

potpourri

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FEATURED RECIPES
Beans

HEALTHY HABITS
Extend the Life of Your Produce

HEALTH ISSUES
Bottle Mouth Syndrome



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Desiree Nonvak

Food Buying Guide

FOOD BUYING GUIDE

Developed from Team Nutrition, the Food Buying Guide is the essential resource for information surrounding food for all child nutrition programs. The Food Buying Guide assists operators, food manufacturers, and other stakeholders with:

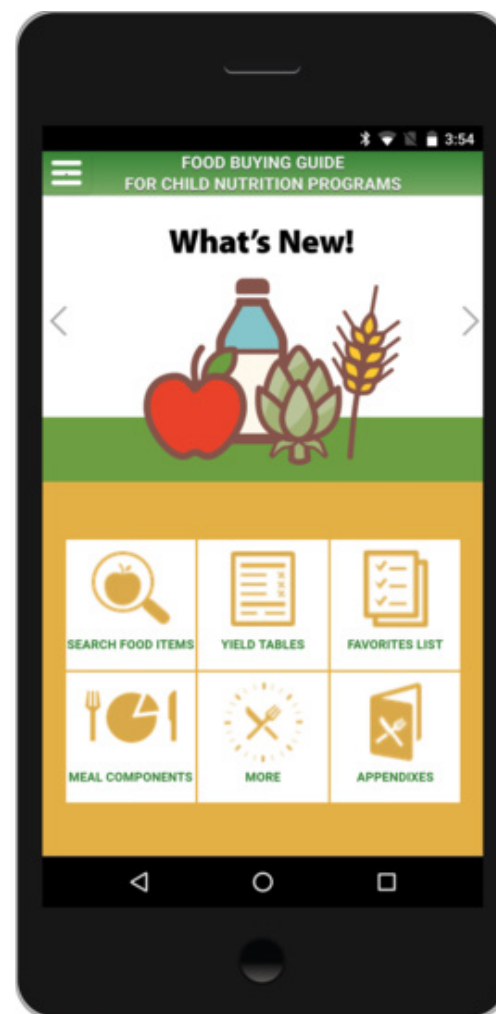
- Purchasing the correct amounts of food for child nutrition meal programs.
- Determining the contribution that each food makes toward meal pattern requirements.

THE FOOD BUYING GUIDE APP

The Food Buying Guide App is currently available on iOS and Android platforms and provides:

- Ability to search and locate information of foods typically served in child nutrition programs.
- Compare information to determine foods that best meet your program needs.
- Create a favorites list of food items.
- Email and print search results and food comparisons.
- Program-specific information for meeting meal pattern requirements.
- Helpful information related to food purchasing
- Additional resources related to meal pattern requirements and menu planning for child nutrition programs.

Download the Food Buying Mobile App today at www.fns.usda.gov/tn/food-buying-guide-mobile-app.



ON THE COVER: Charlee, who is eleven months old, loves going for walks, teasing the dogs, being outside and playing with her cousin Kendall.

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

CURRY POWDER

Curry powder is a spice mix of which the key ingredients are coriander, turmeric, cumin, fenugreek, and chili peppers. The composition of this condiment powder varies greatly and can range from mild to spicy.

NUTRITION

Curry powder is high in fiber, vitamin E, vitamin K, iron and manganese. Turmeric, one of the main ingredients of curry, has many health benefits. It is used as an anti-inflammatory and helps relieve muscle and joint aches. Coriander, another curry spice, has been known to help destroy food-borne bacteria which helps fight food poisoning.

SELECTION AND STORAGE

Store curry powder in a cool, dark cupboard away from direct heat or sunlight in a tightly sealed container. Do not freeze. Curry powder stays fresh for about six months before it begins to lose nutrients and flavor.

PREPARATION

Curry powder is a traditional part of Indian cuisine and is used universally to flavor meat, vegetables, and fish. The cancer fighting properties of the spices in curry powder are most efficiently released through cooking, so it is often used in marinades, soups and stews.

