

potpourri

JULY 2021
VOLUME 47 | ISSUE 7

FEATURED RECIPES

Barbecue Menu

HEALTHY HABITS

Eating Organically

HEALTH ISSUES

Recreational Water Illness



Michigan

P.O. Box 1491
 East Lansing, MI 48826
 139 W. Lake Lansing Rd., Suite 120
 East Lansing, MI 48823
 Phone: 800.234.3287 or 517.332.7200
 Fax: 517.332.5543
 E-mail: mifrontdesk@acd-kids.org

Illinois

P.O. Box 7130
 Westchester, IL 60154-7130
 4415 West Harrison St., Suite 535
 Hillside, IL 60162
 Phone: 800.284.5273 or 708.236.0863
 Fax: 708.236.0872
 E-mail: Illinois@acd-kids.org

Design, Writing, Recipe Evaluations, and Layout

Tia Wahl

Spanish Translation

Rebecca Feuka

Other Contributors

Val Crafts

Potpourri is published monthly by the Association for Child Development (ACD), a sponsor of the Child and Adult Care Food Program (CACFP). Child care homes and centers sponsored by ACD for participation with the CACFP receive Potpourri free of charge. No portion of Potpourri can be reprinted without the consent of ACD.

COVER STORIES**4. Featured Recipes**

Barbecue Menu

8. Healthy Habits

Eating Organically

9. Health Issues

Recreational Water Illness

FEATURES**3. Featured Food:**

Dried Bay Leaves

5. Menus: A Week's

Worth of Ideas

6. Childhood Challenges:

Temperament Styles

7. Activity Page

Fun in the Sun

10. In The News

Using Ounce
 Equivalents for Grains in
 the CACFP

Tips to Maximize Your Monthly Claim Reimbursement

As a member of the Child and Adult Care Food Program (CACFP), you receive the benefits of receiving reimbursements for feeding the children in your care nutritious meals and snacks during their time in child care. Have you ever wondered how to get the most out of your reimbursement?

Here are some tips to maximize your monthly claim reimbursement:

- ✓ **Mark whole grain daily.** You can check that you are marking whole grain before submitting your claim by using this handy report in KidKare: go to Reports --> Meals and Attendance --> Food Served.
- ✓ **Send Child Enrollment Forms to your state agency.**
 - ✓ Michigan
 Email: mifrontdesk@acd-kids.org
 Address: P.O. Box 1491 East Lansing, MI 48826
 - ✓ Illinois
 Email: illinois@acd-kids.org
 Address: P.O. Box 7130 Westchester, IL 60154
- ✓ Enroll new children this month? Did you **submit a signed child enrollment form** for the new child?
- ✓ Don't forget: you can only **claim juice once per day.**
- ✓ **Run your monthly error report** for alerts regarding:
 - ✓ Expiring child enrollment forms
 - ✓ Meal disallowances

Are you in a
 Tier 2 area?
 We have some
 good news!



Effective July 1, 2021-June 30, 2022
EVERYONE will receive Tier 1 reimbursement!

ON THE COVER: Anahi, three-months-old, likes to be in her swing and listen to music. According to her mother, who calls her a "wonderful baby," Anahi loves it when people talk to her so she can practice her "baby talk."

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

DRIED BAY LEAVES

The bay leaf is a small leaf from the sweet bay tree. Scientifically known as *Laurus nobilis*, this tree is native to the Mediterranean region of the world. Bay leaves add a complex of flavors to dishes like soups, desserts, and sauces. Dried bay leaves as a spice is made up of a variety of bay leaves such as the:

- California bay leaf
- Indian bay leaf
- Indonesian bay leaf
- West Indian bay leaf
- Turkish bay leaf

These flavors, when prepared in food dishes, add a subtle but sweet aroma to the meal being cooked. In fact it is advised not to add too much of the dried bay leaves to your meal because of the overwhelming aroma.

NUTRITION

Dried bay leaves contain small amounts of many vitamins and minerals. Copper, calcium, and Vitamin C are the more prevalent vitamins and minerals.

SELECTION AND STORAGE

If prepared at home, bay leaves should be picked and dried slowly under the shade and away from direct sunlight. This practice helps retain the essential oils that the leaves carry. Once dried out, they can be added to dishes as whole leaves, or ground full into flakes. Dried and pre-crushed bay leaves can be found in the spice and seasonings section of most grocery stores. Dried bay leaves lose their flavorings quick and should not be kept for longer than a year.

