

potpourri

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What's Inside?
Plant-Based Foods
Adopt a Cow Program
Mindfulness While Eating
Backyard Safety
& More!

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.

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June marks the official beginning of summer! This is a time that should be filled with fun, exploration, and growth for children. For many families, the end of the school year also brings uncertainty about where their children's next meals will come from. When school cafeterias close, the need for reliable nutrition doesn't disappear. That's why our work becomes even more crucial during this time. With your partnership, we continue to ensure that children have access to healthy meals throughout the summer months. Whether it's through childcare centers or home daycare, we are committed to filling the gap and supporting families when they need it most.

We are also proud to support our dedicated childcare providers who go above for the children in their care. Their creativity, compassion, and resilience make a lasting difference in the lives of the children they care for. We are honored to work alongside them.

As summer kicks off, let's keep the momentum going. Together, we can make sure every child has the nourishment they need to enjoy a healthy, happy, and active summer.

Denise Meyer

Denise Meyer
Executive Director

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March Into Summer with These Recipes!

Bok choy, swiss chard, and broccoli!

Bok Choy Noodles

4 servings
dryum.org

Ingredients

8 ounces whole-grain noodles
1 tablespoon oil
1 onion, chopped
3 cloves garlic, minced
1 tablespoon minced fresh ginger
1 pound bok choy, chopped
3 tablespoons soy sauce
(substitute tamari for gluten-free)
1 tablespoon sesame oil
1 tablespoon maple syrup
1 tablespoon rice vinegar
1 tablespoon water

Instructions

- Cook noodles as directed.
- Add oil to a large skillet and heat over medium heat. Saute onion, garlic, and ginger until softened, but not browned.
- Add bok choy to the skillet and saute, cooking until bright green and crisp-tender.
- While bok choy is cooking, combine soy sauce, sesame oil, maple syrup, rice vinegar, and water in a small bowl or jar.
- Drain rice noodles and add them to the pan.
- Pour sauce over noodles and toss together with the other ingredients in the pan. Saute until noodles are cooked through and sauce is absorbed, about 5 minutes.

Tip: Add tofu for a meal alternate.

✦ Grain ✦ Vegetable



Friteeni Frittatas

24 frittatas
dryum.org

Ingredients

8 eggs
1/3 cup milk
1 teaspoon salt (more to taste)
1/8 teaspoon black pepper
1 tablespoon olive oil
1 onion, finely diced
2 cups peeled and finely diced sweet potatoes
3 cups finely chopped swiss chard
(can also use kale or spinach)
1 teaspoon finely chopped rosemary
1/4 cup grated parmesan cheese

Instructions

- Preheat oven to 375 degrees.
- In a medium sized bowl beat eggs, milk, 1 teaspoon salt, and 1/8 teaspoon pepper, and set aside.
- Grease two mini muffin tins with butter or oil.
- In a large skillet, heat olive oil on medium heat. Cook onions 2-3 minutes until slightly soft. Add sweet potatoes and cook about 4-6 minutes until soft.
- Add Swiss chard and rosemary, and cook another 4 minutes or so, until greens are all wilted. Add additional salt and pepper to taste.
- Fill the bottom of each muffin tin with about a tablespoon of cooked vegetables. Spread the vegetables evenly until all 24 cups are filled.
- Place 1-2 tablespoons of egg mixture into each of the cups, nearly covering the vegetables.
- Bake about 10-12 minutes. Take tins out and sprinkle a pinch of parmesan cheese

on each little frittata. Place back in the oven for another approximately 5 minutes until cooked through (watch carefully so they don't brown too much). Remove each frittata with a silicone spatula and serve warm.

✦ Meat/Meat Alternate ✦ Vegetable

Roasted Broccoli with Lemon and Parmesan

6 servings
dryum.org

Ingredients

1 1/2 pounds broccoli, cut into bite-size florets
2 cloves garlic, minced
4 tablespoons olive oil (divided)
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon lemon zest (about 1/2 a lemon)
2 tablespoons fresh lemon juice (about 1/2 a lemon)
1/3 cup grated parmesan cheese

Instructions

- Preheat oven to 425 degrees.
- Place broccoli florets on a rimmed sheet pan and toss with garlic, 3 tablespoons olive oil, salt, and pepper.
- Arrange seasoned broccoli in an even layer on the sheet pan so each floret is making direct contact with the pan.
- Roast in preheated oven for 30 minutes, or until broccoli is crisp and some of the tips are browned.
- Remove from oven and immediately toss with 1 tablespoon olive oil, lemon zest, lemon juice, and parmesan.

