

# potpourri

March 2022

Volume 48 | Issue 3







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.

#### MICHIGAN

P.O. Box 1491  
East Lansing, MI 48826  
139 W. Lake Lansing Rd., Suite 120  
East Lansing, MI 48823  
Phone: 800-234-3287 or 517-332-7200  
Fax: 517-332-5543  
E-mail: [mifrontdesk@acdkids.org](mailto:mifrontdesk@acdkids.org)

#### ILLINOIS

P.O. Box 7130  
Westchester, IL 60154-7130  
4415 West Harrison St., Suite 535  
Hillside, IL 60162  
Phone: 800-284-5273 or 708-236-0863  
Fax: 708-236-0872  
E-mail: [Illinois@acdkids.org](mailto:Illinois@acdkids.org)

**Design, Writing, and Recipe Evaluations**  
Rebecca Feuka

**Spanish Translation**  
Rebecca Feuka

**Editing**  
Val Crafts

**Other Contributions**  
Felicia Davis

*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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. (Rev. 11/2015)

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.

# CONTENTS

- 2** Announcements from ACD
- 3** Featured Recipes  
*Easy as Pie*
- 4** Meals & Menus  
*CACFP Requirements and a Week's Worth of Ideas*
- 5** Critical Control Points  
*A Review of Safe Food Handling Temperatures*
- 6** Cooking with ACD  
*ACD's Guide to Oil-Free Cooking*
- 7** Activity Page
- 8** National CACFP Week  
*March 13-19, 2022*
- 9** Face Masks for Children  
*During the COVID-19 Pandemic*
- 10** Plant-Based Diets  
*A Recipe for Longevity*
- 11** Potpourri Quiz
- 12** Monthly Calendar



## ANNOUNCEMENTS FROM ACD

The ACD administrative staff wishes to remind you of the following:

- Michigan childcare providers should email or fax enrollments to [mifrontdesk@acdkids.org](mailto:mifrontdesk@acdkids.org) and Illinois providers should email or fax enrollments to [ilcustomerservice@acdkids.org](mailto:ilcustomerservice@acdkids.org). Please do not send these documents to your field monitor.

- Continue to check your KidKare inboxes for important site messages.
- Call your state's ACD office whenever your childcare business is closed.

*Thank you for everything you do!  
Happy National Reading Month and  
National Nutrition Month!*

**ON THE COVER** Harrison is a happy and content 3 month old. He is very interested in everything his two big sisters want to do and enjoys socializing at his day care.



# Easy as Pie

Who said meal or snack time has to be complicated? Whip up some comfort food in no time!

## Corn, Zucchini & Tomato Pie

A meatless medley of fresh vegetables. Serves 6.

- 1 c zucchini, unpeeled, sliced 1/8"
- 1 c tomatoes, sliced 1/8"
- 3/4 c frozen corn
- 1 tsp lemon juice
- 1 tsp fresh dill, chopped
- 1/8 tsp salt
- 1/4 tsp black pepper
- 3 Tbs grated Parmesan cheese
- 1/4 c whole wheat bread crumbs

Preheat oven to 350°F. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Place zucchini slices in the bottom of the baking dish, cover with tomato slices, and top with corn. Sprinkle lemon juice evenly over the vegetables. In a small bowl, mix together the dill, salt, pepper, Parmesan, and bread crumbs. Sprinkle seasoning mixture evenly over the vegetables and lightly spray with cooking spray. Cover with foil and bake for 25 minutes or until the zucchini is tender. Heat to 140°F or higher for at least 15 seconds. Cut into 6 even pieces. Critical Control Point: Hold at 140°F or higher.



### ✓ Vegetable

Source and photo: theicn.org

## Pocket Fruit Pies

A fruity snack that's fun and easy for kids to help make. Serves 4.

