

potpourri

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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.

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ANNOUNCEMENTS FROM ACD

Tips to Contact Illinois Customer Service

E-mail the team at: ilcustomerservice@acdkids.org

Your message will be read, processed and if necessary a call returned within 24 hours.

Call: 800-284-5273

Currently you will wait approximately 4-5 minutes before you get an option to leave a message. Our service team strives to meet your needs within one phone call so wait times can be challenging. Please be patient with our phone system and leave a message when you can.

Fax: 708-236-0872

Send any documents you need to provide to ACD on a timely basis.

ON THE COVER Arian is 6 years old. His favorite color is red. He likes to play video games, build with Legos and play with Nerf toys. He loves Super Mario.

Kid-friendly Kale



Photo credit: Val Crafts

Tasty ways to get your kale on!

Kale Chips

A crunchy chip that can be customized with different seasonings. Make sure kale is washed and thoroughly dried.

- 1 cup bunch of kale
- 1 1/2 tablespoons olive oil

1. Line a cookie sheet with parchment paper
2. Wash and dry kale. With a knife or kitchen shears, carefully remove the leaves from the thick stems. Tear into bite-sized pieces.
3. Place kale on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice. Seasoning suggestions: Salt, pepper, onion powder, garlic powder, chili powder, cumin, tumeric, and Parmesan cheese.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.



🍷 Vegetable

Source: USDA MyPlate
Photo credit: recipesavant

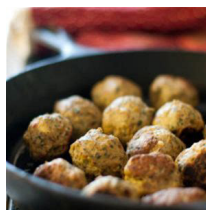
Turkey Meatballs

Good stuff rolled into a ball!

- 1 lb. ground turkey
- 1 can kidney beans
- 5 – 8 pieces sun-dried tomatoes
- ½ bunch kale (dino kale works well)
- Small handful Parmesan cheese
- 1 egg
- 2 cups panko or other bread crumbs

PREP

Preheat oven to 400 degrees F. Place all ingredients into a food processor, plus salt and pepper to taste. Blend until all ingredients are broken down and mixed together. Form mixture into 1 to 1.25 inch balls.



MAKE

Heat a cast iron skillet over medium-high heat. Add about a tablespoon of olive oil. Once oil gets hot enough (begins to shimmer and disperse), add meat balls using a pair of tongs. Sear for about 2 minutes and then turn over. Place pan in oven and bake for about 12 to 15 minutes. Enjoy with condiments such as mustard, ketchup, or salsa, or serve with whole grain pasta for a healthy dinner or lunch.

- 🍷 Meat/Meat Alternate
- 🍷 Vegetable

Source and photo: cooksmarts.com

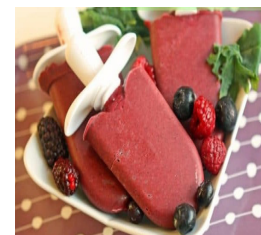
Super Kale Pops

These refreshing treats are dairy and gluten free.

- 16 - 20 ounces 100% orange juice
- 3 cups baby kale
- 2 cup frozen berries
- 1 frozen banana

Blend orange juice and kale together until well blended. Blend rest of the ingredients until smooth.

Pour into pop mold and freeze.



- 🍷 Vegetable
- 🍷 Fruit

Source and photo: superhealthykids.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Grain/Bread Product - OR- Meat/Meat Alternate 2. Fruit or Vegetable 3. Milk <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to 3x a week.</i>	1. Cheese Omelet 2. Oranges 3. Milk	1. Whole grain oatmeal 2. Raisins* 3. Milk	1. Puffed Rice cereal 2. Blueberries 3. Milk	1. Yogurt 2. Banana 3. Milk	1. Whole grain bagel 2. Fruit salad 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Fish sticks 2. Egg noodles 3. Corn 4. Peaches 5. Milk	1. Ham 2. Whole grain bread 3. Green Beans 4. Plums 5. Milk	1. Chicken Nuggets 2. Fried rice 3. Carrots 4. Apple slices 5. Milk	1. Ground beef 2. Whole grain macaroni 3. Salsa 4. Nectarine 5. Milk	1. Pork and beans 2. Whole grain bun 3. Mixed vegetables 4. Cherries 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Swiss cheese 2. Whole grain crackers 1. Fruit Cocktail 2. Milk	1. Banana muffin 2. Milk 1. Hummus 2. Celery sticks	1. Whole grain toast 2. Fried Egg 1. Potato Salad 2. Milk	1. Whole grain scone 2. Milk 1. Whole grain Goldfish crackers 2. Grapes*	1. Salsa 2. Whole grain tortilla 1. Hard boiled egg 2. Milk

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

FLOWER SNACK

You will need:

- Strawberries
- String Cheese
- Kiwis

Use string cheese for the flower stems and center of the petals. Then, cut fruit (strawberries work great) for petals and put the flowers on a bed of kiwi.

