV range should you use protection if outside for more than 30 minutes?

- a. Low
- b. Moderate
- c. High
- d. All of the above

11. Water breaks should be taken when?

- a. Before physical activity
- b. During physical activity
- c. After physical activity
- d. All of the above

12. Water-rich foods do not contribute to hydration.

- a. True
- b. False

13. Fruit snacks are creditable in the food program.

- a. True
- b. False

14. Children should wear ____ while playing outdoors for UV safety.

- a. Jackets
- b. Hats
- c. Sunglasses
- d. Both B & C

15. Fresh, frozen, canned, or dried fruit is creditable.

- 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.