PREPARATION

It is a common practice to cook bay leaves by placing full, dried leaves inside a dish before cooking so that the food absorbs its flavor. Fresh bay leaves have a stronger flavor, so a smaller amount should be used. However, seasoning foods with crushed bay leaves is the best way to gain their full nutritional value.

DRIED BAY LEAVES FACTS

- Dried bay leaves symbolize wisdom, peace, and protection in ancient Greek and Roman history.
- Dried bay leaves can be brewed into an herbal tea.
- The leaves serve as an essential ingredient in classic sauces such as bread sauce and tomato sauce.
- Dried bay leaves are also used to flavor sweet dishes like sweet breads, custards, and creams.

ROASTED POTATOES WITH OLIVE OIL AND BAY LEAVES

- 8 medium-sized red-skinned potatoes
- ½ cup olive oil
- 40 small bay leaves
- 1 Tablespoon coarse sea salt
- 2 teaspoons herbs de Provence*
- 1½ teaspoons coarsely cracked black pepper

DIRECTIONS

Preheat oven to 350°F. Using a small sharp knife and working on 1 potato, make 5 crosswise vertical cuts, spaced evenly apart, from 1 side to the other side (do not cut through). Repeat with remaining potatoes. Place potatoes into baking dish. Add some oil to dish and toss potatoes to coat. Slide 1 bay leaf into each cut in each potato. Mix salt, herbs, and pepper in small bowl and sprinkle over potatoes. Roast potatoes until tender, about 55 minutes. Remove dish from oven. Preheat broiler. Drizzle remaining oil over potatoes. Broil for about 4 minutes or until the potatoes begin to brown.

*A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.

Sources: www.webmd.com/diet/health-benefits-bay-leaves#2, www.nutrition-and-you.com/bay-leaf.html, www.epicurious.com/recipes/food/views/potatoes-roasted-with-olive-oil-and-bay-leaves-108250

BARBECUE MENU

PORCUPINE SLIDERS

INGREDIENTS

1/8 cup brown rice, long-grain, regular, dry
 1 teaspoon canola oil
 1½ Tablespoons onion, peeled, diced
 ¾ cup celery, diced
 1½ teaspoon garlic, minced
 1 pound raw ground turkey, lean
 1 egg, beaten
 5 Tablespoons dried cranberries, chopped
 ¾ cup baby spinach, chopped
 1 teaspoon Worcestershire sauce
 ½ teaspoon salt
 ½ teaspoon ground black pepper
 1 dash ground white pepper
 6 whole-wheat rolls (small dinner roll size)

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil (a rice cooker may be used with the same quantity of brown rice and water). Reduce heat to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled.
3. In a small skillet, heat canola oil. Add onions, celery, garlic and cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes or to an internal temperature of 165°F or higher for at least 15 seconds. Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Makes 6 sliders.

1 slider provides 2 oz. equivalent meat/meat alternate and 1 oz. equivalent grains.

BARBECUE CHICKEN OR TURKEY SALAD

INGREDIENTS

1/3 cup Ranch dressing
 ¾ cup onions, diced
 1 teaspoon paprika
 1½ teaspoon chili powder
 ¾ cup catsup
 1/8 teaspoon garlic powder
 ¼ cup brown sugar
 1/8 cup Worcestershire sauce
 ¼ teaspoon ground black pepper
 1½ teaspoons salt
 1¼ cups cooked chicken or turkey, diced
 ¼ cup green onions, diced
 1/3 cup red onion, diced
 ½ cup celery, diced
 6 Iceberg lettuce leaves
 6 slices of tomatoes
 6 mini whole-grain rolls

INSTRUCTIONS

1. Barbecue Sauce:
 - a. Combine white onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt in a large stock pot.
 - b. Simmer over medium heat, stirring occasionally for 15-20 minutes.
2. Combine barbecue sauce, ranch dressing, chicken or turkey, chili powder, green onions, red onions, and diced celery in a large bowl. Stir well. Pour in a small baking dish and refrigerate.
Critical Control Point: cool to 40°F or lower within 4 hours.
3. Place a lettuce leaf on each plate.
4. Portion 2/3 cup barbecued chicken (or turkey) salad on top of lettuce leaf.
5. Place a slice of tomato on top of barbecue salad.
6. Serve on a whole-grain roll.

Makes 6 servings.