✦ Vegetable ✦ Meat/Meat Alternate

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG French Toast Sticks 2. Strawberries 3. Milk	1. WG Biscuit 2. Applesauce 3. Milk	1. Cottage Cheese w/WG Crackers 2. Pineapple Chunks 3. Milk	1. WG Cereal 2. Cantaloupe 3. Milk	
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Baked Chicken Strips 2. WG Cornbread 3. Sweet Potatoes 4. Diced Pears 5. Milk	1. Black Bean & Cheese Burrito 2. WG Tortilla 3. Shredded Lettuce & Tomato 4. Banana 5. Milk	1. Hard-Boiled Egg 2. WG Toast 3. Sauteed Green Beans 4. Apple Slices 5. Milk	1. Turkey & Cheese Wrap 2. WG Tortilla 3. Baby Carrots*** 4. Grapes*** 5. Milk	1. Baked Fish Sticks 2. Brown Rice 3. Corn 4. Strawberries 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. WG Pita 3. Mango 4. Baby Carrots*** 5. Milk	1. Cottage Cheese 2. Brown Rice Cakes 3. Diced Pears 4. Cucumber 5. Milk	1. Nut/Seed Butter 2. WG Crackers 3. Apple Slices 4. Celery*** 5. Milk	1. Black Bean Dip 2. WG Tortilla Strips 3. Orange Wedges 4. Cherry Tomatoes*** 5. Milk	1. String Cheese 2. Oatmeal Muffin 3. Blueberries*** 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:

April 2025 final claim due: **June 23 (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@acdkids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acdkids.org | Fax: (708) 236-0872

Adopt a Dairy Cow It's Free!

In 2023, over 39,000 classrooms, home school families and library groups adopted a dairy cow! Classrooms from all 50 states along with a total of 38 countries participated in the program. That's over a million students with their own class cow! How did they manage that, with all the care and maintenance? The answer is fun and easy. They used Discover Dairy's "Adopt a Cow" program.

Entirely free of charge, the Adopt a Cow program is a year-long interactive learning opportunity that gives kids an inside look at a dairy farm in the United States. Students participate in engaging activities featuring the calves on the farm and the dairy farmers who manage the operation. Each classroom that enrolls in the Adopt a Cow program is paired with a calf from a dairy farm. Adopters receive photos, video updates, and activity sheets throughout the school year that allow them to watch their calf grow as well as a PowerPoint presentation full of information and photos. The program also offers live virtual chats and farm tours that allow students to talk directly with a dairy farmer, meet their calves, tour the farm, and ask questions about milk production. Through hands-on learning and free curriculum materials from Discover Dairy, kids gain a deeper understanding of the dairy industry and where their food comes from.



Registration for each academic year is from May 1 to September 15. Providers can access their adopted calf information via an app (available for iOS and Android) or through the website portal. Here is a timeline of events:

- **October:** Host farm and calf announcement is emailed and posted to your Adopt a Cow portal.
- **November:** Introductory email (sent via email) and kit with details about the host farm and calf (sent via snail mail) are sent.
- **December, February and April:** Updates are emailed and posted to your portal.
- **April/May:** Classrooms have an opportunity to live chat their calf and host farm via YouTube.



Dory

Name: Dory
 Birthdate: September 21, 2021
 Sire: Simpson
 Dam: 501
 Height: 34 in.
 Weight: 150 lbs.
 Breed: Holstein

Meet the Calf



Throughout the program, adopters find out the calf's name, birthday, location, and how the farmer cares for it. Adopters are encouraged to engage in the program by writing letters to their calf and host farm family.

Registration opened on May 1, so providers can sign up now for the next school year. Remember, the deadline is September 15. Go to discoverdairy.com/register. This gives access to the free lessons that can be used at any time throughout the year on the Discovery Dairy website.