- 4 whole grain flour tortillas (8")
- 2 peaches, pears, or apples
- 1/4 tsp ground cinnamon
- 6 tsp packed brown sugar
- 1/8 tsp ground nutmeg
- 2 Tbs fat free milk

Warm tortillas in the microwave or oven to make them easier to handle. Peel and chop the fruit into pieces. Place 1/4 of the fruit on half of each tortilla. In a small bowl, stir together the brown sugar, cinnamon, and nutmeg. Sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on a greased baking sheet. Make small slashes in the tops of the pockets to allow the steam to escape while cooking. Brush the tortillas with milk and bake in the oven at 350°F for 8-12 minutes or until lightly brown. Serve warm or cool, but not hot, as the steam and sugar can burn.



### ✓ Grain/Bread

### ✓ Fruit

Source and photo: myplate.gov

## Taco Pie

Simple ingredients come together quickly in this crowd-pleaser. From our own Felicia Davis of Michigan.

- 1 lb ground beef
- 1/2 head lettuce, chopped
- 1 tomato, chopped
- Nacho cheese
- 1 bag of shredded cheese
- 1 bag of tortilla chips
- 2 containers of crescent rolls (ie Pillsbury)

Preheat oven to 350°F. Cook the ground beef. Place a circular bowl in the middle of a cast iron pan. Unroll the crescent roll dough and place onto the pan, separating each piece so there is a space in between. Layer the fillings in the following order: nacho cheese, ground beef, chips, shredded cheese, tomato, and lettuce. Close the dough by pulling it up over the fillings and into the center of the skillet. Bake for 15-20 minutes or until golden brown.

