

potpourri

June 2023

Volume 49 | Issue 6



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

MICHIGAN

P.O. Box 1491; East Lansing, MI 48826
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

POTPOURRI CONTRIBUTORS

Oke Agahro
Val Crafts
Nicolas Gisholt
Allison Stock, RD

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



I can't believe we're halfway through 2023! Important reminders to keep in mind this month are:

- **Effective June 1, ACD will return to conducting in-person provider reviews.**
- **The 10 cents extra per meal provision ends**

June 30 for all providers. Made possible under the 2022 Keep Kids Fed Act (KKFA), this temporary provision was put in place during the COVID-19 pandemic to support ACD providers in maintaining access to nutritious meals for children.

For questions about these changes, contact our Customer Service Team:

IL: ilcustomerservice@acd-kids.org or 800.284.5273

MI: mifrontdesk@acd-kids.org or 800.234.3287

This month, **Alyce Castellese retires after 37 years as an ACD monitor!** I offer a special appreciation for her hardwork and longstanding dedication to our mission through the years. **You will be missed Alyce!**

Thank you to those who participated in our Annual Online Spring Silent Auction – your support helps ACD meet its mission to promote healthy childhood development.

Lastly, “Happy Father’s Day” wishes to all fathers and father figures!

Denise Meyer
Denise Meyer
Executive Director

CONTENTS

3. Featured Recipes

Fresh Meals

4. Meals & Menus

CACFP Requirements & A Week's Worth Of Ideas

5. Childhood Health Issue

Gut Health

6. From Our Registered Dietitian

Honoring Juneteenth With Food
Sautéed Collard Greens & Black-Eyed Peas

7. Money Saving Tips

Hire An Intern

8. ACD's Guide To...

Workplace Safety

9. Activities

Craft & Books

10. Child Safety

Here Comes The Sun

11. Potpourri Quiz



Fresh Meals

June is Fresh Fruit & Vegetable Month

Strawberry Tomato Salsa

6 servings
tasteofhome.com

Ingredients

2 pints cherry tomatoes, quartered
1 pint fresh strawberries, chopped
8 green onions, chopped
1/2 cup fresh cilantro, minced
6 tbsp. olive oil
2 tbsp. balsamic vinegar
1/2 tsp. salt

- In large bowl, combine tomatoes, strawberries, onions and cilantro.
- In small bowl, whisk oil, vinegar and salt.
- Gently stir into tomato mixture.
- Refrigerate until when ready to serve.

- **Fruit**
- **Vegetable**

Rainbow Vegetable Sandwich

1 serving
veggiedesserts.com

Ingredients

2 slices bread
2 tbs. hummus
1 tomato, sliced
2 radishes, thinly sliced
1/2 carrot, grated
1/4 yellow bell pepper, seeded and sliced
1/2 cup lettuce

1/2 cup red cabbage, shredded
Salt and pepper

- Spread both bread slices (toasted if desired) with hummus.
- Add sliced veggies, in layers, to bottom slice of bread.
- Season with salt and pepper
- Add top slice of bread.
- Enjoy!

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

Healthy Almond Milk Crepes

4 servings
nutriciously.com

Ingredients

1-1/2 cups whole wheat flour*
1-1/2 cups almond milk, unsweetened
1 tbsp. applesauce, unsweetened
Pinch of salt

[Optional Toppings]

Fresh raspberries
Fresh blueberries
Sliced peaches
Chopped almonds***
Coconut flakes
Lime juice

- Place all ingredients for crepes into a blender jar and blend until very smooth without any lumps.

- Make sure you end up with a uniform, slightly runny batter, adjusting with more flour or milk if needed.
- Heat non-stick skillet over medium heat and let batter sit for five minutes until pan is warm.
- Pour about 1/4 cup batter straight from blender into hot pan and immediately swirl around to evenly coat the bottom.
- Once batter starts to get slightly dry on top, gently flip with a spatula to cook on other side for one more minute.
- When you notice golden streaks on your crepe, remove from the pan and transfer to a plate, then cover with damp towel to keep warm.
- Continue with the rest of the batter, covering fresh crepes on top of each other under the towel.
- When batter is used up, serve crepes warm!
- **Note (*):** All-purpose wheat, spelt or gluten-free flour can also be used.