2/3 cup barbecue chicken/turkey salad provides 3/8 cup vegetable, and 1 oz. equivalent meat.

Sources: <https://fns-prod.azureedge.net/sites/default/files/resource-files/PorcupineSlidersCACFPHomerecipe.pdf>, <https://fns-prod.azureedge.net/sites/default/files/resource-files/Barbecue%20Chicken%20or%20Turkey%20Salad%206%20Servings.pdf> <https://fns-prod.azureedge.net/sites/default/files/resource-files/PorcupineSlidersCACFPHomerecipe.pdf>, <https://fns-prod.azureedge.net/sites/default/files/resource-files/Barbecue%20Chicken%20or%20Turkey%20Salad%206%20Servings.pdf>

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. Strawberries
2. WGR Cereal
3. Milk

1. Mandarin Oranges
2. WGR Oatmeal
3. Milk

1. Bananas
2. Waffle
3. Milk

1. Peaches
2. Pancakes
3. Milk

1. Hashbrowns
2. Ham Steak
3. Milk

LUNCH/DINNER

HAMBURGER

1. Hamburger
2. WGR Bun
3. Bell Pepper Sticks
4. Baked Sweet Potato Wedges
5. Milk

BREAKFAST FOR LUNCH

1. Eggs
2. English Muffin
3. Honeydew Melon
4. Carrots
5. Milk

TURKEY BREAST

1. Baked Turkey Breast
2. WGR Roll
3. Sliced Grapes
4. Steamed Broccoli
5. Milk

SPAGHETTI AND MEATBALLS

1. Meatballs
2. Spaghetti Noodles
3. Apple Slices
4. Spinach
5. Milk

FISH AND RICE

1. Baked Fish
2. WGR Brown Rice
3. Cantaloupe
4. Jicama
5. Milk

SNACK

1. Greek Yogurt
2. Blueberries

1. Apple Slices
2. Cheese Cubes

1. Ham Slices
2. Melon Slices

1. WGR Cereal
2. Milk

1. Grilled Peaches
2. Ricotta Cheese

1. WGR Cereal
2. Raisin Trail Mix

1. Toasted Quinoa
2. Yogurt

1. Clementine
2. Snow Peas

1. Waffle
2. Pineapple Slices

1. Tortilla Chips
2. Bean Dip

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

WGR= Whole Grain-Rich Box= Part of a Combination Dish

KIDS IN THE KITCHEN



WHOLE-WHEAT QUICK BREAD

INGREDIENTS

- 1 cup flour
- 5½ cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons salt
- 2 cups buttermilk
- 2 tablespoons oil
- 3 tablespoons brown sugar

NOTES

- No buttermilk? Add enough milk to 2 tablespoons lemon juice or vinegar to make 2 cups. Stir well and let stand 5 minutes.
- Add ½ cup raisins and 1 Tablespoon cinnamon for a tasty breakfast bread.

DIRECTIONS

1. Preheat oven to 350°F. Lightly oil or spray the bottom of an 8" x 8" baking pan.
2. In a large bowl, combine both flours, baking soda, baking powder, and salt. Mix well.
3. In another bowl, combine buttermilk, oil and brown sugar. Be sure sugar has no lumps.
4. Add liquids to flour mixture. Stir together until dry ingredients are just moistened.
5. Pour into prepared baking pan and smooth into corners.
6. Bake for 40-45 minutes. Top should look golden brown.
7. Cool slightly and remove from pan. Slice with a serrated knife.
8. Wrap leftovers in plastic wrap and store at room temperature.

Source: <https://www.nutrition.gov/recipes/whole-wheat-quick-bread>

IDENTIFYING TEMPERAMENT

Understanding temperament is important for anyone caring for others. Temperament is also known as behavioral style. Behavioral style is the characteristics or habitual styles of emotional response. Understanding the behavioral styles of the children in your care will lead to more opportunities for adjustments when dealing with difficult situations and personalities commonly found in child care. We do not choose our temperament but it does influence how we respond to certain environments, people, and events.

NINE CHARACTERISTICS OF TEMPERAMENT

1. Activity level of the baby
2. Regularity of daily habits/routines
3. Sensitivity to the physical environment
4. Adaptability to changes and new situations
5. Mood quality
6. Distractibility
7. Intensity to reaction
8. Persistence or attention span
9. Approach or withdrawal from new situations



Caregivers should be able to identify the behavioral styles that the children in their care experience throughout the day.