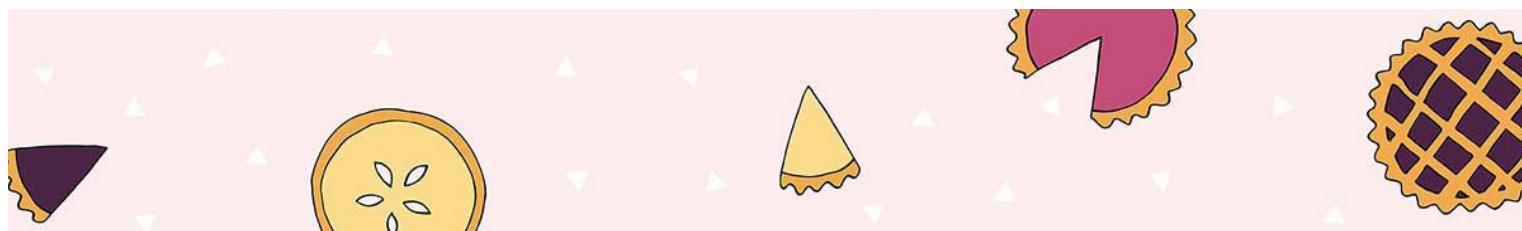


### ✓ Meat/Meat Alternate

### ✓ Grain/Bread

### ✓ Vegetable

Source and photo courtesy of Felicia Davis



# CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> <b>1. Grain/Bread Product - OR- Meat/Meat Alternate</b> <b>2. Fruit or Vegetable</b> <b>3. Milk</b> <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to x3 a week.</i>	1. Whole grain scone 2. Applesauce 3. Milk	1. Whole grain toast 2. Avocado 3. Milk	1. Greek yogurt 2. Blueberries 3. Milk	1. Whole grain bagel 2. Hummus 3. Milk	1. Hard-boiled egg 2. Fruit salad 3. Milk
<b>LUNCH/DINNER</b> <b>1. Meat/Meat Alternate</b> <b>2. Grain/Bread Product</b> <b>3. Vegetable</b> <b>4. Fruit or Vegetable</b> <b>5. Milk</b>	1. Chicken 2. Pot pie crust 3. Potatoes 4. Peas and carrots 5. Milk	1. Ground lamb with tzatziki sauce 2. Whole grain pita 3. Lettuce 4. Sliced tomatoes 5. Milk	1. Scrambled egg 2. Pad Thai noodles 3. Shredded carrot 4. Mustard greens 5. Milk	1. Lentil stew 2. Whole grain rice 3. Lima beans 4. Orange slices 5. Milk	1. Tilapia 2. Whole grain tortillas 3. Shredded lettuce 4. Pineapple salsa 5. Milk
<b>SNACKS</b> <i>For each snack, choose two of the following food groups:</i> <b>1. Meat/Meat Alternate</b> <b>2. Grain/Bread Product</b> <b>3. Fruit</b> <b>4. Vegetable</b> <b>5. Milk</b>	1. Peanut butter* 2. Whole grain bagel  1. Scrambled tofu 2. Milk	1. Yogurt 2. Granola  1. Swiss cheese 2. Pear slices	1. Tuna salad 2. Whole grain crackers  1. Whole grain cereal 2. Milk	1. Hummus 2. Carrot sticks  1. Whole grain tortilla chips 2. Salsa	1. Pretzels 2. Grapes*  1. Whole grain toast 2. Fruit smoothie

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

## Baby Carrots in Pots

Use silicone cupcake cups shaped like flower pots for this food craft (many varieties are available online) or use squeaky-clean terra cotta pots lined with a food-grade material, such as aluminum foil or a small tupperware tucked inside. **Never serve food in containers not intended for contact with food.**

Thick baby carrots  
Curly parsley  
Hummus

Snip parsley stems into small pieces. Pierce the ends of the carrots with a toothpick to make holes and insert a sprig of parsley into each one. Fill the "pots" with hummus, but not too full, as the carrots will take up considerable space. Insert the carrots into the hummus with the parsley end sticking up and serve.

- ✓ Meat/Meat Alternate
- ✓ Vegetable

Source and photo: foodlets.com, ag.ndsu.edu



## Money Saving Tip

Choose unpackaged fruits and vegetables whenever possible. A prepackaged bag of greens with a dressing packet and toppings may cost you as much as double what a head of lettuce and a simple, homemade dressing would.

## Cooking Tip

When sautéing both onions and garlic, do the onions first. Onions take longer to soften, while garlic burns more easily. Drop the garlic in just as the onions finish cooking.

Sources:  
ramseysolutions.com,  
buzzfeed.com





# Critical Control Points

*A review of safe food handling temperatures*



Recipes in Potpourri and CACFP publications often mention "critical control points." Do you remember what they are? Do you know why they are important?

Handling and preparing food for others' children is no small task! Ingredients must be appropriately prepared, stored, and served to reduce food safety hazards, both in the interest of health and to comply with federal laws. Food hazards may be biological, chemical, or physical agents, such as bacteria, pesticides, or human hair, respectively.

Critical control points are steps or points in time during the food preparation process in which control can be applied to eliminate a food safety hazard. Cooking and cooling foods represent two critical control points because reaching the proper internal temperature can help ensure that a food is safe to eat. Bacteria grow rapidly in the range of temperatures from 41-135°F, commonly known as the "danger zone," and so minimizing the amount of time that food spends within

this range reduces the risk of bacterial growth in the food. The appropriate temperature is that which will kill the bacteria associated with the specific food, so, for example, poultry products have a higher cooking temperature than beef.

Always check food temperatures with a clean, sanitized, and calibrated thermometer. To achieve accurate readings, take at least two internal temperatures from any batch of food you prepare. Insert the thermometer into the thickest part of the food, but avoid pockets of fat and bones when taking the temperature of meat.

To cool foods to the appropriate temperature within the correct amount of time, separate into smaller or thinner portions or add ice as an ingredient at the end of cooking. Use a quick-chill unit such as a blast chiller or place the food container in an ice water bath.

