

potpourri

March 2024

Volume 50 | Issue 3



What's Inside?

*International School Meals Day
Introducing Kids to New Foods
Eating a Rainbow of Foods
The Hidden Dangers of Gummies
Poison Awareness Month
& More!*



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Marching forward into spring, I want to thank you for your commitment to our mission of raising healthy kids. Our connection to you and the community is at the heart of all that we do. March signifies beginning a season of growth and opportunity - let's look forward to the coming of spring and the promise of new things to come.

I would like to thank all of you that participated in our "Upcoming Potpourri Articles" survey. We got some wonderful feedback which will help us to not only continue providing helpful information but also to focus harder on the topics that mean the most to you.

Starting April 1, 2024, bubble and scannable menus will no longer be supported by Minute Menu. Submissions must be online unless you have been otherwise approved to claim manually. If you do not currently submit online, please work toward doing so.

March is CACFP month! This year's theme is "Eating the Rainbow!" To celebrate, we will be giving away prizes for four lucky providers. Please comment on the facebook post called "Eating the Rainbow" that will be posted March 11 to enter.

We appreciate your input, and we are grateful to know that our efforts are making a positive impact. Thank you again for taking the time to share your thoughts through our surveys and polls. This support guides our efforts and fuels our commitment to you.

Denise Meyer

Denise Meyer
Executive Director

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International School Meals Day

March 14 is International School Meals Day! Celebrate with some international flair!

Easy Empanadas

8 servings

easy-kids-recipes.com

Ingredients

2 ready made pie crusts (whole grain if possible)

1 can of refried beans

1 jar of mild salsa

1/2 cup shredded cheese

(cheddar or Monterey Jack)

Heat oven to 375F.

Roll the pie crusts flat against a smooth surface and shape into a square.

Cut each crust into four even pieces.

Pour one spoonful of refried beans and one spoonful of salsa in the middle of each piece.

Then sprinkle cheese on top.

Fold the crust over, covering the beans, salsa, and cheese.

Seal the edges with a fork or your fingers and cook for 8-10 minutes until golden brown.

✦ **Vegetable**

✦ **Grain/Bread Product**

✦ **Meat/Meat Alternate**



■ Image: vasanty/Adobe Stock Image

Chicken & Avocado Pasta

6 servings

easy-kids-recipes.com

Ingredients

1 whole roasted chicken

2 avocados (one soft, one slightly firm)

1 pint cherry tomatoes

1 cup peas

1/2 cup black or green olives, pitted

French dressing

Whole grain spiral pasta

- Cook pasta according to package directions. Drain and set aside.
- Remove skin and bones from chicken, then chop chicken into bite-sized chunks. Slice cherry tomatoes in half. Slice firmer avocado in half, remove seed, peel and cut into large chunks. Add ingredients to pasta.
- To make dressing, take soft avocado, remove seed, peel and spoon avocado into a blender. Add about one cup of French dressing. Blend for one minute. Pour dressing over pasta and stir.

✦ **Vegetable**

✦ **Meat/Meat Alternate**

✦ **Grain/Bread Product**

Quick Veggie Lo Mein

4 servings

superhealthykids.com

Ingredients

8 oz whole-grain spaghetti

1 tablespoon olive oil

3 clove garlic

1 cup snow peas

2 medium carrots

1 medium bell pepper, red

For the sauce*

4 tablespoon soy sauce

1 teaspoon sesame oil

1 tablespoon brown sugar

1/4 teaspoon dried ginger

2 tablespoon rice vinegar

- Cook pasta.
- Meanwhile, whisk together the soy sauce, sesame oil, brown sugar, dried ginger, and rice vinegar in a small bowl. Set aside.
- Julienne the red bell pepper and carrots.
- Heat oil in a large skillet.
- Add in the bell pepper and carrots. Sauté until tender, about 5 minutes.
- Add in minced garlic and snow peas and cook for an additional minute, until the garlic is fragrant and the peas are bright green and tender-crisp.
- Stir in the cooked noodles, pour over the sauce, and toss to combine.

*If you're adding extra ingredients like meat or tofu, or if you're upping the amount of pasta and veg, you may wish to double the sauce!

