

potpourri



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I'm excited to announce our ACD Michigan Office is moving Friday, May 12! Although we will be open on Friday, phones will be down and email responses will be delayed. Please leave a message and a member of our Customer Service Team will respond to your request starting Monday, May 15.

Our new address is: **3496 East Lake Lansing Rd., Suite 150; East Lansing, MI 48823**. Be sure to update your records and note that our phone and fax numbers will remain the same.

On Friday, May 12, we also celebrate **Provider Appreciation Day**. ACD providers take care of our most precious resource: children. Because of your care and dedication to promoting healthy child development, you are making a lasting impact on the children and families you serve! I am grateful to you for that and choosing to partner with ACD in this important work.

May is Mental Health Awareness Month. Register for a FREE webinar to learn about: **"The Connection Between Diet and Mental Health for Children"** (Tues., May 16 from 6:30pm-7:30pm EST).

To close, I extend **"Happy Mother's Day"** wishes and Memorial Day remembrance to those who sacrificed their lives for our country.

Denise Meyer
Denise Meyer
Executive Director

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Cinco De Mayo Meals

Celebrate Mexican heritage with these festive recipes

Mexican Cauliflower Rice

4 servings
oursaltykitchen.com

Ingredients

1 head cauliflower, riced
(4 cups riced)
1 tbsp. olive oil
1 medium white onion,
finely diced
2 cloves garlic, minced
1 jalapeno, seeded & minced
3 tbsp. tomato paste
1 tsp. kosher salt
1 tsp. cumin
1/2 tsp. paprika
3 tbsp. fresh cilantro, chopped
1 tbsp. lime juice

- Slice florets from cauliflower head. Place half into food processor bowl and pulse until riced.
- Scrape down sides once halfway through to catch larger pieces.
- Scoop out riced cauliflower and repeat with remaining florets.
- Heat large 12" skillet over medium-high heat. Add oil and heat until it shimmers.
- Add onion and sauté until soft and translucent, stirring 5-6 minutes.
- Add garlic and jalapeno and sauté, stirring frequently until fragrant, 1-2 minutes.
- Add tomato paste, salt, cumin and paprika. Work paste into the rice, stirring until fully incorporated.

- Cook at least 2 minutes to cook off canned flavor.
- Add cauliflower rice and stir continuously until all ingredients are well combined.
- Continue sautéing, stirring occasionally, until cauliflower releases its liquid and is dry and fluffy, 5-8 minutes.
- Remove skillet from heat and stir in cilantro and lime juice. Serve immediately.

- **Fruit**
- **Vegetable**

Pasta Salad with Black Beans & Avocado Dressing

6 servings
eatingwell.com

Ingredients

[Dressing]

1/2 ripe avocado
1/4 cup mayonnaise
2 tbsp. lime juice
1 small clove garlic, grated
1/2 tsp. salt
1/4 tsp. cumin

[Pasta Salad]

8 oz. whole-wheat fusilli
(about 3 cups)
1 cup halved cherry tomatoes
1/2 cup canned black beans,
rinsed
1/2 cup corn, fresh or frozen
(thawed)
1/2 cup shredded cheddar
cheese
1/4 cup diced red onion
1/4 cup fresh cilantro, chopped

- **Dressing:** Combine avocado, mayonnaise, lime juice, garlic, salt and cumin in mini food processor.
- Puree until smooth.
- **Pasta salad:** Cook pasta in large pot of boiling water according to package directions.
- Drain, rinse with cold water and drain again. Transfer to large bowl.
- Stir in tomatoes, beans, corn, cheese, onion and cilantro.
- **Toss with dressing about one hour before serving.**
- Cover and refrigerate, without dressing, for up to one day.

- **Fruit**
- **Vegetable**
- **Grain/Bread Product**
- **Meat/Meat Alternate**

Mexican Rice Pudding

8 servings
isabeleats.com

Ingredients

1 cup long-grain rice
2 cinnamon sticks
1/4 tsp. salt
2-1/2 cups water
4 cups milk*
1 cup granulated sugar

- In medium or large pot over high heat, add rice, cinnamon sticks, salt and water.
- Mix together and bring to a boil. Once boiling, cover and reduce heat to simmer. Cook 15 minutes until most of the water has evaporated.