Sources: [theicn.org](http://theicn.org), [fda.gov](http://fda.gov)  
Left photo: ThermoPro on Unsplash



## COOKING TEMPERATURES

**135°F**



- Fruits and vegetables cooked for hot holding
- Ready-to-eat foods

**145°F**



- Beef, pork, and seafood

**155°F**



- Ground beef, pork, fish
- Fish sticks
- Cooked eggs

**165°F**



- Poultry
- Stuffed beef, pork, seafood
- Pasta stuffed with beef, pork, or seafood (ex: lasagna)

## COOLING TIMES

**2 Hours**

Hot food must be cooled to **70°F or lower**



**6 Hours**

Hot food must be cooled to **41°F or lower**



**4 Hours**

Room temperature foods (70°F) must be cooled to **41°F or lower**



# ACD's Guide to Oil-Free Cooking

## Choose the Right

### Equipment

Cooking without oil is a cinch with **nonstick pots and pans**, since food won't stick. Heavy-bottomed stainless steel, enamel-coated cast iron, and ceramic titanium are all good alternatives for those looking to avoid Teflon.



Roast vegetables or prepare oil-free baked goods with **silicone ovenware** for easy release. To eliminate odors on frequently used items, bake clean, empty molds at 350°F for one hour.



Tight budget? No need to run out and replace what you already have. Line standard bakeware with **parchment paper**, which food also won't stick to. Look for unbleached paper, which is biodegradable and compostable.



## Rethink Your

### Method

When **roasting** vegetables, sprinkle with herbs, drizzle with vegetable stock, and give them extra time in the oven to brown: a total of 15-20 minutes for tender veggies (peppers, summer squash) and up to 35 minutes for firmer ones (carrots, winter squash, potatoes).



The key to **sautéing and stir-frying** with out fat is to use 1-2 Tbs of water or broth at a time so the food browns without steaming. Stir frequently so nothing burns.

Fruit purées are healthy and delicious substitutes for oil, butter, and shortening in **baking**. Depending on the recipe, applesauce, mashed bananas, and blended dates are great replacements with the added benefit of fiber and nutrients.



For alternatives to **deep-frying**, explore roasting and baking techniques that achieve the same crispy outer crust with whole grain breadcrumbs or a cornmeal coating.

## Have Fun with

### Condiments

Create plant-based **saucers** for dishes that normally call for butter or heavy cream. You may be amazed at the luxurious texture of puréed beans, lentils, or vegetables like cauliflower, carrots, and potatoes. Add flavor with dairy-free milk, nutritional yeast, miso, or nut butter.



For oil-free **salad dressings**, mix and match vinegar, spices, and herbs with either fruit juice or a nut butter, depending on whether you're aiming for sweet or savory.



## Did you know?

While dietary fats are essential to a growing child's diet, cooking oils do not contain protein or carbohydrates and are not a significant source of vitamins or minerals.





## Bell Pepper Shamrock

White paper or cardstock  
Green tempura paint  
Paint brushes  
Green bell pepper  
Glitter (optional)



Carefully cut the pepper in half widthwise to produce two stamps. Dip the cut side of one of the pepper halves into the paint. Place on the paper, press down to transfer the paint, and lift to reveal a shamrock-shaped design. Use the paintbrushes to paint stems on the shamrock and sprinkle with glitter if you like. Allow to dry.

Source: [learnplayimagine.com](http://learnplayimagine.com)

## CACFP Meal Pattern Resources

Need a refresher on nutrition guidelines in the CACFP? Explore dozens of educational infographics with everything you need to know about child food programs, including whole grain rich foods, serving water, sugar limits, ounce equivalents for grains, milk requirements, and much more.

**Check them out today at [cacfp.org/meal-patterns/](http://cacfp.org/meal-patterns/)**

Select information available in English and Spanish



## ACD's BOOK CLUB

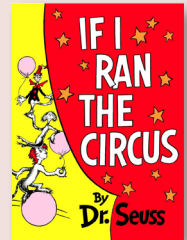
*Celebrate National Reading Month  
(and Dr. Seuss' birthday) with ACD!*

### English-Language Books

#### PICTURE BOOK

*If I Ran the Circus*  
by Dr. Seuss

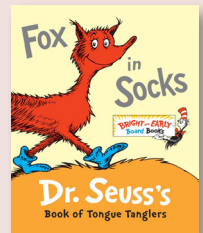
Morris McGurk wants to turn a vacant lot into the Circus McGurkus, the most tremendous show in the world.