Little Sprouts, Big Nutrition!

Plant-Based Fun with CACFP

Encouraging kids to enjoy plant-based meals is a delicious and nutritious way to support their growth and well-being. Plant-based foods like beans, lentils, whole grains, fruits, and vegetables are packed with essential nutrients that help fuel active bodies and curious minds. The Child and Adult Care Food Program (CACFP) makes it easier than ever to incorporate these wholesome options into daily menus by offering clear guidelines and crediting for plant-based meal alternates and whole foods.

What is a Plant-Based Diet?

The plant-based diet plan minimizes or excludes meat, poultry, eggs, fish and seafood, and dairy products such as cheese, yogurt, butter, and ice cream made from animals' milk. A whole foods, plant-based diet also minimizes or avoids processed, refined, and artificial ingredients, including added sugars.

How to Follow a Plant-Based Diet

General guidelines for a healthy plant-based diet include:

- Eat smaller amounts of meat or eliminate meat altogether from one or two meals per week for your family. Plant-based protein options that can create a filling meal include beans, tofu, lentils and nuts.
- Choose healthy fats, which can be found in nuts, seeds, avocado, olives and olive oils.
- Make fruit the "dessert" along with or after a meal.

Ensuring Healthy Growth for Kids Following a Plant-Based Diet

A plant-based diet that includes eggs and dairy ensures kids will have the necessary nutrients for healthy growth. An egg- and dairy-free vegan diet can also be healthy and complete, if sources of vitamin B-12, calcium, zinc, vitamin D and iron are maximized. Sources for these nutrients include:

- Vitamin B-12: vitamin fortified cereals, breads, soy milk, nutritional yeast, or in some supplements
- Calcium: kale, broccoli, dried beans, calcium-fortified soy milk
- Iron: chickpeas, lentils, kidney beans, tofu, dried fruits, whole grains, kale, cabbage, broccoli, iron fortified breads and cereals
- Zinc: hummus, potatoes, nuts, fortified cereal, dried beans, pumpkin seeds
- Vitamin D: fortified cereals, fortified milk substitutes, mushrooms, or in some supplements

Plant-forward meals not only meet CACFP requirements, they can also help establish healthy habits that last a lifetime.

■ **Source:** healthchildren.org | foodrevolution.org ■ **Images:** Adobe Stock Images



Lentil Veggie Sloppy Joes

Yield: 6 servings (1/2 cup)

Ingredients:

1 cup dry brown or green lentils (or 2 1/2 cups cooked)
 3 cups water or low-sodium vegetable broth
 1 tbsp olive oil
 1/2 cup finely diced onion
 1/2 cup finely diced red bell pepper
 1/2 cup finely diced carrots
 1 cup canned low-sodium tomato sauce
 1 tbsp tomato paste
 1 tbsp apple cider vinegar
 1 tbsp low-sodium soy sauce or coconut aminos
 1/2 tsp garlic powder
 1/2 tsp smoked paprika
 Salt and pepper to taste
 6 whole-grain slider buns or small whole-grain hamburger buns

Instructions:

1. Cook the lentils. Rinse lentils. In a saucepan, combine lentils with water or broth. Bring to a boil, reduce heat, and simmer for 20-25 minutes until tender. Drain any excess liquid.
2. In a skillet, heat olive oil over medium heat. Add onion, bell pepper, and carrots. Cook for 5-7 minutes until softened.
3. Add cooked lentils, tomato sauce, tomato paste, vinegar, soy sauce, garlic powder, paprika, salt, and pepper to the skillet. Simmer for 10 minutes to thicken and develop flavor.

Note: You can add the sloppy joe mixture to a cooked sweet potato as another option.

Safety notes: Keep children away from sharp knives and hot stoves.

✚ Grain ✚ Vegetable ✚ Meat/Meat Alternate



■ Images: Nick Evans c/o simplyrecipes.com

CASH STUFFING

Cash stuffing — also known as the envelope system — is a budgeting method that allows you to physically portion out your monthly income into different spending categories.