✦ **Grain/Bread Product**

✦ **Vegetable**

Meals & Menus CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Waffles 2. Cantaloupe 3. Milk	1. Oatmeal 2. Blueberries*** 3. Milk	1. Yogurt 2. Strawberries 3. Milk	1. WG English muffin 2. Banana 3. Milk	1. WG toast & eggs 2. Raspberries*** 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Meat sauce 2. WG spaghetti noodles 3. Green beans 4. Applesauce 5. Milk	1. Curry chicken 2. Brown rice 3. Green peas 4. Diced carrots 5. Milk	1. Tuna bites 2. WG roll 3. Broccoli 4. Peaches 5. Milk	1. Cheese (in a quesadilla) 2. Corn tortilla 3. Black beans 4. Salsa 5. Milk	1. Grilled chicken breast 2. WG bun 3. Corn 4. Sweet potato wedges 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Peanut butter 2. WG crackers 3. Grapes*** 4. Cucumbers 5. Milk	1. Hummus 2. WG pita bread 3. Watermelon 4. Celery*** 5. Milk	1. String cheese*** 2. WG pretzels 3. Apple slices 4. Sliced bell peppers 5. Milk	1. Sliced turkey 2. WG crackers 3. Plums 4. Sugar snap peas*** 5. Milk	1. Cottage cheese 2. WG pretzels 3. Pears 4. Baby carrots*** 5. Milk
(*) Choose two food groups from "Snacks" list.			(**) MT may be substituted for GN/BP up to 3x a week. (***) Choking hazard for children under age 4.			
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate						



REMINDERS:

January 2024 final claim due: **March 25 (Mon.)**

- **Effective April 1, 2024, bubble and scannable menus will no longer be supported. You must begin claiming online unless otherwise approved for manual claiming.**
- Daylight Savings Time begins March 10. Don't forget to "spring ahead!"
- Please remember to submit enrollments/renewals in a timely manner.
- Please remember to mark children out of school and to call in closures.
- Send enrollments to: **Michigan:** mifrontdesk@acdkids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acdkids.org | Fax: (708) 236-0872



The theme of CACFP Week 2024 is "Eating the Rainbow!" Each of these colors has health benefits, including: improved vision, decreased inflammation, reduced risk of chronic diseases, and strengthened immune system. Pair them with other colors, and the effects on your health are astonishing!



GREEN FOOD

These contain indoles and isothiocyanates, which may help prevent cancer. Typically, these foods are high in vitamin K, potassium, fiber and antioxidants. Green foods include: artichokes, asparagus, avocados, bok choy, broccoli, brussels sprouts, celery, collard greens, cucumber, green beans, green cabbage, green grapes, green onions, green peppers, kale, kiwi, leeks, limes, mustard greens, okra, pears, peas, romaine lettuce, snow peas, spinach, snap peas, watercress, and zucchini.

RED & PINK FOOD

These contain lycopene, which improves heart health, decreases prostate and breast cancer risk, contributes to stroke prevention and increases brain function.

Red and pink foods include: beets, cherries, cranberries, pink grapefruit, pomegranates, radicchio, radishes, raspberries, red apples, red grapes, red peppers, red potatoes, rhubarb, strawberries, tomatoes, and watermelon.



ORANGE & YELLOW FOOD

These contain carotenoids, which reduce the risk of heart disease and inflammation, strengthen the immune system, build healthy skin and improve vision.

Orange and yellow foods include: acorn or butternut squash, apricots, cantaloupe, carrots, corn, grapefruit, lemons, mangoes, nectarines, oranges, orange bell peppers, papaya, peaches, pineapple, pumpkin, summer squash, sweet potatoes, tangerines, yams, yellow apples, yellow bell peppers, and yellow squash.

BLUE & PURPLE FOOD

These contain anthocyanins and antioxidants, which are associated with improved brain health and memory. They also help lower blood pressure and reduce the risk of stroke and heart disease.

Blue and purple foods include: blackberries, blueberries, currants, dates, eggplant, purple cabbage, purple grapes, plums, prunes, purple figs, and raisins.



WHITE FOOD

These contain flavonoids and allicin, which have anti-tumor properties. They also can reduce cholesterol and blood pressure, improve bone strength and decrease risk of stomach cancer.

White foods include: bananas, cauliflower, garlic, Jerusalem artichokes, mushrooms, onions, potatoes, parsnips, and shallots.

■ Source: [cacfp.org](https://www.cacfp.org) | Images: Adobe Stock Images

Introducing Kids to New Foods

Even for adults, trying new things can be scary. For children, it is very common to be scared of trying new foods. So common that scientists have studied food neophobia (fear of new foods) to understand why children behave this way.

During infancy, children are very open to trying new foods, flavors and textures. You've probably seen many objects that aren't food being placed in their mouths! Children under age 2 are most likely to try new foods and flavors. This can have lasting effects, so waiting too long (after age 2) to introduce a new food can lead to more resistance later in life.

If you are serving new foods to children over age 2, don't give up. Science has also shown that certain tactics work better than others when it comes to introducing new foods successfully.