#### EASY READER

*Fox in Socks*  
by Dr. Seuss

Chicks with bricks, a noodle-eating poodle! This classic book of tongue twisters is filled with silly rhymes that the whole family will enjoy.



### Spanish-Language Books

#### PICTURE BOOK

*¿Cómo podré decidir qué mascota elegir?*  
by Dr. Seuss

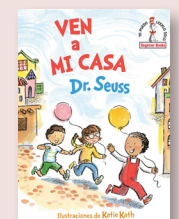
Choosing a pet illustrates an important life lesson: it can be hard to make up your mind, but sometimes you just have to do it.



#### EASY READER

*Ven a mi casa*  
by Dr. Seuss

With the artwork of award-winning illustrator Katie Kath, this book is ideal for classrooms and teaches that kids are the same all over the world.



C

**Community**

The CACFP community is made of hundreds of thousands of people, from those who administer the program to those who care for children.

A

**Awareness**

Together, we can raise awareness of how the food program combats hunger. Whether you choose to write a letter to Congress or use activity sheets with your kids, resources are available to you on the CACFP site.

C

**Children**

Children are the heart of what we do! Every day, thousands of infants and children receive healthy, nutritious meals thanks to the CACFP.

F

**Food Program**

The CACFP helps kids learn healthy eating habits and try new foods. Professional nutrition training and meal reimbursement are key aspects of this.

P

**Participate**

The CACFP would not have the impact that it does without you and your support! Show your appreciation for those who work in and with the food program.

# NATIONAL CACFP WEEK

March 13-19, 2022

CACFP Week is an educational campaign sponsored by the **National CACFP Sponsors Association**. Recognized during the third week of March of every year, this is a multi-day opportunity to raise awareness of how the USDA's Child and Adult Care Food Program, known as the CACFP, combats hunger, promotes good nutrition, and brings healthy food to children and adults around the country.

Childcare providers sponsored by the Association for Child Development (ACD) to participate in the food program receive their reimbursement funds and nutrition training indirectly from the CACFP through ACD. We think that's something worth celebrating!



Promoting the food program during CACFP Week can be a helpful way to engage the families of the children you care for, highlighting your professional affiliations and demonstrating your **commitment to good nutrition and healthy eating habits**. Increased visibility also keeps the program thriving and better able to support you and your business into the future. Plus, by celebrating CACFP Week, you gain access to **activity sheets, meal ideas, educational videos, and the chance to win prizes!**

This year, the CACFP community is partnering with "Sesame Street in Communities" to bring you this week-long celebration. Explore numerous online resources and learn how you can help promote National CACFP Week at [cacfp.org/campaign/](http://cacfp.org/campaign/).

## CACFP WEEK SOCIAL MEDIA CHALLENGE

Up for a challenge? Show the world how you snack for the chance to be featured on the National CACFP Sponsors Association website and possibly win \$100!

To participate, simply post your CACFP creditable snack on Twitter, Facebook, or Instagram with the hashtags #NCASuperSnack and #CACFP Week and tag the account @NationalCACFP. Then recruit the help of friends, family, and neighbors! The post with the most likes, shares, or retweets by March 20, 2022, will win \$100.

For ideas and to see last year's entries, visit [cacfp.org/social-media-challenge/](http://cacfp.org/social-media-challenge/)





# Face Masks for Children During the COVID-19 Pandemic



Face masks continue to be a reality as the highly contagious Delta and Omicron variants have led to a surge in COVID-19 cases this winter. To date, over 8 million infections have been reported among children in the U.S.