- ✔ Meat/Meat Alternate
- ✔ Fruit

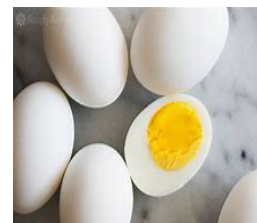


Money Saving Tip

It's easy to overspend at the grocery store. Make sure you always shop with a list. Carry a pocket calculator and add up the prices as you go along. If you go over budget, swap out higher costs items.

Cooking Tip

For a great hardboiled egg every time, bring your pot to a boil and then turn off the heat. Let your eggs sit in the heated pot for 12 minutes and then transfer to cold water. To make peeling easier, crack egg on both ends, then roll the egg. The peel should come off pretty easily.



Source: Kroger.com

Source and photo: momendeavors.com

momendeavors.com

Let's Go On Vacation!

Traveling with Children

Who doesn't look forward to going on vacation? It's a time for rest, relaxation, and family fun! However, the challenges faced by traveling with children can take the fun out of the trip before it even begins.

Whatever your mode of travel, here are some tips to make sure your vacation becomes a memory to always be cherished.

Going bye-bye with babies:

- Keep it simple and pack as little gear as possible. Babies don't need much. They need to eat, diapers, and a safe place to sleep.
- Bring enough diapers and wipes to get you to your destination. You can buy what you need when you get there.
- Start out going on short car rides and work up to longer road trips.
- Plan your car trip to coincide with nap time.
- Use priority boarding and security whenever you can. Airlines let passengers traveling with small children board first. Go for it!
- Wear the baby in a soft structured carrier to keep your hands free.
- Check with the airport to see how much baby milk and food you can carry on.

On the go with toddlers and young kids:

- Plan your car ride route so that you pass by rest stops and roadside attractions.
- Plan your packing list. Include such things as: smartphones and tablets, kid-sized headphones, water, and low-sugar snacks such as Cheerios, pretzels, and string cheese.
- Talk to them about what to expect; from baggage check-in to onboard etiquette and safety.
- Book an early morning departure. These flights are usually less crowded.
- Prepare for air pressure. Have them drink some water right after take-off and during the last 30 to 45 minutes of the descent. Swallowing helps with the pressure.

And when they are older:

- Play car games such as the Alphabet Game. Start with "A" and call out when you see one on road signs or license plates. Consider renting a larger vehicle for more space.
- Tell the kids what to expect on the road: how long the trip might take, how often you plan to stop, and get them interested in finding things to see along the way.
- Listen to audiobooks or watch movies.
- Pack a cooler with healthy snack options like fresh fruit, individually wrapped cheese, and trail mix. Bring plenty of water. If flying, make the flight a special occasion. Pack a bag that has special treats or something out of the ordinary to make the trip a fun and special event.
- Bring a book about the destination and let the children help plan activities you'll do.

There are so many decisions to be made when planning a vacation. Will you drive, fly, or take a train? Will you stay in a hotel, with family, or book a vacation rental? Will you go to the beach or an amusement park? Even though the choices may seem daunting, the most important thing is to just do it. You will get there, you will survive and you will have fun!

ACD'S Guide to Choosing Kale

Kale is a superfood. It is packed with protein, calcium, iron, Vitamin A, and fiber. As one of the few leafy greens that doesn't shrink much when cooked, kale can be baked, sautéed, roasted, stewed, and incorporated with other ingredients in many recipes. Here are seven varieties of kale and how to eat them:



Curly KALE

Dark green or sometimes purple color with tightly wound curls.
Best in smoothies or salads.



Lacinato or Dinosaur KALE

Large blue-green leaves about two to three inches wide.
Best in lentil soups or hearty chilis.

Red Russian KALE

Vibrant, reddish purple stems and flat green leaves.



Best enjoyed when leaves are firm, vibrant and fresh.

Ornamental KALE



Decorative green that looks like a flower, but is still edible.
Best used as a garnish for your meal.

