

potpourri

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What's Inside?
Tasty Summer Snacks
Sun, Fun & Safe Snacks
Farm to Early Care
Water Play 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 brings the start of summer, and with it the opportunity to take advantage of fresh, local foods. Incorporating seasonal fruits and vegetables into meals not only supports local farmers, but also introduces children to a variety of flavors and nutrients at their peak. From crisp greens to sweet berries, this is a great time to make meals both nutritious and exciting.

This month, we also want to take a moment to recognize the incredible individuals who have been part of our program for many years. Our long-time providers and staff are the backbone of this work. Your experience, consistency, and dedication have helped share our programs and strengthen the support we provide to children and families every day.

The relationships you build, the routines you create, and the care you show over time make a lasting impact that cannot be measured. Your commitment not only supports children's health today but helps build a strong foundation for their futures.

Thank you for the years you have invested in this mission and for continuing to show up with passion and purpose. We are grateful for all that you do.

Denise Meyer
Executive Director

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Tasty Summer Snacks!

Let's put the fun in healthy summer snack time!

White Bean Dip

4 servings

loveandlemons.com

Ingredients

1 1/2 cups cooked cannellini beans, drained and rinsed
 2 tbsp extra-virgin olive oil
 2 tbsp fresh lemon juice
 1/2 tsp lemon zest
 1 small garlic clove
 1/2 tsp sea salt
 Freshly ground black pepper
 2 to 4 tablespoons water, if needed
 Optional fresh herbs:
 2 tbsp torn fresh basil leaves
 2 tsp chopped fresh rosemary leaves

Instructions

- In a food processor, pulse the cannellini beans, olive oil, lemon juice and zest, garlic, salt, and several grinds of pepper until combined. If the bean dip is too thick, slowly add the water with the food processor running. Process until smooth. Blend in the basil and/or rosemary, if desired.
- Serve with veggies or whole-grain pita.

Optional: Cook the beans yourself. If you have the time, cooking your own beans is totally worth it. You can amp up their flavor by simmering them with an onion, garlic, herbs, or dried chiles, and you can control their final texture. For this recipe, I like to cook them until they're very soft and almost falling apart. Drain them and allow them to cool slightly before you blend up the dip, but don't toss the bean liquid! Use it instead of the water in this recipe to add delicious depth of flavor.

⊕ **Vegetable** OR ⊕ **Meat/Meat Alternate**

Crunchy Snack Cookies

18 cookies

happyhealthymama.com

Ingredients

1/2 cup sliced almonds
 1/4 cup sesame seeds
 1/3 cup pumpkin seeds
 1/4 cup maple syrup
 1 teaspoon vanilla extract
 1/2 teaspoon of cinnamon (optional)
 Pinch of salt

Instructions

- Preheat the oven to 350 degrees F.
- In a large bowl, mix all the cookie ingredients until the maple syrup reaches the entire mixture.
- Place parchment paper on a baking sheet and with the help of 2 teaspoons form small mounds of the cookie mixture on the paper. (Mounds of 1 tablespoon each)
- Bake for about 10-12 minutes or until the snack cookies are golden.
- Cool completely before moving from the baking paper and serve and serve.

⊕ **Grain** ⊕ **Meat/Meat Alternate**



Fruited Chicken Salad With Crackers

6 servings

theicn.org

Ingredients

2 tbsp mayonnaise, reduced-fat
 1/2 tsp lemon juice
 1/4 tsp celery seed
 1/8 tsp onion powder
 3/4 cup (3 oz) chicken breast, boneless, skinless, cooked, diced
 1/4 cup + 2 Tbsp Granny Smith apples, peeled, diced
 1/4 cup dried cranberries
 36 (66 g or 2.4 oz of crackers total) whole-grain crackers

Instructions

- In a small bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
- Using a rubber spatula, fold in chicken, apples, and cranberries.
- Serve 3 Tbsp chicken salad and 6 crackers. Serve immediately, or keep cold at 40 °F or lower.