Children older than two years old are strongly encouraged to wear a well-fitting face mask in public, regardless of their vaccination status. However, for those too young to be vaccinated, masks reduce their risk of contracting the disease as well as spreading SARS-CoV-2, the virus that causes it.

## BEST PRACTICES FOR USING FACE MASKS

Instruct children to wash their hands before and after touching their face mask. After use, have them avoid touching the front of it by removing it with the straps or ties. Just like learning to wear a bicycle helmet or use a seat belt, this will require gentle reminders and positive examples from the adults in their lives.

Face masks should not be worn while eating or drinking. Ensure that masks poses no risk of choking or strangulation to young children and provide close supervision during use.

Children younger than two should never wear a mask because of the risk of suffocation. The most effective way to protect a baby who is too young for a face mask is to urge people with close contact to get fully vaccinated against COVID-19.

## HOW TO HELP CHILDREN GET USED TO FACE MASKS

Children may initially feel afraid or resistant at the thought of wearing face masks. To make them more comfortable:

- Look in the mirror with your face masks on and talk about it
- Put a mask on a favorite stuffed animal
- Let children select the color or pattern of their mask
- Practice wearing your masks together at home

Answer children's questions in simple language that they will understand. For example, discuss the difference between bad germs vs. good germs and the importance of a healthy body.

Please consult your child care licensing agency for the most up-to-date mask guidelines.

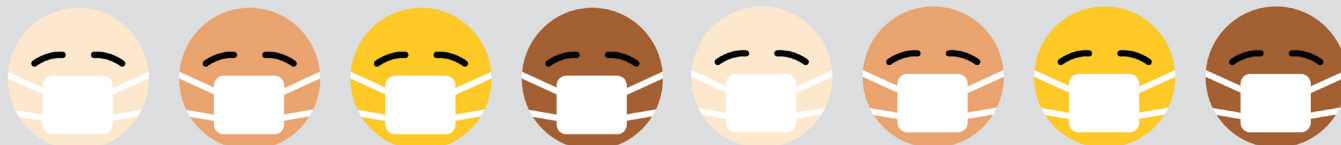
## Finding the Right Fit



- ✓ **Kid approval.** The best mask is one that fits a child securely and comfortably, so that they will actually wear it.
- ✓ **Fit.** Look for kid-specific sizes that fit a range of faces from toddler to tween. Masks should fit securely over the mouth, nose, and chin and rest snugly against the face without gaps.
- ✓ **Strong filtration.** High-performing masks are those capable of blocking droplets and aerosol-sized particles.
- ✓ **Adjustability.** No single mask will work for all kids, but features like nose-bridge wires and adjustable ear loops help to customize the fit and ensure as few gaps as possible.
- ✓ **Spot the fakes.** Counterfeit N95, KN95, and KF94 masks are a waste of money and provide a dangerous false sense of security. To avoid them, stick to purchases in tamper-evident packaging that come with a manufacturer address or website, an expiration date, and are stamped with a logo.

For more tips on spotting illegitimate masks and to see the top kids' brands chosen by the New York Times, visit [www.nytimes.com/wirecutter/reviews/best-kids-face-masks/](https://www.nytimes.com/wirecutter/reviews/best-kids-face-masks/)

Source: [healthychildren.org](https://www.healthychildren.org), [nytimes.com](https://www.nytimes.com)  
Photos by Kristine Wook, Anton, and Visuals on Unsplash



# Plant-Based Diets: A Recipe for Longevity

According to a new study from the University of Bergen in Norway, young people may add more than a decade to their life by consuming more plant-based foods. While people of any age can live longer by changing their diet, young adults demonstrate the greatest increase of lifespan: an average of 13 years for males and nearly 11 years for females.

The study points to the advantages of abandoning what is considered a modern Western diet, abundant in red meat, processed food, and chemical ingredients, to one of abundant legumes, whole grains, and nuts.