- **Fruit**
- **Grain/Bread Product**

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



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Bran Muffin 2. Strawberries 3. Milk	1. Scrambled Eggs 2. Hashbrown Patty 3. Milk	1. WG Waffles 2. Peaches 3. Milk	1. Spinach & Egg Bites 2. Cantaloupe 3. Milk	1. WG Cereal 2. Banana 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Salmon Patties 2. Cheesy Brown Rice 3. Zucchini 4. Applesauce 5. Milk	1. BBQ Chicken 2. WG Roll 3. Carrots 4. Pineapple 5. Milk	1. Hotdog*** 2. WG Bun 3. Green Beans 4. Watermelon 5. Milk	1. Ravioli 2. WG Breadstick 3. Cauliflower 4. Tossed Salad/ Dressing 5. Milk	1. Black-Eyed Peas 2. Cornbread 3. Collard Greens 4. Raspberries*** 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. WG Pretzels 3. Grapes*** 4. Broccoli 5. Milk	1. String Cheese 2. WG Crackers 3. Pears 4. Cherry Tomatoes*** 5. Milk	1. Nut/Seed Butter 2. Graham Crackers 3. Blueberries*** 4. Celery 5. Milk	1. Edamame*** 2. Brown Rice Cakes 3. Mandarin Oranges 4. Sugar Snap Peas*** 5. Milk	1. Hardboiled Egg 2. WG Crackers 3. Honeydew 4. Cucumber 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:



- ACD offices will be closed in observance of the Juneteenth holiday: **June 19 (Mon)**
- Check/update expiring enrollments & submit new enrollments by **June 9 (IL) & June 12 (MI)**
- May first claim due: **June 13 (MI) & June 19 (IL)**
- April final claim due: **June 26 (IL) & June 28 (MI)**
- Notify our Customer Service Team of changes to operating hours and/or children's attendance hours as summer approaches.
- Complete **“Holiday Note” form** with required signatures if caring for children on a holiday.

Gut Health

Help children establish a healthy gut for lifelong health

What brings us cheese, butter and ice cream? You guessed it: dairy!

With June designated “**Dairy Month**,” there are many ways to celebrate including enjoying your favorite dairy product or thanking a dairy farmer (or cow).

ACD is celebrating by highlighting the important role dairy plays in helping infants and young children maintain good gut health.



Our gut (aka digestive tract) has many important functions: aiding digestion; removing waste and absorbing nutrients such as iron and proteins that are critical for growing bodies.

The gut microbiome – the trillions of bacteria that live inside a child’s gut – plays an equally important role in keeping children healthy; regulating metabolism; and reducing the risk of illness, disease or gut-related allergies like asthma and eczema.

It is believed that a child’s microbiome is “flexible” in infancy and childhood (before age four or five); start now to help children establish a healthy gut:

- **Feed Children A Probiotic-Rich Diet.** Kid-friendly probiotic foods include kefir, fermented vegetables, tempeh and yogurt (**NOTE:** look for yogurt containing “live cultures”).
- **Include Fiber In A Child’s Diet.**
 - **Insoluble Fiber:** Found in whole grain breads and cereals and skin of fruit and vegetables, helps promote bowel movements.
 - **Resistant Starch:** Found in whole grain cereals, legumes and starchy vegetables like potato, produces good bacteria.
 - **Prebiotics:** Found in bananas, apples, oats, barley or onion, helps feed “friendly” bacteria in the gut.
 - **Soluble Fiber:** Found in fruits, vegetables, oats, barley and legumes, helps children feel fuller for longer.
- **Limit Sugar.** Sugar feeds bad bacteria.
- **Avoid Processed Foods & Artificial Sweeteners.** Processed foods irritate the gut and have additives that increase gut inflammation.

■ **Image (pg. 4):** Anna Kucherova/Canva ■ **Graphic (pg. 4):** Chanakarn Kwang
 ■ **Source:** www.oac.edu.au | parents.com | chrichmond.org | daysoftheyear.com
 ■ **Image:** Kate_Sept2004/Getty Images Signature

Happy Retirement Alyce!