Chinese KALE

Looks like a hybrid of broccoli and spinach.



Best used in a stir-fry.



Redbor KALE

Red, ruffled leaves.
Best when massaged with olive oil as part of a salad.



Common Curly Kale

This is the type most often seen in the grocery store. It's pale to deep green with large, frilly-edged leaves and long stems. Use it in a salad, sauté, toss in a hearty soup, or make Super Kale Pops (see recipe on Page 2).

Dinosaur Kale (Lacinato Kale or Tuscan Kale)

The leaf texture on this Italian variety looks a bit reptilian, hence the name Dinosaur. This kale has dark blue-green, slender, long leaves, with none of the frills of common curly kale. It is good in soups and stews, and can also be used in a salad.

Ornamental (Salad Savoy)

Although this variety, with its frilly and fluffy leaves ranging in color from white to pink to purple to magenta, is mainly used on buffet tables for display, it is edible although slightly coarse. Use it as a garnish, as it forms a rosette which looks like an opened-up flower.

Red Russian (Ragged Jack)

With colors from blue-green to purple-red, this variety is sweeter and more tender than common curly kale. Cold weather intensifies its color. It tastes good in salads.

Chinese Kale

High in calcium, iron, vitamins A and C, this variety can be substituted for broccoli in many recipes. It can be boiled or steamed, or used in stir-fry dishes.

Siberian Kale

This is a winter crop grown in the United States. It has enormous leaves. Siberian kale is better when cooked. It makes a great dish sautéed with some onions or shallots and bacon, then steamed with a bit of cider vinegar.

Redbor Kale

Redbor is great in a garden as it is both ornamental and edible. It grows up to 3 feet high and has curled reddish leaves with deep purple veins that turn a solid, deep violet in cooler weather. A few leaves can be plucked for edible plate décor.




Source: greatist.com

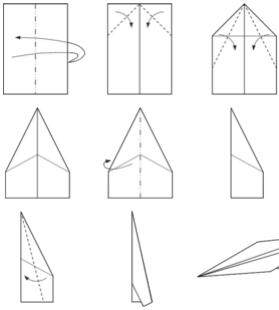
Photos: xtrema.com, highdesertseed.com

Paper Airplane

8 x 11 piece of paper
Use colored paper or decorate paper before making airplane



- Fold paper in half long way
- Fold the top corners to meet in the middle of the fold
- Make one more fold, right on top of the first fold
- Flip the paper over and fold it once more lengthwise
- to make the wings



Source: Educational Toy Factory
Photo credit: The Seasoned Mom

ACD's BOOK CLUB

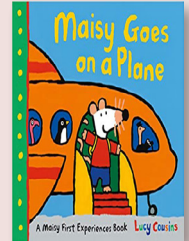
Come Fly Away with ACD!

English-Language Books

PICTURE BOOK

Maisy Goes on a Plane
by Lucy Cousins

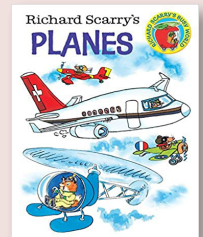
Maisy goes on a plane for the first time to visit her friend Ella.



EASY READER

Planes
by Richard Scarry

Go along with some adorable characters on different kinds of air travel.



Spanish-Language Books

PICTURE BOOK

Aviones
by Charles Reasoner

A day in the life of a plane at work.



EASY READER

El avión de Angela
by Robert Munsch

Angela's curiosity takes her on an amazing adventure!



ATTENTION ILLINOIS CENTERS IT'S ALMOST THAT TIME!!

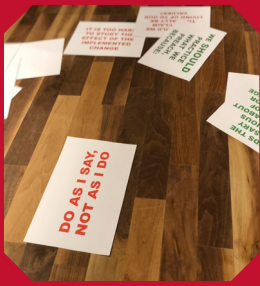
The re-enrollment process will start soon for day care centers located in Illinois.

Look for your re-enrollment package to arrive on or before June 17, 2022.





Fostering Social-Emotional Skills Tips to Get Started



Just as important as nutrition, social-emotional skills such as self-awareness, cooperation and responsible decision making contribute to the overall health and success of young people. There are many ways adults can help develop these. Try some of these:

Be a role model

Always try to practice what you preach. We all know children emulate the behavior they see in the adults around them. You can best influence children by being a good listener, validating your own and others' emotions, and working together to resolve conflict. The approach of "Do as I say, not as I do" does not work when trying to instill good social habits in children.