The concept is simple: Take a few envelopes, write a specific expense category on each one — like groceries, rent or student loans — and then put the money you plan to spend on those things into the envelopes.

Traditionally, people have followed the envelope system on a monthly basis, using cash and envelopes. More recently, people have adopted digital methods, including spreadsheets and apps like Goodbudget and Qube Money.

Start with a budget

A solid budget can make the cash stuffing method smoother by ensuring you have enough money to cover your expenses.

Create your envelope categories

Think about the types of expenses you have and sort them into categories. You get to decide how broad or specific to be here.

Limit spending to the envelopes

When you pay for something, use money only from the corresponding envelope. For example, if you set aside \$50 in an envelope marked “coffee,” and you buy a \$5 latte at Starbucks, you’ll take the money from the envelope.

You can refill your envelopes once a month or after you get your paycheck.

■ Source: nerdwallet.com

Mindful Munching: Help Kids Tune In to Mealtime

Mindfulness, or awareness, is noticing thoughts, feelings, bodily sensations and your immediate environment without judgment. Witnessing the present moment means you're not stuck thinking about the past or worrying about the future. You're able to direct your own attention to where you want it to be at any given moment and keep it there.

Helping children develop their own mindfulness practice can be very beneficial and these skills can be applied to many areas of life. Mindfulness can improve a child's ability to pay attention (especially helpful in school), to calm down when they're upset, and to make the decision to act instead of react to certain situations. Mindfulness can also be applied to the way we eat and have an effect on our relationship with food. Developing a good relationship with food at a young age is important and can help prevent childhood obesity and even obesity in adulthood with the continuation of this practice.

The three main reasons we eat are out of physical hunger, psychological hunger or due to our environment. Most adults engage in psychological hunger or habitual eating at some point in their day or week. The goal is to teach your kids the difference between these three types of hunger and for them to have the ability to be aware of how certain types of food and quantities make them feel after eating.

A quote from the Center for Mindful Eating, "Mindful eating has an intent that at the end of the meal the person will feel physically better after eating than before." Teaching kids to



apply mindfulness during eating will increase the likelihood they will become familiar with what feeling full actually feels like.

Tips to increase your child's awareness when eating:

- Have them take a deep breath or take a second to be thankful for their meal before eating.
- Ask them how hungry they are before a meal.
- Allow them to serve themselves, this will allow them to become familiar with appropriate serving sizes.
- Eat without distractions such as the television or computer. Have them put down their fork in between bites.
- Wait 15 minutes after eating to decide if they are still hungry for seconds (it takes about 15 minutes for your brain to register if you're full or not).
- Allow enough time to eat.
- Grow your own garden and let them be a part of that experience.

Paper Plate Brachiosaurus

Paper Plates
Sharpie Pen
Kids Paint
Paintbrushes
Scissors
Wooden Clothespins

STEP 1

Draw the outline of the body of the dinosaur onto the paper plate with a sharpie or black pen.

STEP 2

Paint your dinosaur and wooden clothespins. Example: Use one paint color for the body and feet, then use a cotton ball to place dots of a different color over the back, neck and long tail.

The clothespins will become the dinosaur's short legs once everything has dried.

STEP 3

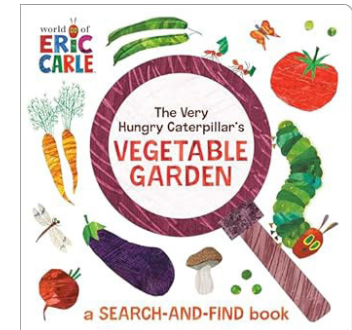
When the paint has dried, cut out your dinosaur shape.

STEP 4

Peg the two clothespins onto the bottom of the paper plate body to make some legs.

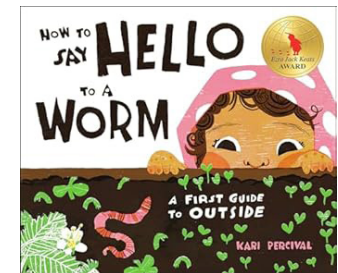


June has us right in the gardening season! Let's look at some fun books about the garden!