While we undoubtedly want what is best for ourselves and those we care for, it can be challenging to abandon familiar foods and ways of living "cold turkey."

✓ **Eat "real" food.** Focus on foods that come from nature, are fed from nature, and eventually rot. This means that fresh produce, legumes, grains, and nuts win out over processed foods. Since food color reflects nutrient density, aim for at least five colors every day for good variety.

✓ **Transition from animal to plant protein.** A 2020 analysis published in Critical Reviews in Food Science and Nutrition showed that a high intake of red or processed

meats was associated with higher all-cause mortality. Tasty sources of plant protein without the saturated fat and cholesterol of meat include lentils, quinoa, beans, and nuts.

✓ **Choose unsaturated oils.** The American Heart Association affirms that both mono- and polyunsaturated fats can improve your blood cholesterol when consumed instead of saturated and trans fats. Echoing the points above, this means fewer processed foods such as cakes, biscuits, and cheese, and animal products such as butter, sausage, and bacon. Examples of unsaturated fats include cooking staples you already know and love, such as olive, sunflower, and soybean oils.

✓ **Start today.** Experts encourage making this transition at any age and emphasize that it's never too late or too early. Even people in their 60s added an additional 8 years to their lives by switching to plant foods in the University of Bergen study. This is exciting news, as we all have all the time we need to establish healthy eating habits to last a lifetime. 🌱

Sources: [healthline.com](https://www.healthline.com), [everydayhealth.com](https://www.everydayhealth.com)



## Do you have talent for leadership? Passion for child development? **ACD IS HIRING!**

The following positions are currently available. To view the job descriptions, please visit [acdkids.org](https://acdkids.org).



### In Illinois:

*Field Operations Manager*

*Part-Time Bilingual Customer Service Specialist/Field Monitor (Cook County)*

*Part-Time Field Monitor (Springfield area)*



### In Michigan:

*Full-Time Customer Service Specialist (Bilingual Preferred)*

*Part-Time Customer Service Specialist (Bilingual Preferred)*



To express interest in one of the available positions, please email resumes to [humanresources@acdkids.org](mailto:humanresources@acdkids.org). We look forward to hearing from you!





# March 2022 Potpourri Quiz

Take the quiz below and submit your answers to your ACD Field Monitor to receive FREE training credit.  
Please do not mail your quiz to the office.

1. Food can be served in containers not intended for use with food, like terra cotta pots, if they are thoroughly cleaned beforehand.
  - a. True
  - b. False. Food should only be served using food-grade material or containers intended for food.
2. Food hazards are grouped into the following categories:
  - a. Biological, chemical, physical
  - b. Bacteria, chemicals, pesticides
  - c. Biological, chemical, parasitic
  - d. High-risk and low-risk
3. To properly kill bacteria, poultry should be cooked to a minimum internal temperature of:
  - a. 135°F
  - b. 145°F
  - c. 155°F
  - d. 165°F
4. To safely pass through the "danger zone," hot food should be cooled to an internal temperature of 41°F within \_\_\_\_\_.
  - a. 2 hours
  - b. 4 hours
  - c. 6 hours
  - d. 8 hours
5. Vegetables can be stir-fried without oil by adding small amounts of water and stirring constantly.
  - a. True
  - b. False. Adding water during cooking only steams vegetables.
6. Roasting vegetables without oil:
  - a. Is not feasible
  - b. Requires an extremely high oven temperature
  - c. Requires special bakeware
  - d. Requires leaving them for more time in the oven
7. Baking substitutes for oil include:
  - a. Applesauce
  - b. Mashed banana
  - c. Blended dates
  - d. All of the above
8. The Child and Adult Care Food Program:
  - a. Combats hunger
  - b. Provides healthy food for children and adults around the country
  - c. Reimburses childcare providers through ACD
  - d. All of the above
9. What does the "A" stand for in this year's celebration of CACFP Week?
  - a. Awareness
  - b. Academics
  - c. Activities
  - d. Accountability
10. Children of what age are recommended to wear face masks in public?
  - a. 6 months
  - b. Older than 2 years
  - c. Older than 5 years
  - d. Masks are only necessary if they are immunocompromised
11. The following is a recommended practice for wearing a face mask:
  - a. Wash your hands before and after putting it on
  - b. Avoid touching the front
  - c. Remove it using its straps or loops
  - d. All of the above
12. The best face mask for a child is:
  - a. Either an N95, KN95, or KF94
  - b. One with an exhalation valve
  - c. One that fits securely and comfortably
  - d. One with a fun, cheerful design
13. Recent studies suggest that young people who incorporate more plant-based foods in their diet may add \_\_\_\_\_ to their lifespan.
  - a. 7 years
  - b. 8 years
  - c. 9 years
  - d. More than a decade
14. A high intake of red and processed meat has been associated with (a) higher:
  - a. IQ
  - b. Levels of protein in the blood
  - c. All-cause mortality
  - d. None of the above
15. When is the best time to begin a plant-based lifestyle?
  - a. Experts encourage making this transition at any age
  - b. Infancy
  - c. Adolescence
  - d. After age 60