[Continued on page 8]



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Cereal 2. Blueberries*** 3. Milk	1. WG Pancakes 2. Oranges 3. Milk	1. Egg Sandwich 2. Hashbrowns 3. Milk	1. Oatmeal 2. Strawberries 3. Milk	1. WG Toast 2. Apple Slices 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Taco Meat 2. Tortilla 3. Salsa 4. Avocado 5. Milk	1. Fish Sticks 2. WG Roll 3. French Fries 4. Grapes*** 5. Milk	1. Teriyaki Chicken 2. Brown Rice 3. Snow Peas 4. Peaches 5. Milk	1. Three Bean Chili 2. Cornbread 3. Tossed Salad 4. Cantaloupe 5. Milk	1. Meat Sauce 2. Spaghetti Noodles 3. Green Beans 4. Pears 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. String Cheese 2. Pretzels 3. Pineapple 4. Baby Carrots*** 5. Milk	1. Peanut/Seed Butter 2. Graham Crackers 3. Raspberries*** 4. Celery 5. Milk	1. Cottage Cheese 2. WG Crackers 3. Honeydew 4. Cherry Tomatoes*** 5. Milk	1. Edamame*** 2. Rice Cakes 3. Banana 4. Cucumbers 5. Milk	1. Hummus 2. Pita Bread 3. Watermelon 4. Bell Peppers 5. Milk
(*) Choose two food groups from “Snacks” list.				(**) MT may be substituted for GN/BP up to 3x a week.		
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate				(***) Choking hazard for children under age 4.		

REMINDERS:



- ACD offices will be closed in observance of Memorial Day: **May 29 (Mon)**
- Check/update expiring enrollments & submit new enrollments by **May 5 (IL)** & **May 8 (MI)**
- April first claim due: **May 9 (MI)** & **May 15 (IL)**
- March final claim due: **May 25 (IL)** & **May 29 (MI)**
- Notify our Customer Service Team of changes to operating hours and/or children's attendance hours as summer approaches.
- Complete **“Holiday Note” form** with required signatures if caring for children on a holiday.

Overcoming Food Jags

Tips to manage this common childhood eating pattern



As adults, many of us have favorite foods we would love to eat day-in and day-out. However, due to nutritional concerns, health issues or other reasons, we limit or avoid them.

For toddlers and young children, only eating a favorite food day-in and day-out, meal after meal, can cause concern for parents/caregivers. Known as “food jag,” this eating pattern is a common (and normal) part of child development often starting around 1-2 years of age as children are getting their nutrition from solid foods.

For some children, food jags show up as only wanting to drink milk with every meal and/or eating a particular food (e.g. bread) or small group of foods (e.g. fruit); certain brand of crackers (e.g. Annie’s™); a sandwich cut in a triangle; crunchy foods (versus other textured foods) or white foods (versus green foods).

Reasons why a child may experience food jags vary and may include:

- showcasing independence over food choices;
- poor oral development making them unable to properly chew alternative foods being offered; or
- negative associations with a particular food (e.g. had a tummy ache when they first tried broccoli).

Although food jags are a common childhood eating behavior; if a child’s diet is too limited, it can become the “new normal” leading to loss of nutrients critical for good health or malnutrition if the preferred food is unhealthy.

Fortunately, food jags often pass in weeks with most picky eating outgrown during early elementary years. In the meantime, providers and parents/caregivers can try these tips:

- **Introduce new tastes early.** Beginning at six months, start introducing new tastes – especially green vegetables – in the form of baby food to toddlers.
- **Keep offering rejected foods.** It can take 15 or more tries before a toddler will accept new foods.
- **Remember your feeding roles: you provide and your child decides.** You can reduce the number of times you offer the food(s) your child prefers which can help reduce reliance on that food(s).
- **Do not encourage the “clean plate club.”** Children will eat when hungry and stop when full.
- **Keep providing nutritious meals and snacks.** If the food(s) a child prefers is nutritious and easy to prepare, continue to offer it along with other nutritious foods.
- **Use a “picky eater plate.”** This helps children accept having something different on their plate and keeps food jags from touching foods they are unlikely to eat.



For parents/caregivers concerned about their toddler or young child's diet, providers can encourage them to discuss concerns with the child’s pediatrician, a family physician or registered dietitian.

■ **Image (pg. 4):** ROMIXIMAGE/Canva ■ **Graphic (pg. 4):** Chanakarn Kwang ■ **Source:** medlineplus.gov | enfamil.com | asknestle.in | health.tas.gov.au | yourkidstable.com | nutritioninbloom.com ■ **Image: (top)** Sasiistock/Getty | **(bottom)** Syda Productions

Preparing Allergy-Free Foods

May 14-20 is Food Allergy Awareness Week

According to the non-profit organization Food Allergy Research & Education (FARE), more than five million children under the age of 18 have a food allergy in the United States.