Expose, expose, expose

Repeated exposure to new foods teach children that eating those foods do not cause harm. This is often the biggest barrier for children in trying new foods. But don't give up too early, since research has shown children may need 10-20 exposures before they are brave enough to try a new food.



Don't bribe

While this may work in the short-term, bribery is not a long-term solution. This method can also backfire, confusing children into thinking new foods are so terrible they deserve a reward for trying them.

Model the behavior you expect

Eating new foods can be learned by watching peers or adults. It's not realistic for children to try new foods that they don't see anyone else at the table trying. Showing children that you like broccoli and are willing to eat it often helps them make the connection that it's not only safe to eat, but someone can enjoy eating it!

Just remember, none of these solutions work overnight. By following the tips above and giving it time, you will start to see improvements in children trying new foods.

Green Shamrock Muffins

Yield: 12 servings

Kids will love these green shamrock muffins for St. Patrick's Day! Both nutritious and delicious, the spinach used in this recipe provides antioxidants, vitamin A, iron, calcium and zinc. By simply changing the name of this recipe (monster muffins, crocodile muffins, slime muffins), you can serve these muffins year-round!

Ingredients:

- 3/4 cup of skim milk
- 1/2 cup of butter, melted
- 1/3 cup of maple syrup
- 1 cup of frozen spinach, thawed
- 1 ripe banana, sliced
- 1 egg
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- 1 cup enriched white flour
- 1 1/2 tsp cinnamon
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 4 drops of green food coloring

Optional: You can omit the green food coloring, but the green color will not be as vibrant.

Instructions:

1. Preheat the oven to 350°F.
2. Add the milk, melted butter, maple syrup, spinach, banana, egg and vanilla in a food processor or blender. Blend or process until just incorporated as overblending or mixing will make muffins a tough texture.
3. In a separate bowl, combine the flours, cinnamon, baking powder, baking soda, and salt.
4. Slowly add in batches of the wet mixture to the bowl with dry ingredients, folding in gently to incorporate together.
5. After all of the wet ingredients have been mixed in with the dry ingredients, pour the batter into a muffin tin with liners.
6. Bake for 15-18 minutes, until a toothpick inserted comes out clean.
7. After removing from the oven, carefully tip the muffin tin over to release the muffins onto a clean towel. Turn the muffins over to sit upright and cool for 10 minutes before serving.

Nutrition Information (serving size: 1 muffin): 190 calories, 9 grams fat, 25 grams carbohydrate, 2 grams fiber, 4 grams protein.

- ⊕ Vegetable
- ⊕ Grain/Bread Product

Safety Note: Test the muffins' temperature before serving by slicing them open and touching them with a clean, washed hand. Keep children away from the sharp blade of the food processor or blender, as well as the hot oven.

■ Image: Allison Stock



GROCERY APPS

Grocery shopping apps can be a great way to save money on your grocery bill. This month, we'll focus on price comparison apps.



Price Comparison Apps

- **Flipp**
Flipp is an app that allows you to compare prices at different grocery stores, and even grocery delivery services. You can see the best prices for individual items or you can search through store circulars to find savings. Flipp basically shows you all the weekly grocery ads from the Sunday paper in digital form, so you can see what's on sale at supermarkets near you.
For Android & iOS
- **Basket**
With Basket, you put together a shopping cart full of needed items in the app. Then Basket checks prices at nearby supermarkets, adds it all up and tells you the estimated total cost at each grocery store in a five-mile radius.
For iOS
- **Grocery King**
Grocery King compares grocery prices and also manages other info like recipes, calendars, and more. You can check to see if a store is currently open, sort shopping lists by distance to save time, attach photos, and get alerts when you are near a store where you want to shop.

■ Source: thepennyhoarder.com | lifewire.com

The Hidden Dangers of Kids & Gummies

Gummies are everywhere! From vitamins to cannabis supplements, they have transcended their role as simply a sweet treat to a whole new, very popular delivery method, especially for people who have trouble swallowing pills.

Common Types of Gummies

Cannabis Gummies

With the legalization of cannabis in many states, including Michigan and Illinois, the prevalence of cannabis edibles has surged. These products are often designed to look and taste like candy, making them especially appealing to young children. Unfortunately, the psychoactive properties of cannabis can have severe consequences when ingested by kids, including becoming unresponsive, vomiting and even having seizures.

Multivitamin & Melatonin Gummies

Many parents take gummy multivitamins themselves and/or turn to them to encourage children to take their daily vitamins. However, gummy vitamins are often mistaken for regular candy (and sometimes knowingly ingested). While a handful is unlikely to cause significant harm, a very large amount or repeated exposure can lead to unintended consequences.

