

potpourri

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The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

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ANNOUNCEMENTS FROM ACD

Waiver paying all meals at Tier 1 rates ending June 30, 2022

The waiver from the USDA that paid all meals at Tier 1 rates was put into effect on July 1, 2021. This waiver is coming to an end on June 30, 2022 and will not be extended.

Effective with July 2022 claims, reimbursements will be paid based on the Tier of each provider. If you are designated as a Tier 2 provider, you should have received a letter in the mail that will give you the option of requesting a household income application in order to apply to have your own income considered as Tier 1, or you can request applications to give to each parent to apply to be considered as Tier 1 on his/her income.

Make sure to return the enclosed option selection statement.

ON THE COVER Cousins, Mia 10, Hudson 4 and Parker 1, love to play outside, help with the garden and ride the gator at Grandma and Papa's house.

The Best of Summer

Try these recipes to freshen up your meals!

Summer Fruit Salad

Letting this salad soak in its' juices will make it a tastier treat.

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup packed brown sugar
- 1/2 tsp grated orange zest
- 1/2 tsp grated lemon zest
- 1 tsp vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 2 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.

Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.

✔ Fruit

Source:allrecipes.com
Photo credit:m.studio@stock.adobe.com



Summer Vegetable Stew

Yum!

- 1/2 cup diced onion
- 2 tsp minced garlic
- 2 TBSP butter
- 2 cups diced potatoes
- 2 cups diced carrots
- 1 14- oz. can chicken broth
- 1 medium zucchini diced
- 2 large tomatoes peeled and diced (or you can use 1 14-oz can diced tomatoes, not drained)
- 1 14- oz. can corn not drained
- 1/2 tsp rubbed sage
- 1/2 tsp all-purpose seasoning
- 1 can evaporated milk
- 2 TBSP cornstarch
- 1 cup diced chicken or ham (optional)
- 1/2 cup Parmesan cheese to top bowls of stew

1. In a large stockpot, heat butter over medium heat. Add in onions, garlic, potatoes and carrots. Cook for about 5 minutes, stirring often, until onions are translucent.

2. Add in chicken broth. Cover and cook for 15 minutes, until potatoes and carrots are soft.

3. Add in zucchini, tomatoes, corn, chicken or ham (if desired) and seasonings (except cornstarch.) Heat for another 10-15 minutes or so, until mixture is hot and beginning to boil.

4. Reduce heat and add all but 2-3 TBSP of the evaporated milk. Mix remaining evaporated milk with the cornstarch and stir until combined. Stir it into the stew. Simmer for an additional 10 minutes. Salt & pepper to taste. Top with fresh

diced cherry tomatoes & a little shredded Parmesan cheese once stew is ladled into each bowl.

✔ Meat/Meat Alternate

✔ Vegetable

Source:butterwithasideofbread.com

Vegetable and Fruit Loaded Wraps

The best of both worlds!

- 1/2 cup cooked cannellini beans (or any white bean)
- 1/4 cup red pepper, chopped
- 1/4 cup apple, diced
- 1 small carrot (no need to peel if it's organic and washed)
- 1/4 cup cucumber, diced
- 1/2 of a large avocado, cut into small pieces
- 1 handful of baby spinach, coarsely chopped
- 2 tbsp fresh lemon juice
- 3 tbsp extra virgin olive oil
- 1/4 tsp sea salt
- 1 tbsp sesame seeds
- 3-4 whole grain wraps

In a small bowl, mix the beans, red pepper, apple, carrot, cucumber, avocado, and spinach. Add lemon juice, olive oil, salt, and sesame seeds and gently mix until everything is evenly coated. Add to wrap and eat it as is!