CURRY POWDER FACTS

- Curry powder can range in colors such as yellow, orange, red, grey or even brown.
- There are over 20 different spices and herbs in curry powder.
- Curry powder and curry sauce are not the same thing.
- Curry powder is a great seasoning for proteins like chicken and fish, and vegetables.

SIMPLE HOMEMADE CURRY POWDER

2 Tablespoons ground coriander
 2 Tablespoons ground cumin
 1½ Tablespoons ground turmeric
 2 teaspoons ground ginger
 1 teaspoon dry mustard
 ½ teaspoon ground black pepper
 1 teaspoon ground cinnamon
 ½ teaspoon ground cardamom
 ½ teaspoon cayenne pepper

INSTRUCTIONS

1. In a small jar, add all the spices together and shake.
2. Add into a soup, or with some chicken and vegetables.

Sources: www.cookforyourlife.org, www.stilltasty.com, www.healthyeating.com, www.healthbenefitstimes.com/curry-powder, <http://minimalistbaker.com/diy-curry-powder/>, <http://tenrandomfacts.com/curry-powder/>

BEANS

BAKED BEANS

INGREDIENTS

3¼ cups canned vegetarian beans
 2/3 cup yellow onions, chopped
 ½ cup green bell peppers, diced
 1 teaspoon ground mustard
 1 Tablespoon yellow mustard
 ½ cup brown sugar
 ¼ cup granulated sugar
 2 Tablespoons tomato paste, unsalted
 ½ cup pineapple bits
 ¾ teaspoon apple cider vinegar
 1 teaspoon liquid smoke
 1/8 teaspoon ground black pepper
 ½ teaspoon ground cinnamon



BAKED BEANS

Makes 6 servings.

Legume as Meat Alternate:
 ½ cup provides 2 oz
 equivalent meat alternate.

OR

Legume as Vegetable:
 ½ cup provides ½ cup
 vegetable.

INSTRUCTIONS

1. Preheat oven to 350°F.
 2. In a large mixing bowl, combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple bits, apple cider vinegar, liquid smoke, black pepper, and cinnamon. Stir well.
 3. Pour the bean mixture into a baking dish.
 4. Bake for 30-35 minutes.
- Critical Control Point: 140°F or higher for at least 15 seconds.**
5. Serve ½ cup.

BEAN SOUP

INGREDIENTS

2 teaspoons canola oil
 ½ cup onions, chopped
 2 Tablespoons garlic, minced
 ½ cup red bell peppers, chopped
 ¼ cup green chilies
 1 teaspoon sugar
 1/8 teaspoon pepper
 1 teaspoon oregano
 ¾ cup vegetable broth
 1½ cups water
 1 cup diced tomatoes
 2¾ cups dry great northern beans, cooked



BEAN SOUP

Makes 6 servings.

Legume as Meat Alternate:
 1 cup provides ¼ cup
 vegetable, and 1.25 oz
 equivalent meat alternate

OR

Legume as Vegetable:
 1 cup provides 5/8 cup
 vegetable.

INSTRUCTIONS

1. In a large saucepan, heat oil over medium-high heat.
 2. Add onions, garlic, bell peppers, green chilies, sugar, pepper, and oregano. Sauté uncovered over medium-high heat for 2 minutes, stirring occasionally.
 3. Add vegetable broth, water, tomatoes and 1 cup of beans. Bring to a boil
 4. Reduce heat to medium. Simmer uncovered for 8 minutes. Set aside for step 6.
- Critical Control Point: Heat to 140°F or higher for at least 15 seconds.**
5. Place the remaining beans in a high-speed blender, on high for 2-3 minutes or until mixture has a smooth consistency.
 6. Add about 1 cup of the bean mixture into the soup mixture. Stir well and simmer over low heat for 10 to 15 minutes or until soup has a thickened consistency.
 7. Serve 1 cup.