What to Do If Your Child Ingests a Gummy Medication or Supplement

With kids, we have to expect the unexpected. Follow these steps if you suspect your child has ingested a gummy:

Call the Poison Center

Call the free, confidential national 1-800-222-1222 poison helpline immediately. Poison specialists can provide expert guidance based on your specific situation.

Carefully Observe

Watch your child carefully for any changes in behavioral or physical symptoms. As with any ingestion, it is important to remain calm and not to induce vomiting.

Seek Medical Help If Necessary

If your child exhibits severe symptoms or reactions, don't hesitate to take them to the nearest emergency room. Quick medical attention can make a huge difference in their recovery.

Preventing Gummy Medication or Supplement Mishaps

Prevention is always the best course of action when it comes to keeping children safe. Here are some tips to keep kids safe:

Keep Medications Secure

Educate Your Child about the potential dangers of consuming medications that are not meant for them.

Choose Alternatives: If you're concerned about gummy medications or supplements in your home, consider traditional forms like tablets that are less appealing to children.

■ Source: Illinois Poison Center Blog ipcblog.wpengine.com



Q: What whole grain products can I buy that I know qualify for the program?

We have just updated a handout with many current products from common brands that qualify as whole grain including bread, pasta, tortillas, buns, and crackers. <https://acdkids.org/resources/resource-library/whole-grain-rich-foods/>

Note:

There are other varieties and brands that may qualify, and this list does not include ALL varieties and brands available.



Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg). We'll answer questions monthly in "Potpourri."

Learn About Ladybugs!

Ladybug Paper Roll Craft

SUPPLIES:

Toilet Paper Roll Tubes
Red and Black Construction Paper
Glue
Googly Eyes
Sharpie Marker
Scissors or Paper

STEP 1

Begin by cutting a BLACK piece of construction paper the same width as your toilet paper roll—wrap paper roll in the paper, secure with glue or tape.

STEP 2

Cut out 2 small antennas and glue them to the front inside of the roll. Cut out a RED circle and then cut that circle in half. These will be the wings. With a Sharpie, make dots on each of the wings.

STEP 3

Glue the wings on the front so that it looks like a pizza is missing a piece. Attach googly eyes to complete the face of your ladybug



Facts About Ladybugs for Kids

- Like butterflies, ladybugs go through four stages. Female ladybugs lay eggs, which hatch in three to ten days, depending on the time of year. The larva will live and grow for about a month before it enters the pupal stage. Then adulthood.
- Adult ladybugs live for up to one year.
- Not all ladybugs are red with black spots. They can also be yellow, orange, brown, pink, or even all black.
- Ladybugs are welcome in the garden because they eat plant-damaging insects like aphids. These beneficial insects also eat fruit flies, and mites.
- The bright colors and spots on ladybugs are not for looks alone. They are meant to warn would-be attackers that this beetle tastes terrible.

Safety Note: (*) Carefully supervise or monitor children when using sharp objects to cut foam or paper.

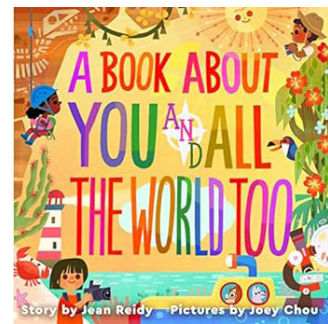
■ **Craft/Image:** littlebinsforlittlehands.com

Since March celebrates CACFP week, let's focus on community and highlight books from a couple of local authors!



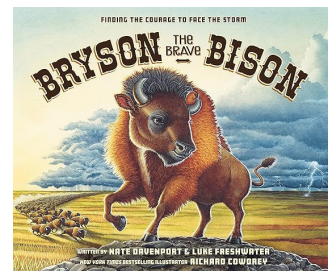
Don't Stick Your Toes in Your Nose

by Kama Shell (Author), Tyrus Goshay (Illustrator)



A Book About You and All the World Too

by Jean Reidy (Author), Joey Chou (Illustrator)



Bryson the Brave Bison: Finding the Courage to Face the Storm

by Nate Davenport (Author), Luke Freshwater (Author), Richard Cowdrey (Illustrator)

■ **Books:** amazon.com

March is Poison Awareness Month

Poison prevention is not a topic you often hear talked about in casual conversation. However, in 2021, the 55 U.S. poison control centers provided telephone guidance for over 2.08 million human poison exposures! That's about 6.1 poison exposures per 1,000 population, 37 poison exposures in children younger than 6 years per 1,000 children, and one poison exposure reported to U.S. poison control centers every 15 seconds! Let's answer some commonly asked questions about the dangers of poison.