✔ Vegetable

✔ Fruit

Source:happyhealthymama.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Grain/Bread Product - OR- Meat/Meat Alternate 2. Fruit or Vegetable 3. Milk <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to 3x a week.</i>	1. Banana Muffin 2. Mandarin oranges 3. Milk	1. Puffed rice cereal 2. Nectarines 3. Milk	1. Hard boiled egg 2. Grapefruit 3. Milk	1. Whole grain cereal 2. Banana 3. Milk	1. Ham 2. Raisins* 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Great northern beans 2. Whole grain macaroni 3. Cabbage 4. Turnip Greens 5. Milk	1. Fish sticks 2. Whole grain noodles 3. Corn 4. Applesauce 5. Milk	1. Refried beans 2. Whole grain tortilla 3. Lettuce 4. Tomatoes 5. Milk	1. Pork Sausage 2. Egg Noodles 3. Beets 4. Plums 5. Milk	1. Cheddar cheese 2. Whole grain bread 3. Tomato soup 4. Strawberries 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Peanut butter 2. Celery 1. Blueberries 2. Milk	1. Graham crackers 2. Milk 1. Whole grain Goldfish crackers 2. Fruit salad	1. Whole grain french toast 2. Peaches 1. Pineapple 2. Milk	1. Zucchini bread 2. Milk 1. Soy yogurt 2. Kiwi	1. Bagel 2. Cheddar Cheese 1. Pears 2. Milk

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

FRUIT KEBABS



Grab some fresh fruit and skewers and let the fun begin!

Fruits that work well:

Melon-Grapes*-Berries-Kiwis-Pineapple-Dragon Fruit-Star Fruit

A melon baller or cookie cutters are optional to make fun shapes

Serve with some plain yogurt for dipping

✓ Fruit

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

Source and photohappylittlefoodies.com



Money Saving Tip

Do a refrigerator check twice a week. Find a use for everything before it goes bad. Toss wilting veggies into a pot of soup. Use bananas for banana bread. Freeze items for later use.

Cooking Tip

"Fruits and vegetables that ripen at the same time of year taste great together," says Clare Ivatt founder of Kitchen Time Savers. Recipes that use these types of combinations will be the most successful—peppers combined with tomatoes, squash and sweetcorn, and kale and pumpkin are all great combos.

Source: www.eathis.com

Does Your Child Have a Fruit Allergy?

It Could be OAS

The top eight food allergies are: milk, eggs, peanuts, tree nuts, fish, shellfish, wheat and soy. These make up about 90 percent of food-allergic reactions. However, it is possible to be allergic to other foods, such as meat, fruit and spices.

One group of foods which can cause allergic reactions is fruit and it is becoming more common. There are people who are actually allergic to fruit, but in most cases they are actually suffering from oral allergy syndrome.

Oral allergy syndrome (OAS) most commonly occurs in people who have hay fever or are allergic to pollen. This causes a reaction when the affected person eats fresh fruits or vegetables that contain profilins. Profilins are found in grass, weeds and pollen and they are also present in fruits and vegetables. This causes a cross reaction that has symptoms similar to an allergic reaction. These can include an itchy feeling in the mouth or throat, tingling in the lips or tongue, and swelling. Vomiting, diarrhea, and even anaphylaxis can occur. While the reaction can happen in minutes, sometimes it takes up to two hours to appear.

The body's response occurs when eating raw fruit. When the fruit is cooked, the proteins become altered which prevents the reaction. While the reactions are not usually severe, it has happened. Talk to your allergist if your child has a reaction to cooked fruit.

Certain outdoor allergies can cross react with some specific fruits.

Grass pollen allergies:	Birch pollen allergies:	Ragweed pollen allergies:
<ul style="list-style-type: none">• Peaches• Oranges• Melons• Tomato	<ul style="list-style-type: none">• Apples• Apricot• Kiwi• Cherries• Peaches• Pears• Plums	<ul style="list-style-type: none">• Bananas• Watermelon• Cantaloupes• Honeydew melons



OAS symptoms go away quickly and are not severe, and treatment is not usually required. However, they do cause discomfort, so there are certain ways to minimize this, including:

- Avoid the fruits that cause the reaction.
- Avoid consuming large amounts of raw fruits too quickly, such as in a smoothie.
- Cook or bake the fruits before eating them.
- Try a canned version of the fruit.
- Don't assume there is an allergy to all fruits because of an allergy to one.
- Peel the fruit to see if that prevents the reaction as the skin contains concentrated pollen-like proteins.
- Talk to your allergist about taking antihistamines or getting allergy shots.