Involve children and teens in decision-making

Being included in decision making at school and at home can help to develop important leadership skills. Family meetings at home or round table discussions in school settings when it comes to deciding on where to go on vacation, settling disagreements, meeting to plan the upcoming meals for the week or planning a celebration, all serve to involve the children and give them a sense of having their voices heard.

Read together

Reading, especially age-appropriate fiction books, is instrumental in fostering social-emotional skills that are very important. By discussing the character's feelings and experiences, children learn skills such as empathy, problem-solving and impulse control. Reading to others or together helps to facilitate social connection.

Help Others

Helping others has been shown to increase students' self-confidence and decrease school drop-out rates. There are many ways to get the children involved in helping others, from assisting at an animal shelter to tutoring younger children. Volunteering as a family in causes that are close to the heart, such as a walk for a disease that has affected someone in the family, helping out at a food pantry, or donating items to a homeless shelter, all serve to show the children that one person can make a difference in the lives of others.

Engage in physical activity

To help develop self-regulation and social competence skills, participate in regular physical activity and free play. Encourage movement opportunities before, during and after school. Look for low cost family and day care physical activities such as taking nature hikes, having an outside Olympic day, and even playing duck, duck, goose. Just get up and get moving. Any exercise is better than none at all.



Source: KohlsHealthyAtHome.org

Photo credits: Carline L on UnSplash, elproschools.edu, Brett Jordan on UnSplash, southasiamonitor.com, Robert Collins on UnSplash, kidspot.com

Simple Rules to Remember

Limit sun exposure between 10:00 am and 4:00 pm when the sun is the strongest

Wear sun-glasses with at least 99% UV protection
Get child sized glasses for the little ones

Keep babies under 6 months old out of direct sunlight

Wear cool, comfortable clothing with a tight weave

Use sunscreen

Sunscreen

Use a brand that says "broad spectrum" on the label

An SPF (sun protection factor) of 15 or 30 should be fine for most people

If possible, avoid the ingredient oxybenzone because of mild hormonal properties

Using any sunscreen is better than using none at all

Use sunscreens that contain zinc oxide or titanium dioxide for sensitive parts of the body such as the nose, cheeks, shoulders and top of the ears

No matter how careful you are, sunburns do happen. This is what to do:

When to call the doctor

For babies younger than 1 year, call the doctor right away

For older children, call if there is blistering, pain, or fever

To soothe the burn

Give your child 100% fruit juice

Use cool water to make the skin feel better

Only use medicated lotions if the doctor says it is OK

Keep your child out of the sun until the burn is fully healed

April Showers Bring May Flowers

In the spring, rain falls frequently in both Illinois and Michigan. And while the puddles in April can be difficult to negotiate, the Midwest is home to some beautiful blooms in May. Since both states experience much of the same types of weather, take a nature walk in the May sunshine and look to see how many of these flowers are growing along the way.

Daffodils



These are a gardener's favorite for a reason. They come in a vast array of colors, patterns, and sizes. They are relatively easy to grow and last for weeks without extra care or maintenance.

Tulips



It is almost impossible to list all the different hues, patterns, and colorations of this quintessential Dutch flower. They also come in a variety of shapes and look just as good in a vase as they do in the garden.

Early Snowdrops



Having either a single or double bloom hanging delicately from sturdy stems, the whimsical name is given to this flower because they can appear even before the snow melts.

Lungwort



These flowers are quite small, only ½" across, and come up in late winter, continuing to bloom well into the middle of spring. The clusters of delicate, funnel shaped blooms start as a rich violet-blue and mature to soft pink.

The above varieties merely scratch the surface of the beauty that comes to both Illinois and Michigan in the spring; both in the form of wildflowers and those planted by dedicated gardeners. Print out pictures of flowers, put them in a book and take the book along on walks to use as a reference. Cut flower shapes out of colored construction paper and plant your own "garden". There are so many ways to enjoy the May flowers. Let your imagination run wild!

IN OBSERVANCE OF MEMORIAL DAY

ACD OFFICES WILL BE CLOSED

MONDAY MAY 30, 2022

Beginning in 1868, Memorial Day was known as Decoration Day. It was celebrated each year on May 30 until it became a federal holiday in 1971 and the date was changed to the last Monday in May.

This is a day to remember the men and women who have lost their lives while serving in the US military. It is also regarded as the unofficial beginning of summer.