Sources: https://fns-prod.azureedge.net/sites/default/files/resource-files/Baked_Beans_6_Servings.pdf, <https://fns-prod.azureedge.net/sites/default/files/resource-files/Bean%20Soup%206%20Servings.pdf>

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. Bananas
2. Oatmeal
3. Milk

1. Papaya
2. Toast
3. Milk

1. Strawberries
2. Life Cereal
3. Milk

1. Mango
2. Waffle
3. Milk

1. Honeydew Melon
2. Pancakes
3. Milk

LUNCH/DINNER

CHICKEN PASTA

1. Chicken
2. WGR Pasta
3. Tomato Sauce
4. Kale
5. Milk

HOMEADE LASAGNA

1. Meat Sauce
2. WGR Lasagna Noodles
3. Green Beans
4. Peaches
5. Milk

PORK DINNER

1. Pork Loin
2. WGR Dinner Roll
3. Cooked Carrots
4. Mashed Potatoes
5. Milk

NACHOS

1. Low Fat Cheddar Cheese
2. WGR Tortilla Chips
3. Salsa
4. Mixed Vegetables
5. Milk

GREEN EGGS & HAM

1. Eggs and Ham
2. WGR Toast
3. Spinach
4. Kiwi
5. Milk

SNACK

1. WGR Bread
2. Avocado

1. Pepper Sticks
2. Hummus

1. Mandarin Oranges
2. String Cheese

1. Fruit Cup
2. Milk

1. English Muffin
2. Milk

1. Halved Grapes
2. Whole Wheat Crackers

1. Banana Muffin
2. Milk

1. Applesauce
2. WGR Toast

1. WG Bagel
2. Cheese

1. Cucumber
2. Peanut Butter*

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

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

KIDS IN THE KITCHEN

GRAIN BOWLS

INGREDIENTS

- 3 cups cooked grains or 1 cup uncooked grains, such as quinoa
- 2 cups water
- 3 cups chopped vegetables
- 1½ cups chicken (or other protein)
- 1½ cups dried fruit
- 1½ Tablespoons onion
- ¼ cup oil
- 1½ Tablespoons vinegar
- 1 Tablespoon water
- ¾ teaspoon mustard
- ¾ teaspoon honey
- 1/3 teaspoon salt

INSTRUCTIONS

1. In a pot, bring 2 cups of water to a boil over high heat.
2. Measure 1 cup of uncooked quinoa and pour into a strainer or fine-mesh colander. Rinse under cool water.
3. Add quinoa to the boiling water and cover the pot. Simmer on medium-low heat for 15 minutes.
4. Chop vegetables, dried fruit and chosen protein into small bite-sized pieces.
5. Whisk the remaining ingredients together in a bowl to make the vinaigrette.
6. Once quinoa is done and cooled, add the chopped veggies, protein, and fruit to the quinoa.
7. Add dressing to the quinoa mixture and mix until everything is well combined.

Source: <https://fns-prod.azureedge.net/sites/default/files/resource-files/tnc-grainbowls.pdf>

Building Self-Esteem



Self-esteem is a critical aspect of our life. Negative self-esteem affects the way we view ourselves and can limit and restrict our experiences. Positive self-esteem sets us up for a healthy relationship with all aspects of life: emotional, spiritual, mental and physical. Positive self-esteem starts at a young age. A child care provider should create an environment that nurtures positive self-esteem. This environment will result in the child developing the skills they need to succeed socially and academically.

ACCEPT STUDENTS COLLECTIVELY AND INDIVIDUALLY

We have been taught to treat every child equally. While true, it is also important to make sure you are meeting the needs of each individual child. Do this by establishing realistic expectations, setting goals, and making accommodations when necessary. Children whose needs are not being met may develop negativity towards themselves and their self-esteem.

HELP STUDENTS DEVELOP A SENSE OF RESPONSIBILITY

Classroom responsibilities can help a child develop confidence and perseverance. Observe the special strengths, interests, and gifts of the children in your care. Help them translate those into classroom responsibilities they can adopt. Responsibilities will present a chance for decision-making opportunities as well. Responsibilities and decision-making opportunities increase a child's sense of ownership over their lives, building more independence.