“ I’ve loved my job with ACD, especially talking with providers and children. I hope I’ve given good information and advice to help my daycare providers do a very difficult and important job.”



Alyce Castellese
ACD Monitor
37 years

Honoring Juneteenth with Food

June 19 is Juneteenth – a celebration of freedom

Like many holidays, food holds a special meaning on Juneteenth.

To honor this important day in history, red-colored foods symbolizing the resilience of slaves and joy of freedom, are featured in many celebrations. Historians have found the color red links back to many slaves' origins in West Africa, where the color represented spirituality, strength, life and death.

Common red-colored foods you may find at a Juneteenth celebration include:

- Red kola nut tea
- Red hibiscus tea
- Red soda
- Red lemonade
- Red velvet cake
- Strawberry pie
- Red beans and rice
- Red cabbage
- Watermelon
- Tomatoes
- Spicy hot links
- Barbecued meats



While many of these foods have been included in Juneteenth celebrations for generations, some of them, such as red velvet cake, are more modern additions when food coloring became more widely available in the twentieth century.

The first Juneteenth celebration occurred June 19, 1865, when a Union General traveled to the westernmost region of Texas to deliver the news that slavery had been abolished. Despite Abraham Lincoln declaring slavery was abolished 2 years before, many slaves living in Confederate-controlled states were not yet given this freedom until 1865. Since that time, Juneteenth has been celebrated annually and recently declared a federal holiday in 2021 by President Joe Biden for all Americans to honor.

Celebrations today are often similar to those from the late 1800s with barbecuing, baseball, fishing, prayer services and guest speakers brought in to share the history of this special day.

Whether you celebrate Juneteenth with special red-colored foods or not, it's essential for Americans to recognize this holiday as an important piece of our country's history.

■ **Image: (left)** ART Watcharapong/Getty Images | **(right)** Alessandrobiascicoli/Canva

■ **Image (pg. 7): (top)** forkintheroad.co | **(bottom)** Stockbyte/PhotolImages | **(right)** Billion Photos/Canva

Sauteed Collard Greens & Black-Eyed Peas

3 servings (1/2 cup greens with three fritters)

Celebrate Juneteenth with this traditional southern dish prepared with a twist of black-eyed peas in fritter form on top sauteed collard greens.

Ingredients

[Sauteed Greens]

2 tbsp. olive oil
1/4 cup onion, diced
1 clove garlic, minced
1 tbsp. apple cider vinegar
1 lb. (one bunch) collard greens
1/2 cup low-sodium vegetable broth
1/4 tsp. salt
1/8 tsp. black pepper

[Black-Eyed Pea Fritters]

1 cup canned black-eyed peas, drained & rinsed
1/4 cup flour
1/2 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. salt
1 egg, beaten
1 tbsp. olive oil

- Wash greens thoroughly.
- Pat dry and cut away majority of the stem from each leaf.
- Stack about 5-6 leaves, roll and slice into 1/2-inch ribbons.
- Add oil to large pot and cook onions over medium-high heat for 3 minutes.
- Add garlic and apple cider vinegar, cook for one minute.
- Add greens, vegetable broth, salt and pepper. Stir well to incorporate the liquid and seasonings.
- Cover pot and cook 20-25 minutes, stirring often.
- While greens are cooking, prepare fritters.
- In a bowl, mix black-eyed peas, flour and seasonings (mash beans well using a fork).
- Stir in egg and mix well.
- Shape batter into balls with clean hands (ball size should be two tablespoons).
- Add oil to frying pan and heat over medium-high heat.
- Carefully add balls, flattening slightly with a spatula.



BUSINESS

Hire an intern.

Summertime means many high school or college students are looking for work experience.



Why not consider offering a summer internship?

Including being a low-cost source of quality labor, interns offer a multitude of benefits such as:

- a fresh perspective
- helping you increase business productivity and community engagement
- the chance to convert them to full-time employees

Determine what you need an intern for in relation to your business goals. Possible roles include:

- Marketer
- Project Manager
- Graphic Designer
- Social Media Manager

Be clear if the internship is paid or unpaid; the length of the internship; skills needed and/or if the intern is able to get academic credit from your internship. **If the internship is unpaid, check Fair Labor Standards Act (FLSA) guidelines to ensure your business meets requirements.**

Of course...remember to thank your intern(s) once their internship ends.