STRATEGIES TO IDENTIFY TEMPERAMENT

To begin identifying the temperament experienced by the children in your care, start by identifying your own temperament. Begin by writing down your strengths, weaknesses, actions and reactions based on the nine characteristics listed above. How do you react in different settings?

Identifying the temperament in children should be approached in a way that seeks to understand them as opposed to changing or adapting them. The children in your care have not learned to adapt their reactions to best fit their situation. It's up to you to assist in making that adjustment for them. Modeling this behavior is always the best place to start. Verbally explaining the steps that you're modeling can effectively communicate to children that the way they react to different cues and triggers can increase their knowledge and understanding of their behavior. Recognizing that while temperament does not excuse a child's acceptable behavior, it does provide an understanding and a guide for how to respond successfully. The goal is to help children moderate and strengthen these traits. Modeling this behavior will help you and them reach that goal.

Sources: <http://www.eccpct.com/Resources/Caregivers/Tips-for-Tots/Understanding-Caregiver-Temperament/>, <https://www.aboutkidshealth.ca/Article?contentid=499&language=English#:~:text=As%20a%20result%20of%20the,%2Dto%2Dwarm%2D>

FUN IN THE SUN

SQUEEZING WATER: A Fine Motor Activity

WHAT YOU WILL NEED

Mini Basters
Pouring Utensils
Water in a bin
Optional: liquid blue watercolor

GUIDANCE

Allow the children to explore with the water by first using the pouring utensils. Then model how squeezing the bulb of the mini baster sucks in the water and then release it. Once demonstrated a few times, let them give it a try. This activity can be easily set up in a bathroom.



POOL NOODLE BOATS: Sensory Bin

WHAT YOU'LL NEED:

Foam sheets (32 sheets, 6 assorted colors)
Pool noodles, cut up into small circle rounds
Hole punch
Scissors
Straws

GUIDANCE

1. From the foam sheets, cut out "sails" (triangle shape).
2. Cut the tops of the straw to make them shorter.
3. Hole punch 2 holes in each sail, one at the top and one at the bottom.
4. Using the holes, slide the straw through the foam sail.
5. Using the scissors, poke a hole into the pool noodle for the straw to slide into.
6. Once the boats are finished, place them into a bin or bathtub filled with water and watch them float.

SUN SAFETY TIPS: SUN BURNS AND SUNSCREEN

Whether a child has fair skin or darker skin, they all need sunscreen. The American Academy of Dermatology (AAD) recommends that all children, regardless of their skin tone, wear sunscreen with an SPF of 30 or higher. Make sure that the sunscreen you use protects against both UVA and UVB rays and is water resistant. Apply liberally and reapply often.

Sometimes sunburns are unavoidable. If a child does get a sunburn, try these methods to help it heal:

- Apply pure aloe vera gel to the sunburned areas.
 - Give the child an anti-inflammatory medicine like ibuprofen to help with the pain and itching.
 - Apply moisturizing cream to rehydrate the skin.
- If a child is seriously burned and over the age of 2, applying a thin layer of one percent hydrocortisone cream can help with the pain.

Don't forget to be a sun safety role model for the children in your care. Not only will following these steps help keep your skin safe in the sun, but it will teach children the importance of sun safety so that everyone can have a fun and healthy summer.



Sources: <https://teaching2and3yearolds.com/favorite-preschool-water-activities/>

EATING ORGANICALLY

Once found only in health food stores, organic food is now a regular feature at most supermarkets. Moreover, sales of organic products continue to grow, with annual figures passing \$30 billion last year for the first time ever.

In spite of its increased popularity, however, organic foods still cause a dilemma in the produce aisle for some shoppers. Conventionally grown produce generally cost less, but is organic food safer or more nutritious?

First, it is important to understand exactly what organic food is and how it differs from “regular” food. The word “organic” refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices don’t use conventional methods to fertilize, control weeds, or prevent livestock disease.

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled, and processed. If a food bears a USDA Organic label, it means it’s produced and processed according to the USDA standards.

It is also important to note that “organic” and “natural” are not interchangeable terms. Although terms such as “natural,” “all natural,” “free-range” or “hormone-free” can be found on food labels, they should not be confused with the term “organic.” Only foods that are grown and processed according to USDA organic standards can be labeled organic.