ESTABLISH SELF-DISCIPLINE

Classroom rules assist in establishing self-discipline and are necessary for both the students and teachers to follow in order for the class to run smoothly. Once the class agrees on the rules, what are the best ways to remember them so that constant reminders aren't needed? When the children help create the rules, they are more likely to remember and follow them. Consider what activities can help the children reflect on their behavior and how it affects others.

When promoting self-esteem don't forget to provide positive feedback. Emotional support and encouragement are instrumental in building self-esteem. Provide words of affirmation when you notice a child following the rules or sharing with another child. Acts of service such as writing notes to award positive behavior can prove useful as well. Combat negative instances, for example failure, as a learning experience to encourage them in their learning and development.



Sources: <https://blog.brookespublishing.com/7-ways-to-foster-self-esteem-and-resilience-in-all-learners/>

BUGS & BUTTERFLIES



CHILDREN'S FAVORITES: THE HUNGRY CATERPILLAR

WHAT YOU WILL NEED

Green Grapes
Cherry Tomatoes
Googly Eyes (Self Sticking)
2 x 10 Cellophane Bags
Pipe cleaners
Ribbon

DIRECTIONS

1. Stick the googly eyes on the cellophane bags.
2. Then, let the children string their caterpillar together by filling the bag with one cherry tomato (as the head) and filling the rest of the bag with grapes.
3. Twist a pipe cleaner around the head to form antennae. Then, tie a ribbon in between each grape or twist more pipe cleaners in between.

CRAFT CORNER: TOILET PAPER ROLL BUTTERFLY CRAFT

SUPPLIES

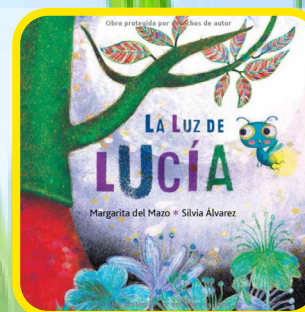
1 cardboard toilet paper roll (per butterfly)
1 pipe cleaner (per butterfly)
Craft paint
String or fishing line (optional)
Embellishments (glitter, ribbon, etc.) (optional)
Scissors
Glue gun
Paint brush

DIRECTIONS

1. Cut the cardboard roll into four pieces.
2. Paint both the inside and outside of each piece of cardboard. Then, let the pieces dry completely before proceeding to the next step.
3. Fold the pipe cleaner in half, twisting the bottom part together and curving out the ends at the top.
4. Next, flatten your painted toilet paper rolls and pinch the edges so that they form an oval shape.
5. Arrange the toilet paper rolls and pipe cleaner into a butterfly shape by placing two of the toilet paper roll pieces on each side of the pipe cleaner.
6. Using a hot glue gun, glue the toilet rolls onto the pipe cleaner.
7. Optional: Add embellishment to the butterfly wings with glitter, ribbon, or gems. Then, use string or fishing line to hang the butterflies from the ceiling of your home or classroom.



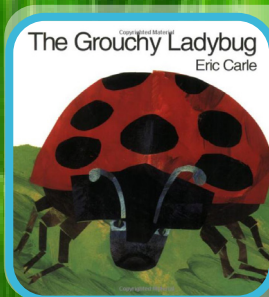
ACD BOOK CLUB



LA LUZ DE LUCÍA

Author: Margarita Del Mazo

Lucy is the youngest member of a family of fireflies. She wants to shine like all the others, but she's too little. Finally, one night, it's Lucy's turn. She can head off to light up the forest, but something is stopping her. This is a tale all about how important it is to shine as brightly as you can, with the light that we all carry within us and makes us unique.

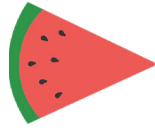


THE GROUCHY LADYBUG

Author: Eric Carle

This is a story of a bad-tempered bug who won't say "please" or "thank you," won't share, and thinks she is bigger and better than anyone else. This testy ladybug will introduce children to many new animals and teach them that being grouchy isn't always the best option.