All Americans are encouraged to spend a moment of silence at 3:00 PM local time as an act of remembrance and honor.



Photo credit: Robert Linder on UnSplash



May 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. What do babies need when traveling:
a. To eat
b. Diapers
c. A safe place to sleep
d. All of the above

2. When should a car trip be planned with a baby?
a. Early in the morning
b. To coincide with naptime
c. Overnight hours
d. In the early evening

3. Why is it a good idea to book an early flight?
a. They are less crowded
b. They cost less
c. The flight takes less time
d. It's easier to get to the airport

4. Drinking water right after takeoff and during the last 10 minutes of descent eases pressure.
a. True
b. False.

5. Which is not a variety of kale?
a. Redbor
b. Siberian
c. Reptilian
d. Curly

6. Kale is a superfood.
a. True
b. False

7. Kale can be:
a. Baked
b. Sauteed
c. Roasted
d. All of the above

8. Kale is rich in Vitamin D.
a. True
b. False

9. The sun is strongest between 12:00 pm and 2:00 pm.
a. True
b. False

10. Babies under what age should be kept out of direct sunlight?
a. 2 months old
b. 1 year old
c. 6 months old
d. 4 months old

11. Which two ingredients in sunscreen protect sensitive areas?
a. Zinc oxide or sodium bicarbonate
b. Zinc oxide or titanium dioxide
c. Zinc oxide or bisabolol
d. Zinc oxide or maltodextrin

12. To soothe sunburn, give a child:
a. Milk
b. Water
c. 100% fruit juice
d. Gatorade

13. Sunscreen that says "large spectrum" on the label is best.
a. True
b. False

14. Which flower is not a spring bloomer?
a. Tulip
b. Mum
c. Early Snowdrop
d. Lungwort

15. Which flower is quintessentially Dutch?
a. Daffodil
b. Tulip
c. Early Snowdrop
d. Lungwort



CHANGE SERVICE REQUESTED

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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.



May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Truffle Day</p> <p>White and black truffles are very expensive fungi. Both pigs and dogs are used to sniff them out.</p>	<p>3 Two Different Colored Shoes Day</p> <p>Have fun wearing two different colored shoes today.</p>	<p>4 Star Wars Day</p> <p>May the Force be with you!</p>	<p>5 Cinco De Mayo</p> <p>Have a colorful parade and listen to mariachi.</p>	<p>6 Space Day</p> <p>Watch a video of a rocket launch.</p>
<p>9 Lost Sock Memorial Day</p> <p>Where do lost socks go?? Draw pictures of socks that have been lost.</p>	<p>10 Clean Up Your Room</p> <p>Make sure all toys, games, and books are in their proper places.</p>	<p>11 May Flowers</p> <p>Have April showers brought May flowers? Look outside to see if any are blooming.</p>	<p>12 Musical Chairs</p> <p>Play a moving game of musical chairs.</p>	<p>13 Frog Jumping Day</p> <p>Pretend to be a frog and have a frog jumping contest.</p>
<p>16 Love a Tree</p> <p>Go outside and make sure the area around the trees is tidy and clear of leaves.</p>	<p>17 Walnut Day</p> <p>Walnuts* are an excellent source of vitamins and minerals. Have some for a snack.</p>	<p>18 Rhyming for Fun</p> <p>"May" is an easy word to rhyme. How many rhyming words are there?</p>	<p>19 May Ray Day</p> <p>Everyone needs some sun! Spend some time today soaking up some rays!</p>	<p>20 Endangered Species Day</p> <p>Pick an endangered species and learn all about it.</p>
<p>23 Lucky Penny Day</p> <p>See a penny, pick it up. All day long you'll have good luck.</p>	<p>24 Wyoming Day</p> <p>Find Wyoming on the map and learn about their state bird.</p>	<p>25 Tap Dance</p> <p>You don't need tap shoes! Put on some music and make noise with your feet.</p>	<p>26 Paper Airplane Day</p> <p>Make paper airplanes using the instructions on Page 7. See whose can fly the farthest!</p>	<p>27 Cellophane Tape</p> <p>There are so many ways to use cellophane tape. How many can be found today?</p>
<p>30 ACD Offices Closed</p> <p>Happy Memorial Day. Add a note to your May claim if you are open today.</p>	<p>31 Smile Day</p> <p>This is an easy one. Smile all day!!</p>	<p>1</p>	<p>2</p>	<p>3</p>

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