⊕ **Meat/Meat Alternate** ⊕ **Grain**

⊕ **Fruit**



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Strawberry Banana Smoothie 2. WG Toast 3. Milk	1. Scrambled Eggs w/WG Biscuit 2. Pineapple Slices 3. Milk	1. WG Cold Cereal 2. Peach Slices 3. Milk	1. WG Waffles 2. Blueberries*** 3. Milk	1. Cottage Cheese w/WG Bagel 2. Apple Slices*** 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Grilled Chicken Strips 2. WG Penne Pasta 3. Steamed Zucchini 4. Cantaloupe 5. Milk	1. Beef Taco Filling 2. WG Tortilla 3. Diced Tomato 4. Mango 5. Milk	1. Baked Pollock 2. Brown Rice 3. Roasted Cauliflower 4. Kiwi 5. Milk	1. Cheese & Bean Burrito 2. WG Tortilla 3. Corn/Bell Pepper Mix 4. Pears 5. Milk	1. Turkey Burger Patty 2. WG Noodles 3. Steamed Green Beans 4. Strawberries 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Colby Jack Cheese Cubes 2. WG Pretzels 3. Fresh Cherries (Pitted, Halved) 4. Sliced Radishes 5. Milk	1. Cottage Cheese 2. WG English Muffin 3. Blackberries 4. Steamed Asparagus 5. Milk	1. White Bean Dip 2. WG Pita Chips 3. Plum Slices 4. Cucumbers 5. Milk	1. Turkey Slices 2. WG Crackers 3. Nectarines 4. Bell Pepper Strips*** 5. Milk	1. Plain Yogurt 2. WG Granola 3. Raspberries 4. Celery Sticks*** 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 2026 final claim due: **June 22, 2026 (Mon.)**

- **CENTERS:** All claims require supporting documentation before being submitted to the state for reimbursement. No documentation = no reimbursement.
- 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 record any children out of school or daycare closures in My Food Program.
- Send enrollments to: **Michigan:** mifrontdesk@acdkids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acdkids.org | Fax: (708) 236-0872

Sun, Fun, and Safe Snacks:

Summer Food Safety Tips

Summer is a season full of outdoor activities, picnics, and fun snacks for kids - but it also comes with an increased risk of foodborne illnesses. In childcare settings, where multiple kids eat and play together, it's especially important to follow proper food handling, storage, and cooking practices. Understanding summer food safety helps caregivers protect children's health while still offering safe, enjoyable meals and snacks during warm-weather activities.

Michigan State University Extension recommends using four steps to keep food safe: **clean, separate, cook and chill**. Each step has important tips to keep in mind for safe and fun summer food events.

1. CLEAN

Make sure that all surfaces are clean and hands are washed for at least 20 seconds with warm, soapy water before handling food and after handling raw meats, fish, or poultry.

2. SEPARATE

Prevent cross-contamination by keeping raw meats separate from fruits and vegetables, and other ready-to-eat foods. Make sure to keep food separated in the refrigerator, cooler and on cutting boards. Remember to replace the plate that held raw meat with a clean plate for the cooked, ready-to-eat foods that come off the grill.

3. COOK

When cooking and grilling, use a food thermometer to ensure food is cooked to the proper temperature to kill bacteria. The recommended minimum internal cooking temperatures to follow are listed below:

- Ground meat (beef, pork, veal and lamb): 160 degrees Fahrenheit
- Pork, beef, veal, lamb: 145 degrees
- Poultry (chicken, turkey, duck), whole or ground: 165 degrees
- Raw ham, plus three minutes stand time: 145 degrees
- Pre-cooked ham (to reheat): 140 degrees
- Seafood: 145 degrees
- Leftovers and casseroles: 165 degrees

4. CHILL

Summer's warm temperatures make it difficult to keep cold foods cold. Take action to ensure that food is refrigerated quickly below 40 degrees. Use coolers or ice chests filled with ice when traveling or taking food away from home for food events. Don't use ice that keeps food cold in any beverages. Keep the coolers closed as much as possible and out of direct sunlight. Pack beverages in a separate cooler from the food since the beverage cooler is usually opened more frequently.

Farm to Early Care: Local Foods

Summer is right around the corner, and that means harvest time for many locally grown fruits and vegetables. One benefit of buying local food is the support of your local farmers and economy. Local farmers often hire local workers and buy supplies from local businesses as well. Another potential benefit of eating local produce is more nutrients, since plants retain more nutrients closer to the date they were harvested. And we can't forget to mention a delicious benefit of eating local: farm fresh taste!