For most children, their food allergy will be one of the “Big Nine” defined by the Food and Drug Administration (FDA): **Wheat, Eggs, Soy, Milk, Peanuts, Tree Nuts, Fish, Shellfish and Sesame.**

When caring for a child with a food allergy, careful meal planning is necessary to ensure the foods you are serving are safe.

First, evaluate your menu. Read the manufacturer's label to determine if any allergens are present. The “Big Nine” allergens (listed above) are required to be listed on the label. If the allergy is **NOT** one of the “Big Nine,” you will need to contact the manufacturer directly to inquire about the allergen. If a menu item contains an allergen, find an allergen-free alternative to serve in its place.

Here are some common alternatives:

Menu Item	Child's Allergy	Allergy-Free Alternative
Pasta	Wheat	Rice or Quinoa
Yogurt	Milk	Soy or Almond Yogurt
Hummus	Sesame	Ranch Dressing or Mashed Avocado
Peanut Butter	Peanuts	Sunflower Seed Butter

The next step is to consider how each food is prepared. When an allergenic ingredient makes contact with a non-allergenic ingredient, this is called **cross-contact**. The most common places cross-contact occurs include: **hands, other children, serving utensils, cutting boards, toasters and countertops.**

Explain to children how food and drinks are not meant to be shared with others and to keep their hands to themselves during meal and snack times. Good handwashing before and after meals and snacks will also help decrease the chance of cross-contact among children.

Do your part in reducing the chance of an allergic reaction by carefully evaluating your menu items and eliminating cross-contact in the kitchen. Lastly, have a plan ready for the chance of a severe allergic reaction.



■ **Source:** www.foodallergy.org/resources/facts-and-statistics (Accessed: April 2, 2023)

■ **Image:** Science Photo Library/Canva

■ **Image (pg. 7): (top)** acanadianfoodie.com | **(bottom)** Layer Lab/Canva | **(right)** Billion Photos/Canva

Lentil Crackers

1 batch (30 crackers)

These crackers are free of “Big Nine” allergens and include a good dose of fiber and protein. Pair with dairy-free cheese slices. Store in sealed container for 3-5 days.



Ingredients

1/2 cup cooked lentils
 2 tbsp. ground flaxseed***
 1/4 tsp. honey*
 2-1/2 tsp. olive oil
 1/2 cup gluten-free flour**
 1/4 teaspoon baking soda
 1/2 teaspoon salt
 1/4 teaspoon garlic powder

- In food processor, add lentils and puree until smooth.
- Scoop pureed lentils into mixing bowl. Add flaxseed, honey and oil and stir together.
- In separate bowl, mix flour, baking soda, salt and garlic powder.
- Slowly add dry ingredients to wet, stirring with each addition.
- Cover bowl and place in refrigerator for 15 minutes.
- Place large parchment paper sheet on flat surface and sprinkle flour on top.
- Remove dough from refrigerator and place on parchment.
- Sprinkle dough with flour and place another sheet of parchment on top of the dough.
- Using a rolling pin, roll out dough until the thickness of a nickel.
- Remove top layer of parchment. Use biscuit cutter or other circular object to cut out crackers. Place on parchment-lined sheet pan.
- Bake at 300°F for 20-25 minutes, flipping halfway through.
- Cool crackers on baking sheet.
- (**) **Not all gluten-free flour will be free of “Big Nine” allergens.** Gluten-free flour used for this recipe contains blend of garbanzo bean flour, potato starch, tapioca flour, whole grain sorghum flour and fava bean flour.

Safety Note: (*) Recipe **not** intended for infants under one year of age as it contains honey which may contain a bacteria that can cause infant botulism.

Safety Note: (***) Choking hazard for children under age 4.

Nutrition Information (6 crackers): 143 calories, 8 grams fat, 12.6 grams carbohydrate, 2.3 grams fiber, 2.9 grams protein.

- ⊕ Meat/Meat Alternate
- ⊕ Grain/Bread Product

BUSINESS & LEISURE

Setup a “sinking fund.” If you’re looking to pay off debt more efficiently, consider a “sinking fund.”



Unlike a savings account or emergency fund, a sinking fund has one purpose: **to set aside or budget money for a specific future expense.**

Future expenses may include: a family vacation, tuition, home remodeling, wedding expense, car repairs (or a new car) or back-to-school supplies.