ACD'S Guide to Choosing Fresh Fruits and Vegetables

Fresh fruits and vegetables are a very important part of the CACFP meal pattern requirements. Since prices have risen so much lately, it is important to know what to look for in choosing the freshest produce you can find. It is frustrating to get home and find that the produce you picked is not very tasty. Follow these tips to help you pick some of the best fruits and vegetables that are in season.

Apricots	June - July	Golden yellow; plump; firm. Avoid pale yellow or green, very hard or very soft, shriveled or wilted.
Blueberries	June - August	Firm; plump; full-colored; bright, clean, fresh appearance. No stem cap (hull) attached.
Grapes	June – December	Fairly soft, tender; plump. Well-formed clusters with green, pliable stems. Darker varieties are free of green tinge; green grapes have a slight amber blush.
Strawberries	June – August	Firm; plump; full-colored; bright, clean, fresh appearance. Mature strawberries have stem cap (hull) attached.
Nectarines and Peaches	June – September	Plump; fairly firm depending on type. Skin color white or yellow with a red blush.
Watermelons	May – August	Dull surfaces with cream-colored undersides; symmetrical shape.
Beets	June – October	Firm, round, smooth deep red-colored roots. Fresh looking tops. Avoid those with long roots and rough, scaly areas on surface.
Carrots	All year	Firm; bright-colored; smooth; clean; well-shaped. Avoid rough, cracked or green-tinged roots.
Corn	May – September	Fresh-leaved, green husks. Plump, milky kernels. Avoid cobs with small or large dented or shrunken kernels.
Cucumbers	May – August	Bright, shiny green; firm, well-shaped.
Potatoes – White	All year	Fairly smooth; well-shaped; firm. Free of most blemishes. Avoid bruised, sprouting, shriveled or green-tinged.



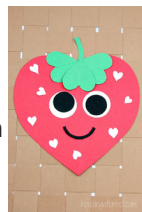
Sources: extension.tennessee.edu. Photo credits: Jakub.Kapusnak@foodiesfeed.com, bookybuggy@stock.adobe.com

Strawberry Face

Paper – Red, green, white and black
Scissors
Glue
Circle punches and googly eyes – optional

Cut a large red heart, 3 smaller green hearts and a few tiny red hearts.
Glue the green hearts together and add a stem.
Glue these to the top of the red heart.
Glue the white hearts on the red heart.

To make a face, punch out large white circles and smaller black circles. Glue the black circles on the white circles and glue these on the red heart. Googly eyes would look great, too.



Source: housingaforest.com



Running a Small Business Networking

In this day of social networking, old-fashioned, face-to-face networking is still essential to grow your business. Consider these tips:

- Set goals - How many leads do you need per week?
- Map out a strategy - Where are you most likely to meet people that need your services?
- Block out time - Figure how much time you need to devote to meet your goals.
- Be prepared - Develop an "elevator pitch" - a one to two sentence description of your business.
- Mingle - People like to do business with people they like.
- Follow up - Once a contact is made, follow up so the contact is not lost.
- Keep at it - As all things worth achieving, persistence is key to success. The more your circle grows, the more people are aware of you and what you have to offer.

Source: www.sba.gov

ACD's BOOK CLUB

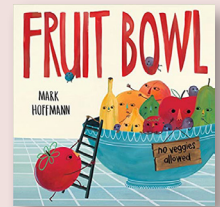
All About Fruits and Vegetables

English-Language Books

PICTURE BOOK

Fruit Bowl
by Mark Hoffman

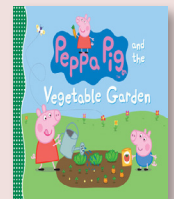
Who belongs in the Fruit Bowl?



EASY READER

Peppa Pig and the Vegetable Garden
by Candlewick Press

Gardening is more fun with Peppa!



Spanish-Language Books

PICTURE BOOK

Ya me llené de verduras
by Anita Heald

Sofia tries everything she can to get out of eating her plate of vegetables. But she discovers that corn is even better than chocolate chip cookies!



EASY READER

¡Esa fruta es mía!
by Anuska Allepuz

Elephants try to reach a delicious exotic fruit, but are unsuccessful when they work alone. A group of mice shows them the way to reach it, as well as the power of working as a team.