■ Source:

acquisition-international.com
www.costarters.co

[Continued on page 10]

Workplace Safety

June is Safety Month – work smart & safe!

Also
prioritize
mental &
physical health
this month!

01

KNOW BASIC FIRST AID



02

LEARN & SAFELY USE
JOB-SPECIFIC EQUIPMENT

03

KEEP WORK AREA & EQUIPMENT
IN GOOD CONDITION



04

IMPLEMENT FIRE PREVENTION
& FALL PROTECTION MEASURES

05

KEEP EMERGENCY
EXITS ACCESSIBLE



06

SAFELY HANDLE HAZARDOUS
MATERIALS & CHEMICALS

Paper Bag Pirate Puppet

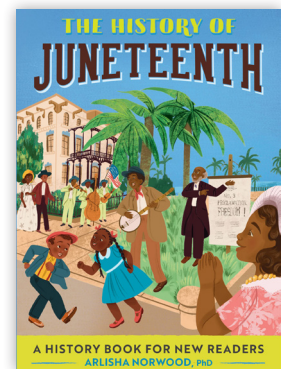
Paper Lunch Bag
 Acrylic Paint: White, Red
 & Flesh Tone
 Felt: Dark Brown, Black, White,
 Peach, Goldenrod & Light Blue
 Bandana
 Paintbrush
 Scissors
 White Craft Glue
 Pattern**



- Lay bag on flat surface, bottom flap facing up.
- Paint bottom flap with flesh-colored paint and the rest of the bag white*.
- When white paint dries, paint red stripes across the front and back of bag.
- Use pattern** to cut out felt pieces while paint dries:
 - black for the eye patch and pupil
 - a thin strip of black for the eye patch band (8” long)
 - brown for the moustache, beard and ponytail
 - goldenrod for the earrings, white for the eye and peach for the nose
- Cut small ponytail holder out of light blue felt.
- Glue ponytail to back of the bag first.
- Position top of the hair one inch below the top of the bag; and glue ponytail holder onto ponytail.
- Turn bag over so bottom flap is facing up. Lift flap gently and glue beard just under the flap.
- Glue on moustache (overlap bottom of moustache over bottom of flap).
- Cut 1/4 of the bandana by folding the bandana in half and folding it in half again (you should have a square, four squares folded together). Cut out one of the squares.
- Place bandana square flat in front of you with the finished corner pointing downward. Fold the opposite corner (unfinished, cut corner) to the finished corner, creating a triangle.
- Hold bandana in place with fingers and turn over bag and bandana. Take two loose ends of the triangle and tie them together, creating a do-rag. Glue in place, front and back.
- Flip bag over so pirate is face up. Glue eye, pupil and eyebrow above moustache; glue eye patch on other side.
- Glue thin black strip from one corner of the eyepatch to other corner.
- Glue earrings inside bottom flap of the bag (face).
- (*) To shorten project time, use white paper lunch bags.
- (**) Pattern available on facebook.com/acdkidsorg.

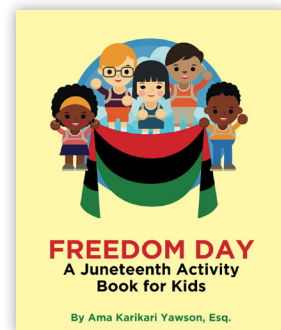
■ **Crafts/Images:** craftsbyamanda.com

**Juneteenth is June 19
 – a special holiday for
 African-Americans.**



**The History of Juneteenth
 by Arlisha Norwood, PhD.**

Intended for children ages six to nine, this kid-friendly Juneteenth book offers a history of the holiday; a visual timeline marking major milestones and thought-provoking questions.



**Freedom Day
 by Ama Karikari Yawson**

This book contains the history of Juneteenth as well as vocabulary words, essay questions, coloring pages and other exercises that allow users to deeply reflect on this important American holiday.

■ **Books:** amazon.com

Here Comes The Sun

Protect children from hot-weather risks

Summer officially begins June 21. As we venture outdoors to enjoy warmer weather; it's important to protect children from hot-weather risks.