Another factor that people sometimes consider when looking at the differences between organic and conventional food is the nutritional value. While many studies show that organic foods are richer in nutrients, other studies contradict these findings. Researchers generally agree the results are inconclusive and that more research is needed.

One of the biggest differences between organic and conventional food can be found on the price tag. Expect to pay 50 to 100% more for organic foods. That’s because, in general, it is more labor-intensive and without the help of pesticides, the yield is not always as favorable.

To maximize your organic food dollar, the Environmental Working Group, a nonprofit organization based in Washington D.C., recommends washing to avoid pesticide residue. These include peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes, spinach, lettuce, and potatoes.

HELPFUL TIPS

Whether you got totally organic or opt to mix conventional and organic foods, be sure to keep these tips in mind:

- **Select a variety of foods from a variety of sources.** This will provide a better mix of nutrients and reduce the likelihood of exposure to a single pesticide.
- **Buy fruits and vegetables in season.** To get the freshest produce, ask the grocer what day new produce arrives. Or check the local farmers market.
- **Read food labels carefully.** Some organic products may still be high in sugar, salt, fat, or calories.
- **Always wash and scrub fresh fruits and vegetables thoroughly under running water.** Washing helps remove dirt, bacteria, and traces of chemicals from the surface of fruits and vegetables.



**USDA
ORGANIC**

Recreational Water Illness

Did you know that the chlorine chemical in recreational swimming and water playgrounds, like splash pads or water parks, does not kill all the germs it comes in contact with? Recreational water illness is a disease that people can get from water that is contaminated with germs. This contaminated water can include water found in pools, hot tubs, water playgrounds, oceans, lakes, rivers and more. Germs can even spread to the body having direct contact with contaminated water, swallowing, and breathing in mists.



SIGNS & SYMPTOMS

According to the CDC, people typically have about 0.14 grams of feces on their bodies. This can wash off the body and contaminate the water with germs. Swallowing even a mouthful of contaminated water can make you sick. Common symptoms of recreational water illness include:

- Diarrhea
- Skin rashes
- Ear pain
- Coughing
- Congestion
- Eye pain

Diarrhea is the most common symptom related to recreational water illness.

TREATMENT

Protect yourself, your friends, family and other swimmers by following these effective steps each time you swim:

- Keep all possible contaminants out of the water. This includes pee, poop, sweat, and dirt.
- If you are experiencing diarrhea, stay out of the water.
- Always shower BEFORE you get in the water.
- Don't pee or poop while in the water.
- Avoid swallowing the water.
- Enforce bathroom breaks every hour with younger children.
- If changing diapers, change them in a bathroom or diaper changing area to keep germs away from the pool.
- Drink plenty of fluids when swimming.

Don't leave your mark at the pool this summer!

It only takes one person with diarrhea to contaminate the entire pool.



Source: www.cdc.gov/dotw/rwis/index.html#:~:text=Recreational%20water%20illnesses%20are%20diseases,or%20congestion%2C%20and%20eye%20pain,https://www.medicinenet.com/recreational_water_illnesses_rwis/article.htm

Using Ounce Equivalents for Grains in the CACFP

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

HOW MUCH IS 1 OUNCE EQUIVALENT?

Grains are measured in units called "ounce equivalents." One ounce equivalent is the amount of food needed to make up 16 grams of grains. However, not all food contains the same amount of grains in them. For instance, crackers can often be used to reach the proper amount of grains you should be consuming. However, there are many different types of crackers and it takes different amount of different types of crackers to provide the 16 grams of grains or 1 ounce equivalent (See picture below).



MEASURING GRAINS

How much of a grain item do you need to serve to meet CACFP meal pattern requirements? Use the Grains Measuring Chart found at teamnutrition.usda.gov.

- 1** Find the grain you want to serve under the "Grain Item and Size" column.
- 2** Check if the chart lists a size or weight by the name of the grain. If the chart:
 - Lists a weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
 - Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.
 - Lists a size** for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.
- 3** Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams*)	Serve at Least 1/2 oz. eq., which equals about...
Popcorn	1/4 pita or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	1 1/2 cups or 14 grams
	7 twists or 11 grams

Detailed information, including tools for measuring your grains, reading the nutrition labels, and more can be found at teamnutrition.usda.gov.

July 2021 Potpourri Quiz

Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, and click on the Training tab then "Potpourri Newsletter."