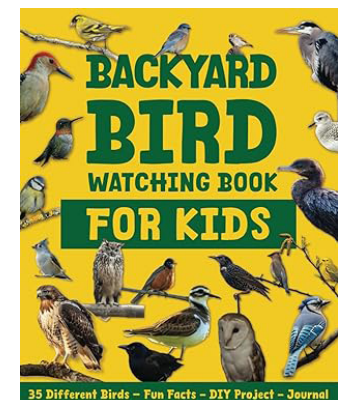
The Very Hungry Caterpillar's Vegetable Garden: A Search-and-Find Book

by Eric Carle (Author, Illustrator)



How to Say Hello to a Worm: A First Guide to Outside

by Kari Percival (Author, Illustrator)



Up in the Garden and Down in the Dirt

by Kate Messner (Author), Christopher Silas Neal (Illustrator)

Make Sure Your Backyard Is a Safe Place for Kids to Play

Encouraging kids to play outside is good for both their physical and mental health—they get fresh air, exercise and time to explore. But backyards can also be surprisingly dangerous places.

“Now that our kids are outdoors playing more in the beautiful sunshine, it’s a really good time to go around the backyard and make sure it’s safe,” says Dr. Pilar Bradshaw with Eugene Pediatric Associates.

Be on the lookout for standing water — just a few inches can be dangerous to young kids, Dr. Bradshaw says. “So, if you have anything that holds water, a wheelbarrow or a bucket, a paint can or anything, that is something that your kid could potentially drown in.”

More important safety tips:

- Secure yard and garden tools, chemicals and fertilizers out of reach.
- Never use a powered lawn mower when kids are in the yard.
- Pools should be fenced and hot tub covers securely latched when not in use—but remember that nothing can replace adult supervision.
- Keep safety top of mind when grilling and move your grill away from play areas. Never leave a hot grill unattended. Establish a safety line that kids aren’t allowed to cross.
- Check play structures for signs of wear and make sure they are well maintained.
- Consider avoiding or getting rid of a trampoline, a major source of injuries in children.
- Pay attention to what’s growing in your yard and promptly eradicate any poisonous plants.

“Be sure to look around for plants that your kid might get into,” Dr. Bradshaw says. “Little kids often will try eating things that have berries on it.”

Teach your kids not to eat berries from any plants unless a parent or caregiver says it’s OK. Ingesting just one to two berries from a plant called deadly nightshade can kill a child or a pet, so if you see it in your yard, dig it up and get rid of it. If you think your child has eaten a poisonous plant or flower, call the Poison Control Center’s help line at 1-800-222-1222.



June 2025

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

1. An example of a plant-based food would include:

- a. Cheese
- b. Beans
- c. Hot dogs
- d. Milk

2. ____ is a good source of zinc.

- a. Potatoes
- b. Oranges
- c. Milk
- d. Fish oil

3. Noticing thoughts, feelings, bodily sensations and your immediate environment is called mindfulness.

- a. True
- b. False

4. Cash stuffing is also known as the envelope method.

- a. True
- b. False

5. When does the Adopt a Cow program run?

- a. December
- b. Summer months
- c. Academic year
- d. May

6. A few berries from deadly nightshade can be fatal to kids and pets.

- a. True
- b. False

7. One way to eat mindfully is to watch TV while eating.

- a. True
- b. False

8. How many minutes should kids wait after eating to decide if they are still hungry for seconds?

- a. 10
- b. 15
- c. 20
- d. 25

9. Lentils, kidney beans, tofu, dried fruits, whole grains, and kale are good sources of iron.

- a. True
- b. False

10. A major source of backyard injuries for kids is a ____.

- a. Swing set
- b. Trampoline
- c. Slide
- d. Sandbox

11. Which food is a good source of calcium?

- a. Kale
- b. Broccoli
- c. Fish
- d. Both A & B

12. Use your powered lawnmower only when kids are around.

- a. True
- b. False

13. Cash stuffing is a method for hiding money.

- a. True
- b. False

14. The best way to keep kids safe is with ____.

- a. Security Cameras
- b. Fences
- c. Alarms
- d. Adult supervision

15. Plant-based foods are not allowable in the CACFP.

- 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.