Extend the Life of Your Produce



As a member of the Child and Adult Care Food Program, we encourage you to educate and establish healthy eating habits to last a lifetime. One way to accomplish this is by introducing new fruits and vegetables daily to the children in your care. We also want to educate you on how to store your produce so there is less food waste in general. The first step to getting a longer shelf life for the produce in your kitchen is to select the freshest fruits and vegetables. Certain qualities of the produce can bring you longevity. For instance, leafy greens should be rich in color (excluding yellowing leaves) and firm. The produce you select should also be without blemishes or soft spots, and heavy for its size.

Once home, store vegetables such as cabbage, leafy greens, lettuce, and broccoli in a separate cabinet or area from fruits like apples and bananas. Fruits and veggies release natural gases. When those gases mix, it can cause premature spoilage of the produce you just bought. Other factors that affect the freshness of your produce include temperature, humidity and the time between when the item was harvested and when you bring it home.

Some produce that keep best at room temperature need air circulation. Leaving the bananas, potatoes, or onions in the perforated plastic bag they came in can lead to premature spoilage. Take them out of the bag and let them breathe. On the other hand, if your produce belongs in the fridge, it's likely to stay fresh longer when tightly stored in a sealed container, bag, or reusable pouch to hold in the moisture.

We've included this chart to provide more in-depth details on storing the produce you are serving. All in all when it comes to food safety, trust your instincts. When it doubt, throw it out



Sources: www.nytimes.com/wirecutter/blog/keep-your-produce-fresh

Food storage tips

Refrigerator
 Cool and humid
 Dark
 Room temperature
 Cool and dry

| Food item | Conditions | Container | Shelf life | Avoid |
|--|------------|-------------------------------------|--|--------------------------------------|
| Apples | | Plastic bag | 2 weeks + | Cabbage, leafy greens, carrots |
| Pears | then | Loose then plastic bag in fridge | Up to 2 weeks | Cabbage, leafy greens, carrots |
| Grapefruit Oranges | | Loose or open container | Room temp.: 1–2 weeks Fridge: 2 weeks + | n/a |
| Lemons Limes | then | Loose or open container | Room temp.: 1–2 weeks Fridge: 2 weeks + | Plastic bags, apples, pears, bananas |
| Mangoes | then | Loose or open container | A few days – 2 weeks | Apples, pears |
| Winter squash | | Loose or open container | 3–6 months | Bananas |
| Ginger | | Sealed container | 3 weeks + | n/a |
| Parsnips Beets Radishes Rutabaga Turnips | | Sealed container, remove green tops | 3 weeks + | n/a |
| Carrots | | Sealed container, remove green tops | 2–3 weeks | Apples, pears |
| Onions Garlic | | Loose or open container | 2 weeks + | Refrigerator, plastic bags |
| Potatoes Sweet potatoes | & | Loose or open container | Potatoes: 3 weeks + Sweet potatoes: 1–2 weeks | Refrigerator, plastic bags |
| Head lettuces | | Sealed container, unwashed | Up to 1 week | Apples, pears, moisture |
| Escarole Kale Watercress Curly endive | | Sealed container, unwashed | Up to 2 weeks | Apples, pears |
| Cabbage | | Loose, then sealed when cut | Up to 3 weeks | Apples, pears |
| Broccoli Cauliflower | | Sealed container | Up to 2 weeks | Apples, pears |

BOTTLE MOUTH SYNDROME

Did you know that early childhood caries, also known as bottle mouth syndrome, is the most common chronic childhood disease worldwide? Bottle mouth syndrome is a form of tooth decay in very young children that causes immense pain and discomfort for the child. There are many theories as to what causes the development of this type of tooth decay: improper nursing, dietary and feeding practices, sugar diets, lack of access to dental care and exposure to fluoride. Children experiencing this intense tooth decay suffer from severe pain which can hinder eating, speaking and delay other milestone achievements due to the effects of the tooth decay.