Whether you live in Illinois or Michigan, you can find a wide variety of fruits and vegetables ready for harvest this June:

June Harvest in Illinois			
Apples	Eggplant	Onions	Rhubarb
Asparagus	Leeks	Peaches	Spinach
Beans	Lettuce	Peas	Squash
Cabbage	Melon	Plums	Strawberries
Carrots	Nectarines	Potatoes	Tomatoes
Cherries	Okra	Radishes	Turnips

June Harvest in Michigan		
Asparagus	Lettuce	Scallions
Beets	Mushrooms	Spinach
Broccoli	Peas	Strawberries
Chard	Radishes	Sweet cherries
Kohlrabi	Rhubarb	Turnips

Involving kids in selecting local produce can help build their interest in supporting local farmers too. Try out a scavenger hunt to find all the colors of the rainbow at the farmers market or identify foods that start with different letters of the alphabet.

Remember to thoroughly clean food from a farmers market, roadside stand or from Community Supported Agriculture (CSA). Unlike produce at the grocery store that has been cleaned and kept inside a temperature controlled environment, farm fresh produce needs a good soak and scrub to remove dirt and possibly bugs. Also be mindful of proper storage guidelines, since certain foods like berries need to be refrigerated soon after purchase, while other foods like tomatoes can sit on the counter at room temperature.

Whether you've been buying local for years or are new to the concept, enjoy the bountiful harvest of farm fresh produce that summer brings!



■ Images: Adobe Stock Images

Summer Garden Flowers

Welcome summer's arrival with this flower-inspired snack featuring whole grain crackers and zesty cream cheese topped with flower-shaped cucumber slices.

Yield: 4 servings

Ingredients:

- 1 large cucumber
- 24 whole grain crackers
- 4 oz cream cheese, softened
- 1/2 tsp dried parsley
- 1/4 tsp dried dill
- 1/8 tsp garlic powder
- 1/8 tsp black pepper

Instructions:

1. Wash the cucumber and pat dry. Cut the cucumber into 1/4" slices.
2. Using a small flower-shaped cookie cutter or knife, cut the cucumbers into flower shapes.
3. Prepare the cream cheese spread by mixing the softened cream cheese with herbs and spices in a mixing bowl.
4. Assemble the sandwiches by spreading 1 tsp of the cream cheese mixture on a cracker and topping it with a cucumber flower.
5. Serve and enjoy!

Optional: Top crackers with different vegetables like bell peppers (as shown in photos) or use hummus as an alternative spread.

Nutrition information: (serving size 6 crackers with 1/2 cup cucumber slices): 185 calories, 13 grams fat, 15 grams carbohydrate, 3 grams protein



Half a Century of Heart: Deborah Larry's 50-Year Legacy in Michigan



In Michigan's childcare community, Deborah Larry is more than just a provider; she is a cornerstone. As she prepares to celebrate a phenomenal 50-year milestone with the Association for Child Development (ACD), Deborah reflects on a journey that began with a simple need. "I decided to get my license and stay at home... because there was a demand at that time for a competent child care," she explains. That decision blossomed into a lifelong calling. "To be honest it wasn't a job. It never felt like a job because I loved what I did."

Known affectionately as "Miss Larry," she has fostered a "family type of environment" that spans generations. Her impact is so deep that former students often return with their own little ones. "I take care of their children, their grandchildren... I can't say my this is my daycare kid. No, this

continued on page 8

Celebrating Over 30 Years with ACD!

We want to take a moment to celebrate five of our ACD team members who have been with us for 30 years plus! That kind of dedication is something very special, and it doesn't go unnoticed!

Over the years, these women have seen a lot of changes, taken on new challenges, built strong relationships, shared their wisdom with others, and helped create the supportive, caring culture we are so proud of.

Thank you for being here, for all the hard work you have put in over the years, and for continuing to show up with dedication and heart. We are truly grateful to have you as part of the ACD family.



Anita Gorski (Illinois)



Pati Yoder (Michigan)



Michelle Stickley (Michigan)



Deborah Streeter (Michigan)



Janet Walker (Michigan)

continued from page 7

is my bonus daughter and my grandchildren."