CHANGE SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage PAID  
Lansing, MI  
Permit No. 401

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.



# March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b>	<b>1</b> <b>National Nutrition Month</b> Celebrate good nutrition preparing your favorite healthy recipe.	<b>2</b> <b>Dr. Seuss' Birthday</b> Celebrate this beloved author by reading one of his books every week this month.	<b>3</b> <b>Critical Control Points</b> Quiz yourself on safe cooking temperatures and times from page 5.	<b>4</b> <b>National Employee Appreciation Day</b> Express your gratitude for your employees today with a meal or handwritten note.
<b>7</b> <b>Garden Planning</b> Consider starting a garden this year. What vegetables or herbs might you grow?	<b>8</b> <b>International Women's Day</b> Have the children make a card for a female friend, relative, or neighbor in their lives.	<b>9</b> <b>Glow Dance Party</b> Turn off all the lights and dance to music with glow sticks.	<b>10</b> <b>World Kidney Day</b> Learn about the kidney and its role in the human body.	<b>11</b> <b>Animals</b> What animals are coming out of hibernation as spring approaches?
<b>14</b> <b>CACFP Week</b> Print off activity sheets from the CACFP website as a fun way to promote the food program.	<b>15</b> <b>Bubbles</b> Bubbles aren't just for warm weather! Run, jump, and reach high to catch them.	<b>16</b> <b>Plant Protein</b> Prepare a meal using a plant-based protein this week.	<b>17</b> <b>St. Patrick's Day</b> Make a shamrock from bell peppers using the instructions on page 7.	<b>18</b> <b>National Sloppy Joe Day</b> Prepare good ole sloppy Joes with raw carrot, celery, and bell pepper sticks on the side.
<b>21</b> <b>Spring Equinox</b> Take a walk outside and talk about the changes in nature that you see.	<b>22</b> <b>Oil-Free Cooking</b> Roast or stir-fry veggies without oil today.	<b>23</b> <b>Obstacle Course</b> Set up an obstacle course or jumping area made of cushions and pillows.	<b>24</b> <b>Face Masks</b> Help the children practice putting on and removing their face mask properly.	<b>25</b> <b>Spring Cleaning</b> Do you have unused gadgets or expired ingredients taking up space in your kitchen?
<b>28</b> <b>Easy as Pie</b> Prepare fresh veggies in a snap using the Corn, Zucchini & Tomato Pie recipe on page 3.	<b>29</b> <b>Tax Time</b> If you haven't already, pull out your ACD Record Keeper and file those taxes!	<b>30</b> <b>National Pencil Day</b> Have everyone try writing or drawing with a pencil in their non-dominant hand.	<b>31</b> <b>Weather</b> "In like a lion, out like a lamb." Head outside and talk about what the weather is like today.	<b>1</b>