SIGNS & SYMPTOMS

Bottle mouth syndrome, caused by prolonged exposure to milk or fluids containing sugar (such as juice) affects the upper front teeth first. If you suspect a child may be experiencing bottle mouth syndrome look for these three signs:

- Red gums
- Irritated mouth
- Teeth that do not look normal



TREATMENT

Each child experiences bottle mouth syndrome will need to be evaluated and examined in detail with a dentist to determine the next steps for treatment. Toothpaste, gels, foams, rinses, and drops containing fluoride briefly treat the tooth decay. For moderately severe cases, surgical extraction of the teeth may be required. Educating children and parents, as well as diet counseling, can be a good start at preventing bottle mouth syndrome early on. Parents and caregivers are encouraged to not give a child a bottle of milk or any sugary liquid at naptime, bedtime, or to carry around during the day. Offer the child water after a feeding to rinse the sugary liquid off the teeth before moving onto the next activity.

Poor dental health leads to unhealthy teeth and gums and can have lasting consequences. As a caregiver of children, educate your parents on the importance of dental care at every stage of early childhood development.



Source: www.healthychildren.org/English/healthy-living/oral-health/Pages/Bottlemouth-Syndrome.aspx#:~:text=%E2%80%8BBottlemouth%20syndrome%20is%20a,milk%20around%20during%20the%20day, www.ncbi.nlm.nih.gov/books/NBK535349/

PROVIDER SPOTLIGHT

DESIREE NOVAK

LITTLE PEOPLE, BIG MINDS PRESCHOOL AND CHILD CARE
CLINTON TOWNSHIP, MICHIGAN

At the break of a new millennium, Desiree Novak of Clinton Township, Michigan was working towards her Bachelor's Degree in Early Childhood Education. She opened Little People, Big Minds Preschool and Child Care with the intentions to practice her skills while completing her degree. Throughout her life Desiree was always drawn to wherever the little kids were. Whether this was the kids' table at family events, the backyard or a neighbor's house, Desiree has always been amazed by the knowledge, perspective and abilities of young children. Her side project then blossomed into a dream to become the best early childhood educator Desiree could be. Over 20 years later, Little People, Big Minds is a successful child care business currently caring for 16-18 of Michigan's earliest learners.

"I enjoy witnessing the child conquer challenges," Desiree comments when reflecting upon what she has enjoyed most in her career as an early childhood educator. "I especially enjoy helping children learn healthy strategies for handling their emotions and extend consideration to others. I believe that building self-confidence, empathy, and self-help skills in the children I care for will last a lifetime."



Desiree and her assistant Jillian work to create an environment that offers the comfort, love, and closeness of a home with the structure, routine, and education of a traditional nursery or preschools. "Parents love that the child gets the best of both forms of child care" Desiree adds, "and the children love the learning stations we have as well as socializing with their friends."

When asked about what challenges she has faced over the past 20 years, Desiree spoke about two in particular that have been a constant throughout her career: time management and finding qualified staff. "I'm so grateful to have Jillian [Desiree's full-time assistant]. It's hard to find qualified staff who are dedicated and reliable at the pay scale that we can afford with the amount charged for tuition." This no doubt is a challenge facing the early childhood education field. Desiree also mentioned her struggles with time management. "I find it very difficult to turn myself off from work." Desiree continues, "Taking time to go to my children's games and care for my needs while also wanting to be at work with my students is tough. I love that I develop close relationships with the families." Time management and work life balance is another challenge of being a teacher at any level. Self-care is extremely important in any profession to assure you that you do not get burned out. Take time for yourself this week and do an activity that is self-caring for you. Whether that's exercising, meditating, reading a book, or watching the latest show on Netflix, take some time for you.