Deborah's secret to longevity is fueled by high energy and a commitment to individual care. When asked what piece of advice she would give a new provider, she answers, "Patience and love. Each child has a different personality, and you have to learn that individual." she advises, adding that "My favorite time is outdoors with

the children." She also credits her partnership with the food program for helping her instill healthy habits, noting, "The food program has taught me a lot, and I have passed that on to my children."

Looking at the doctors and engineers she once mentored, Deborah is filled with pride. "I am so proud of the children that I care for," she says. "I know I did something right."



Plastic Spoon Bugs

MATERIALS

- Plastic spoons
- Multi-surface acrylic paint
- Black pom pom (1 inch)
- Googly eyes (6mm)
- Equipment:
- Scissors
- Paintbrush
- Glue gun

STEP 1

Cut and paint the spoons. Cut the handles off of three plastic spoons. Recycle the handles and keep the rounded spoon parts.

STEP 2

Paint the back of one of your spoons with black paint. This will be the body of the ladybug.

STEP 3

Paint the other two spoons red. Allow to dry.

STEP 4

Use a small paintbrush (or the end of a paintbrush handle) to add small black dots to the red spoons. These will be the ladybug's wings. Allow to dry.

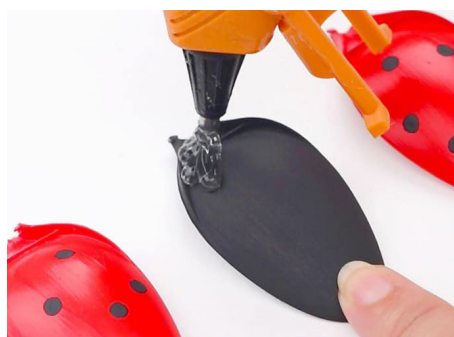
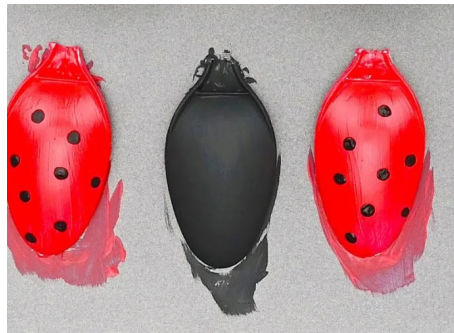
STEP 5

Connect the ladybug pieces. Add a generous amount of hot glue to the cut end of the black spoon on one side. Place one of the wings into the glue, angling it out away from the body a bit. Make sure your spoons are all facing the same direction (the cut ends on the same side).

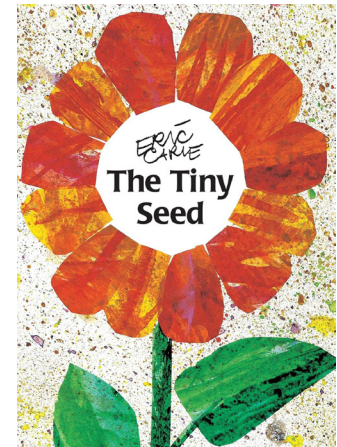
Add more glue, partially on top of the first wing. Set the second wing in place so that it slightly overlaps the first and goes out at the opposite angle.

STEP 6

Attach the ladybug's face. Cut a small black pom pom in half. Add a generous amount of hot glue to the flat side of the pom pom. Place the glued pom pom at the front of the ladybug, on top of the wings, covering where the handles were cut off. Add hot glue to the googly eyes and press them onto the front of the pom pom head.



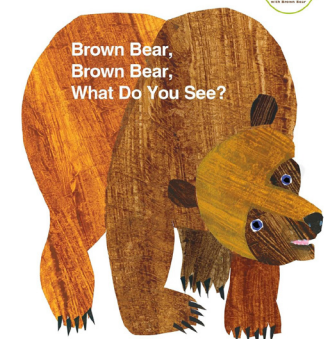
Eric Carle is a much-loved American author of children's books! Let's celebrate his birthday this month with a few of them!