What are the different forms of poison?

Poison comes in four forms: solids (such as medicine pills or tablets), liquids (such as household cleaners including bleach), sprays (such as spray cleaners), and gases (such as carbon monoxide).

Examples of poisons include:

- Alcohol
- Carbon monoxide (CO) gas
- Medicines, such as prescription (painkillers, iron pills), over-the-counter (cough and cold medicines), and illegal drugs (cocaine, heroin)
- Food supplements, such as vitamins, minerals, and herbal products
- Personal care products, such as nail polish and nail polish remover, cologne, aftershave, deodorant, mouthwash, hydrogen peroxide, makeup, soap, contact lens solution, lotion, baby oil, and diaper rash products
- Household and automotive chemicals or products, including bleach, laundry or dish detergent, furniture polish, cleanser, drain and toilet bowl cleaner, antifreeze, gasoline, paint, varnish, bug and weed killers
- Other household items (batteries, lighter fluid, alcohol, cigarettes)
- Plants, including many house plants, outdoor plants, and mushrooms
- Bites and stings, including scorpion, wasp, and bee stings, as well as snake and spider bites

Why are so many poisonings related to children under age 6?

Children under age 6 are carefree and learn by exploring the world around them. What children see and can reach, they often put in their mouths.

How can you limit the dangers of poison in your environment?

School and art supplies

- Some art products are mixtures of chemicals. They can be dangerous if not used correctly. Do not eat or drink while using art products.
- Wash skin after contact with art products.

Substance Category	No. Cases	%
Cosmetics/Personal Care Products	95,848	10.8
Cleaning Substances (Household)	94,279	10.7
Analgesics	72,155	7.6
Dietary Supplements/Herbals/Homeopathic	61,827	7.0
Foreign Bodies/Toys/Miscellaneous	57,493	6.5
Vitamins	42,784	4.8
Antihistamines	42,480	4.8
Topical Preparations	37,362	4.2
Plants	21,400	3.6
Pesticides	28,972	3.3

- Clean equipment. Wipe tables, desks, and counters.
- Keep art products in their original containers.

Food

- Wash fruits and vegetables with running water.
- Do not wash meat, poultry or eggs.
- Never use commercial cleaning products on food or food packaging.
- Wash your hands and work surfaces before, during, and after preparing food.
- Store food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F (5 degrees C).
- Use clean utensils for cooking and serving

Household products

- Household cleaners and disinfectants can make you sick when not used properly. Always follow the instructions on the product label to ensure safe and effective use.
- Bleach is especially toxic and should not be mixed with anything other than water.
- Keep all household cleaners and potentially poisonous substances in locked cabinets or out of the reach of children.
- Keep products in their original containers.
- Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products.
- Keep all laundry products locked up, high, and out of the reach of children.
- Do not use bleach on food products.
- Avoid using household cleaners and disinfectants on hands or skin improperly.

■ Source: poison.org | poisonhelp.hrsa.gov Graphic: ■ poisonhelp.hrsa.gov/

March 2024

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

1. Cannabis gummies pose a risk to children:

- a. True
- b. False

2. How many forms does poison come in?

- a. 5
- b. 4
- c. 3
- d. 2

3. Children under age two are most likely to try new foods and flavors.

- a. True
- b. False

4. How long do adult ladybugs live?

- a. 1 month
- b. 3 months
- c. 6 months
- d. 1 year

5. Orange and yellow foods contain carotenoids:

- a. True
- b. False

6. The first thing to do if you suspect a poisoning is:

- a. Go to the emergency room
- b. Run outside
- c. Call Poison Control
- d. Induce vomiting

7. It's not realistic for children to try new foods that they don't see anyone else at the table trying.

- a. True
- b. False

8. How many exposures to new foods may kids need?

- a. 1-3
- b. 5-10
- c. 10-15
- d. 10-20

9. Cannabis is illegal in Illinois and Michigan.

- a. True
- b. False

10. Lycopene increases brain function.

- a. True
- b. False

11. One poison exposure is reported to U.S. Poison Control Centers every _ seconds:

- a. 15
- b. 60
- c. 30
- d. 10

12. What is neophobia?

- a. Fear of flying
- b. Fear of being poisoned
- c. Fear of spiders
- d. Fear of new foods

13. Bribery is a long-term solution to get kids to eat:

- a. True
- b. False

14. Most poisonings are related to children under the age of 6:

- a. True
- b. False

15. Eating the "rainbow" of food colors is beneficial to your health.

- 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.