June 2021 Potpourri Quiz


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

- | | | |
|--|--|---|
| 1. These are key ingredients in curry powder except for: a. Coriander b. Ground mustard c. Cumin d. Turmeric | 6. Classroom rules assist to establish: a. Order b. Self-discipline c. Structure d. Chaos | 11. When storing winter squash in a cool space, avoid storing them next to _____. a. Bananas b. Cabbage c. Apples d. Plastic bags |
| 2. Curry powder is high in fiber, iron, manganese and: a. Vitamin A b. Vitamins A and C c. Vitamin K d. Vitamins E and K | 7. Promoting self-esteem includes: a. Words of affirmation; acts of service b. Shaming the child c. Rules for some children d. No responsibilities | 12. Which of the following is the most common chronic childhood disease worldwide? a. Asthma b. Juvenile diabetes c. Bottle mouth syndrome d. Childhood obesity |
| 3. Curry powder has been known to help fight food poisoning. a. True b. False | 8. The produce you select when grocery shopping should be soft, light, and with minimal blemishes. a. True b. False | 13. Which of the following is a sign of bottle mouth syndrome: a. Red gums b. Irritated mouth c. Abnormal teeth d. All of the above |
| 4. Curry powder can range in all of the following colors except: a. Black b. Brown c. Red d. Yellow | 9. Factors that affect the freshness of produce include: a. Temperature b. Humidity c. Harvesting season d. All of the above | 14. There is no one cause to bottle mouth syndrome. a. True b. False |
| 5. An environment promoting self-esteem results in: a. Development b. Social skills c. Academics d. All of the above | 10. A head of lettuce should be stored in: a. The refrigerator loosely b. A plastic bag c. A sealed container d. A container on the counter | 15. Bottle mouth syndrome is a: a. Bottle shaped mouth b. Type of tooth decay c. Mouth rash d. Cold sore from bottle feeding |

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

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|--|--|--|---|--|---|--|
| | | 1 Baked Beans | | 2 Coin Flip | | 3 DIY CURRY | | 4 Applesauce | |
| | | Try creating your own baked beans from scratch with the recipe found on page 4.  | | Conduct the 100-Coin Flip Challenge. How many heads vs. tails can the children guess beforehand? | | Create your own curry powder with the starter recipe found on page 3. | | Today is National Applesauce Day. Celebrate with a bowl of applesauce topped with cinnamon or your favorite fruit or grain. | |
| 7 Environment | | 8 Ocean | | 9 Donald Duck | | 10 Herbs & Spices Day | | 11 Field Trip Friday | |
| Weather permitting, take a walk and collect trash around the local neighborhood or park.  | | Engage in sensory play with a tote of sand and ocean themed toys in the sand for the children to dig and discover. | | Complete a duck themed craft or activity in celebration of Donald Duck Day.  | | Commemorate Herbs and Spices Day by making the curry recipe found on page 3.  | | Plan a field trip to the local science center or play space. | |
| 14 Flag Day | | 15 Try a New Veggie | | 16 Picnic | | 17 Juggling | | 18 Father's Day | |
| Craft an American Flag with red, white, and blue felt. | | Be adventurous and introduce a new vegetable to the children today.  | | Weather permitting enjoy an outdoor picnic for meal or snack time.  | | Learn a new skill like juggling. | | Father's Day is Sunday. Craft DIY ties for the children to give their fathers. | |
| 21 Yoga | | 22 Rainforest | | 23 Bean Soup | | 24 Handshakes | | 25 Virtual Training Conference | |
| Take 10 minutes out of your morning and afternoon to perform yoga stretches with the children.  | | Ask the children what animals live in the rainforest. What sounds do those animals make? | | Beans are a good source of protein. Try the bean soup recipe found on page 4.  | | Have the children partner up and create a handshake. Have each group demonstrate their handshake to the class. | | Don't forget to attend ACD's Virtual Training Conference on Saturday June 26th! | |
| 28 Farmer's Market | | 29 Sunglasses | | 30 Outdoor Time | | | | | |
| Find and visit a local farmer's market.  | | Have the children cut out and create their own silly sun glasses out of construction paper and tape. | | Weather permitting, spend extended time outside enjoying the summer weather. | | | | | |