The Tiny Seed

by Eric Carle (Author, Illustrator)

Bill Martin Jr / Eric Carle



Brown Bear, Brown Bear, What Do You See?: 50th Anniversary Edition

Bill Martin Jr. (Author), Eric Carle (Illustrator)

Eric Carle The Very Quiet Cricket



The Very Quiet Cricket

by Eric Carle (Author, Illustrator)

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

Protecting Our Small Explorers: Backyard & Household Water Safety

In a professional childcare setting, the safety of active, curious toddlers is the highest priority. Because drowning is the leading cause of injury-related death for children ages 1 to 4, providers must maintain rigorous safety standards. Young children are naturally drawn to water—whether it is a shimmering puddle, a birdbath, or a cleaning bucket—but they lack the developmental maturity to understand the risks. Implementing "layers of protection" is the most effective way to prevent accidents during both structured play and transitions.

Securing the Physical Environment

The first layer of defense is ensuring that children never have unsupervised access to water.

Backyard Hazards: If the facility has a pool, hot tub, or decorative pond, it must be enclosed by a four-sided fence at least four feet high. Gates should be self-closing and self-latching, with the latch placed out of a child's reach.

Immediate Cleanup: Small amounts of water pose a significant risk. Always empty buckets used for mopping, wading pools, and even large pet water bowls immediately after use. Store these containers upside down so they cannot collect rainwater.

Indoor Access: Use safety latches or doorknob covers to keep bathrooms closed when not in use. This prevents children from wandering in and reaching toilets or tubs.

The Standard of "Touch Supervision"

Supervision in a childcare setting must be constant and focused. When children are near any water source, providers should practice "touch supervision," remaining within arm's length at all times. It is essential to eliminate distractions; cell phone use or administrative tasks should never take place while monitoring water play. During group activities or outdoor transitions, assigning a specific "Water Watcher" ensures that one adult's sole responsibility is monitoring the water hazard, preventing the "bystander effect" where everyone assumes someone else is watching.

Professional Readiness

Education is a final, vital layer. Encouraging water survival skills and swim lessons for children can provide an added measure of safety. Furthermore, every childcare provider should be trained in CPR and basic water rescue techniques. By maintaining secure barriers, practicing vigilant supervision, and staying prepared for emergencies, providers can create a secure environment where children can explore safely.



June 2026

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

1. What is the minimum height for a four-sided fence surrounding a pool or pond in a childcare facility?

- a. 5 feet
- b. 4 feet
- c. 3 feet
- d. 6 feet

2. Food should be kept separated where to prevent cross-contamination?

- a. Cutting boards only
- b. Refrigerator only
- c. Refrigerator, cooler, and on cutting boards
- d. Only when preparing raw meat

3. Drowning is the leading cause of injury-related death for children between the ages of 1 and 4.

- a. True
- b. False

4. Buying local food helps support your local economy.

- a. True
- b. False

5. Food purchased from a farmer's market does not need to be washed.

- a. True
- b. False

6. What should be done with a plate that held raw meat before placing cooked food on it?:

- a. Wipe it with a dry cloth
- b. Replace it with a clean plate
- c. Use it immediately to keep the food warm
- d. Rinse it quickly with cold water

7. Produce is harvested at the same time all over the country.

- a. True
- b. False

8. The recommended internal temperature for poultry, such as chicken or turkey, is 145 degrees F?

- a. True
- b. False

9. Buckets and wading pools should be stored upright after being emptied.

- a. True
- b. False

10. Hands should be washed for at least ___ seconds.

- a. 10
- b. 15
- c. 20
- d. 30

11. Which supervision technique requires the provider to remain within arm's length of children whenever they are near a water source?

- a. Zone surveillance
- b. Touch supervision
- c. Standard observation
- d. Bystander monitoring

12. Ground beef should be cooked to a minimum internal temperature of 160 degrees F.

- a. True
- b. False

13. Leftovers and casseroles require an internal temperature of 165 degrees Fahrenheit to be considered safe..

- a. True
- b. False

14. What is the recommended temperature for keeping refrigerated food cold??

- a. Below 32 degrees
- b. Below 40 degrees
- c. Exactly 50 degrees
- d. Below 60 degrees

15. Ice used to keep food cold in a cooler can also be used in beverages..

- 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 50 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.