Parmesan Cauliflower "Tater" Tots

Make Ahead Tip
To make ahead - Freeze cut pieces in an airtight container for up to 3 months. To bake, place frozen tots on a baking sheet, coat with cooking spray and bake at 400 degrees F for 35-45 minutes.

Easy Cleanup
Recipes that require cooking spray can leave behind a sticky residue that can be hard to clean. To save time and keep your baking sheet looking fresh, line it with a layer of foil before you apply the cooking spray.

Ingredients

1 medium head cauliflower (about 2 pounds), trimmed and Broken into small florets

5 tablespoons all-purpose flour

¼ cup grated Parmesan cheese

¾ teaspoon freshly ground pepper

½ teaspoon salt

2 large egg whites, whisked until frothy

¾ cup coarse whole-wheat breadcrumbs (panko)

Canola or olive oil cooking spray

Directions

Bring a large pot of water to a boil. Add cauliflower and boil until tender, 10 to 12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.

Stir flour and cheese into cooled cauliflower. Season with pepper and salt. Stir in egg whites. Line an 8 inch square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold; 1 to 2 hours.

Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.

Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing plastic wrap. Cut it into 36 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.

Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35 to 45 minutes.

- ✔ Meat/Meat Alt
- ✔ Vegetable
- ✔ Grain



Source and photo credit: [eatingwell.com](https://www.eatingwell.com)

FUN WITH FRUITS AND VEGETABLES

June is National Fresh Fruits and Vegetables Month! Celebrate the month with fun and games!

Fun with color

Have the children stand in a circle. One player stands in the center. This player tosses a beanbag to a player in the circle and calls out a color. The player who catches the beanbag must name a fruit or vegetable of that color. That player then tosses the beanbag to the person in the center, while calling out another color.

If a player can't name a fruit or vegetable, they leave the game. If the player in the center gets out, then the player who asked that question moves to the center.

Changing Places

Players sit in a circle with one player in the center. Select three or four fruits or vegetables and have the players in the circle call off the names so each player is designated as one of the named fruits or vegetables. The center player calls out something like, "All apples change places with all carrots."

Those players scramble to change places while the center player tries to sit in one of the vacated spots. The player that doesn't get a seat in the circle moves to the center and becomes the new caller.

What Am I?

Paste pictures of fruits and vegetables to index cards. Attach one card to the back of each child's shirt with a spring clothespin.

The children move around to the other players asking yes-or-no questions that will help them determine the identity of their fruit or vegetable. Some examples of effective questions, "Do I have seeds? Does my outer coating need to be peeled before I can be eaten? Do I grow on a tree?" Players who discover their identity can remove their card, and still move around to answer other players' questions.

Fruit and Vegetable Art

Cut various fruits and vegetables in half.

Spread several colors of paint on paper plates.

Dip the cut pieces in the paint and stamp onto paper.

Let the artwork dry.

Have the children try to identify which piece of fruit or vegetable made the prints.



Sources: theoldschoolhouse.com, scholastic.com

Photo credit: scholastic.com

Did You Know?

Facts about Fruits and Vegetables

Tomatoes are a fruit - They are the most popular fruit in the world!

Strawberries are not technically a berry.

Berries have their seeds on the inside, but strawberries hold their 200 seeds on the outside.

A pomegranate can hold over 1000 seeds - They usually contain 600-1400.

Potatoes were the first vegetable to be grown in space.

In 1995 a collaboration between NASA and a US university grew the first ever space spud!

Not all oranges are orange.

If they are grown in a climate that is not cold enough, the skin won't turn orange.
They can be green or yellow even when ripe.

Cranberries can bounce! - Give it a try with ripe ones.

The part of broccoli that you eat is actually flowers which haven't opened yet - Broccoli is part of the cabbage family.

Pumpkins and cucumbers are classified as fruit - So are olives and avocados.

Durian is the smelliest fruit in the world - It can smell like rotten eggs, sweaty socks or even garbage!