Keep these “fun in the sun” tips top of mind:

Sunburn. A few serious sunburns can increase a child’s risk of skin cancer later in life. Plan indoor activities during midday when UV rays are most harmful; and generously apply sunscreen with at least SPF 15 half an hour (30 minutes) before a child goes outdoors.

Swimming Injury. Designate an adult “water-safety supervisor” to watch children when at a beach or pool. Although rare, also be aware of “dry drowning” which can occur if a child develops drowning symptoms after a drowning episode. Most symptoms appear within hours: persistent cough or vomiting; breathing faster or working hard to breathe or extreme fatigue. **NOTE: Seek medical care if a child is having any of these symptoms.**

Heat Illness. Heatstroke, heat exhaustion and heat cramps are caused by exposure to high temperatures. **Heatstroke is life-threatening and must be promptly treated!** A child is at risk of heatstroke after being in high temperatures such as when left in a car on a hot day.

Signs of **heat exhaustion** include heavy sweating, dizziness, nausea or fainting. Treat mild symptoms (dizziness) at home with fluids and by having a child lie down with their feet elevated. **Seek medical care IMMEDIATELY if a child has severe symptoms (fainting).**

Heat cramps are muscle spasms in the legs and stomach typically after physical activity. A child will often feel better after drinking fluids and cooling down.

To prevent heat illness:

- plan outdoor activities during the early morning or evening;
- remind children to drink lots of cold liquids before and during activity in hot, sunny weather – even if they're not thirsty; and
- teach children to go indoors, rest and hydrate **right away** if feeling overheated.

■ **Source:** [cdc.gov](https://www.cdc.gov) | [cedars-sinai.org](https://www.cedars-sinai.org) | [chcw.org](https://www.chcw.org) | [childrenscolorado.org](https://www.childrenscolorado.org) | [healthier.stanfordchildrens.org](https://www.healthier.stanfordchildrens.org) | [blog.bonsecours.com](https://www.blog.bonsecours.com) | [kidshealth.org](https://www.kidshealth.org) | [health.clevelandclinic.org](https://www.health.clevelandclinic.org)



[Continued from page 7]

Sauteed Collard Greens & Black-Eyed Peas (Cntd')

- Cook 2-3 minutes per side.
- Serve fritters on top of sauteed collard greens.
- **NOTE:** For children under age three, serve two fritters with 1/4 cup greens, diced well.
- **Optional:** Serve recipe with cornbread as a side.

Nutrition Information (1/2 cup greens with three fritters): 390 calories, 19 grams fat, 28 grams carbohydrate, 12.3 grams fiber, 16 grams protein.

- **Vegetable**
- **Meat/Meat Alternate**

June 2023

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

1. The digestive tract is also known as our:

- a. “Galley”
- b. “Goose”
- c. “Gut”
- d. “Gift”

2. Outdoor activities are OK midday when UV rays are most harmful:

- a. True
- b. False

3. Dairy Month is observed in:

- a. December
- b. Secret
- c. June
- d. March

4. Prebiotics can be found in:

- a. Onions
- b. Oreos
- c. Barley
- d. Bananas

5. Keeping emergency exits accessible is good workplace practice:

- a. True
- b. False

6. A child is at risk of heatstroke after being in:

- a. Bed
- b. Sand Castles
- c. Disneyland
- d. High Temperatures

7. “Dry drowning” is a common occurrence:

- a. True
- b. False

8. Hiring an intern is a high-cost source of quality labor:

- a. True
- b. False

9. Insoluble fiber helps children feel fuller for longer:

- a. True
- b. False

10. The red color associated with Juneteenth signifies:

- a. Danger
- b. Strength
- c. Love
- d. Food

11. A child’s microbiome is “flexible” after age four or five:

- a. True
- b. False

12. Juneteenth is:

- a. July 19
- b. June 19
- c. January 9
- d. June 9

13. Physical and mental health should also be a priority during Safety Month :

- a. True
- b. False

14. June is “Frozen Fruit & Vegetables” Month:

- a. True
- b. False

15. Safety Month is observed in:

- a. Christmas
- b. January
- c. June
- d. Winter



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.