1. Dried bay leaves as a spice is made up of all of the following except:
 - a. African bay leaf
 - b. Indian bay leaf
 - c. Indonesian bay leaf
 - d. Turkish bay leaf
2. Which vitamin or mineral is prevalent in dried bay leaves?
 - a. Vitamin B
 - b. Magnesium
 - c. Vitamin C
 - d. Sodium
3. In some cultures, dried bay leave symbolize
 - a. Wisdom
 - b. Peace
 - c. Protection
 - d. All of the above
4. The word "organic" refers to:
 - a. All natural food
 - b. The way farmers grow and process agricultural produces
 - c. Hormone free foods
 - d. Highly nutritious foods
5. The organic certification program was established by _____ as a way to require organic foods to meet strict government standards.
 - a. U.S. Department of Agriculture (USDA)
 - b. National Farmers Union
 - c. Food and Agriculture Organization
 - d. None of the above
6. Organic food means less sugars, salt, fat, or calories.
 - a. True
 - b. False
7. Temperament is a behavioral style.
 - a. True
 - b. False
8. Behavioral styles are characteristics of _____.
 - a. Activity level
 - b. Mood quality
 - c. Emotional response
 - d. Adaptability
9. Which of the following are characteristics of temperament?
 - a. Nap time
 - b. Outdoor play
 - c. Nutritious meals
 - d. None of the above
10. How does one begin to identify temperament characteristics?
 - a. Observe one's own temperament
 - b. Research temperament characteristics
 - c. Have a conversation
 - d. Talk to your local doctor
11. Chlorine found in recreational swimming and water playgrounds kills all the germs it comes in contact with.
 - a. True
 - b. False
12. What is recreational water illness?
 - a. Swimmer's Ear
 - b. Near-fatal drowning incident
 - c. Cramping while swimming
 - d. A disease from water contaminated with germs
13. According to the CDC, people typically have about ____ of feces on their bodies.
 - a. 0.0014 grams
 - b. 0.014 grams
 - c. 0.14 grams
 - d. 1.40 grams
14. Common symptoms of recreational water illness include all of the following except:
 - a. Dry skin
 - b. Ear pain
 - c. Diarrhea
 - d. Congestion
15. Prevent recreational water illness by _____.
 - a. Showering before getting into the water
 - b. Drinking the water
 - c. Swimming in water when sick with any illness
 - d. None of the above

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities should contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information should be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. **To request a copy of the complaint form, call (866) 632-9992.** Submit your completed form or letter 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; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider. (11/2015)

This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Joke Day	2 Porcupine Sliders
			Encourage the children to each tell one joke today.	Cookout this afternoon with the porcupine sliders found on page 4.
5 ACD Closed	6 Water Balloon Toss	7 Body Paint Day	8 Blueberry Day	9 Sidewalk Chalk
ACD's offices are closed today in observance of Independence Day. 	Let the children toss water balloons to you and each other. 	In white shirts, go outside and get messy by throwing paint on each other.	Serve blueberries during your meal or snack time today. 	Get creative with sidewalk chalk or even create a game of hopscotch. 
12 Scavenger Hunt	13 Garden Upkeep	14 Bay Leaves	15 Cow Appreciation	16 Emoji
Host a scavenger hunt in the backyard. Ask the children to find common items like rocks, flowers, etc.	Take some time to weed out and care for your garden.	Cook up some roasted potatoes with olive oil and bay leaves with the recipe on page 3.	Celebrate cows by drawing a cow, visiting a dairy farm and enjoying a glass of milk. 	Print and cut out emojis. Use the emojis to teach the children about the importance of expressing and feeling our emotions.
19 Sun Safety	20 Watermelon	21 Board Games	22 Yoga	23 Summer Olympics
Under a shaded tree, discuss with the children the importance of sun safety, wearing sunscreen, and staying hydrated.	Serve watermelon as part of your meal or snack time. 	Allow the children to select their favorite board game to play.	Start the day with yoga. Use YouTube for a guided lesson with the children. 	Host your own opening ceremonies in honor of the Tokyo Summer Olympics. 
26 Barbecue Salad	27 Outdoor Time	28 Kickball	29 Sprinklers	30 Friendship
Try the new barbecue chicken or turkey salad recipe found on page 4.	Extend outdoor play time by 30 minutes 	In the backyard, set up a game of kickball for a sunny afternoon.	Weather permitting, cool off with a sprinkler and water games.	Have the children sit in a circle and share one new fact about themselves with the group.