Source: juiceplus.com. Photo credit: Jakub Kapusnak@foodiesfeed.com

IN OBSERVANCE OF JUNETEENTH



ACD OFFICES WILL BE CLOSED

MONDAY JUNE 20, 2022

This holiday brings opportunities for parents and caregivers to use Juneteenth lessons for kids. Holidays like Juneteenth that celebrate the end of historic grievances allow us to seek opportunities to truly achieve freedom as a nation. Educating our children is step one of creating a better world. As we learn each other's origin stories, we're able to see the vulnerabilities in our nation and even reflect on the legacies that created the treatment we see today.

Source: care.com. Photo credit: simple words@stock.adobe.com



June 2022 Potpourri Quiz

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

1. Which one is not a top food allergy?
 - a. Milk
 - b. Eggs
 - c. Salt
 - d. Fish
2. OAS stand for:
 - a. Oral Allergy Syndrome
 - b. Oral Allergic Syndrome
 - c. Oral Allergy Symptoms
 - d. Open Allergy Syndrome
3. OAS usually occurs when eating cooked food:
 - a. True
 - b. False
4. When are nectarines best?
 - a. All year
 - b. June - September
 - c. May - September
 - d. June - August
5. Carrots should not be:
 - a. Bright
 - b. Soft
 - c. Well shaped
 - d. Smooth
6. Watermelons should have bright surfaces:
 - a. True
 - b. False
7. Tomatoes are a fruit.
 - a. True
 - b. False
8. Broccoli is part of which family?
 - a. Cabbage
 - b. Pea
 - c. Lettuce
 - d. Cucumber
9. How many seeds does a pomegranate usually hold?
 - a. 500 - 600
 - b. 100 - 200
 - c. 1000 - 5000
 - d. 600 - 1400
10. Where do strawberries hold their seeds?
 - a. Inside
 - b. Outside
11. Which food can bounce when ripe?
 - a. Grape
 - b. Cranberry
 - c. Blueberry
 - d. Raspberry
12. Which is not a factor in networking?
 - a. Set goals
 - b. Mingle
 - c. Host a party
 - d. Follow up
13. Which was the first vegetable grown in space?
 - a. Corn
 - b. Cabbage
 - c. Potato
 - d. Beet
14. _____ cross react with ragweed:
 - a. Bananas
 - b. Kiwi Fruit
 - c. Oranges
 - d. Cherries
15. Which fruit can smell like rotten eggs?
 - a. Cranberry
 - b. Pomegranate
 - c. Durian
 - d. Banana



CHANGE SERVICE REQUESTED

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The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.



JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 SAY SOMETHING NICE DAY Make someone's day by saying something nice today.	2 BUBBA DAY Does anyone call their brother "Bubba" as a nickname?	3 NATIONAL EGG DAY Celebrate the incredible, edible egg!
6 YO YO DAY Yo Yos are said to have originated in ancient Greece.	7 OKLAHOMA DAY Find Oklahoma on the map.	8 NATIONAL OCEANS DAY The Pacific, Atlantic and Indian oceans are the most commonly known.	9 DONALD DUCK DAY Everybody walk and talk like a duck.	10 HERBS & SPICES DAY Try a new herb or spice today.
13 WEED YOUR GARDEN DAY This is a good day to go out and pull those pesky weeds.	14 FLAG DAY Flag Day was established in 1916.	15 MEGALODON DAY The Megalodon is the world's largest shark.	16 SUMMER VACATION Does anyone have some fun plans for vacation?	17 EAT YOUR VEGGIES DAY This is an easy one for us. We do it everyday!
20 ACD OFFICES CLOSED We are observing the Juneteenth holiday.	21 FIRST DAY OF SUMMER Yay! Summer is finally here.	22 RAIN FOREST DAY Some rain forests have been around for 70 million years.	23 HYDRATION DAY Stay hydrated by drinking plenty of water.	24 JUNE FLOWER June's flower is the Rose.
27 SUNGLASSES DAY Plan a sunglasses parade.	28 PAUL BUNYAN DAY Paul Bunyan is a giant lumberjack in American and Canadian folk lore.	29 JUNE BIRTH STONE June's birth stone is the Pearl.	30 METEOR WATCH DAY Look up in the sky today. Maybe you will see a meteor shower!	1