If you’re self-employed, setting up a sinking fund can help ensure you have enough saved to pay taxes when (or if) the time comes around.

Before setting up a sinking fund, ask yourself these questions:

- What am I saving for?
- Can a sinking fund fit into my budget?
- How much do I need to save?
- When might I need the funds (in six months, next year, etc.)?
- Where am I going to store my sinking fund (e.g. savings account)?
- How often will I contribute to the fund (e.g. monthly, weekly, per pay period)?

[clearviewfcu.org |
mymoneyyard.com |
businessinsider.com]

A Perfect Salad

May is Salad Month – try the “1, 2, 3 & 4” method



1 CUP PROTEIN
MEAT | CHEESE | TOFU | BEANS

2 TABLESPOONS CRUNCHY STUFF
TOASTED NUTS & SEEDS*** | CROUTONS
ROASTED CHICKPEAS*** | BAKED PITA
OR TORTILLA CHIPS, ETC.

3 TYPES VEGETABLES OR FRUITS
STONE FRUITS | DRIED FRUITS | RAW
OR ROASTED/GRILLED VEGETABLES
(1/4–1/3 CUP OF EACH)

4 CUPS GREENS
ICEBERG | ARUGULA | KALE | FRISEE
ESCAROLE | CHICORY | SPINACH, ETC.
(LOOSELY PACKED)

RATIOS ABOVE WILL SERVE:

- ONE PERSON FOR A WHOLE MEAL
- TWO PEOPLE FOR A LIGHT LUNCH
- FOUR PEOPLE FOR AN APPETIZER OR SIDE

OTHER TIPS:

- FOCUS ON VARIETY
- USE SEASONAL INGREDIENTS
- MAKE YOUR OWN VINAIGRETTE:
ONE PART ACID + THREE PARTS OIL
- VINAIGRETTE ADD-INS:
 - MINCED GARLIC
 - DIJON MUSTARD
 - HONEY OR MAPLE SYRUP
 - FRESH/DRIED HERBS
 - SALT & PEPPER

NOTE: Before starting a new diet or meal plan, consult your doctor or a registered dietitian.

Safety Note: (*)** Choking hazard for children under age 4.

[Continued from page 3]

Mexican Rice Pudding (Cntd')

- Add milk, stir, cover and cook another 15 minutes, stirring occasionally.
- Add sugar, stir, cover and cook another 10 minutes, stirring occasionally.
- Remove lid, raise heat to medium-high and cook another 5 minutes or until rice pudding has reached a thick consistency.
- Remove from heat and let rice cool for 15 minutes (this helps the pudding thicken even more).
- Serve warm or refrigerate for two hours and serve cold.
- Garnish with cinnamon, chopped nuts***, spoonful of caramel or other topping(s).
- **Note:** 2% milk was used for the recipe. For an even thicker consistency, use whole milk.

Safety Note: (*) Recipe not intended for infants under one year of age (contains milk).

Safety Note: (*)** Choking hazard for children under age 4.

- ⊕ Milk
- ⊕ Grain/Bread Product

FYI...

“Cream of Wheat”
is a creditable grain.
Learn more, visit our
Facebook page:
[facebook.com/
acdkidsorg](https://www.facebook.com/acdkidsorg)

Tissue Paper Roll Bee Craft

Toilet paper rolls
 Pink paint
 Black marker
 Cardstock (white, black & yellow)
 Small googly eyes
 Black pipe cleaner
 Small black pom-poms
 Hot glue



- Cut a rectangular piece of yellow cardstock to fit around roll.
- Overlap paper edges and glue (or tape) along the seam.
- Cut two narrow strips of black cardstock and glue around paper roll for stripes (leave space on top for bee's face).
- Add eyes to the front of the roll.
- Draw on the mouth with a black sharpie or marker.
- Paint pink dots on both sides of the mouth for cheeks.
- Bend black pipe cleaner into "V" shape and glue two pom-poms onto each end.
- Glue "antennas" to inside top of paper roll.
- Cut wings from white cardstock and glue (or tape) to paper roll.
- Paper towel roll cut in half can also be used.
- **Supervise children during hot glue use.**

Watermelon Pizza

Cream cheese
 Vanilla greek yogurt
 Watermelon
 Granola***
 Shredded coconut
 Honey*



- Slice the center of the watermelon into 1-inch rounds.
- Combine cream cheese (softened at room temperature) and yogurt together.
- Spread evenly over watermelon pizza crust.
- Top with granola, coconut, fruit and drizzle of honey.
- Cut pizza into wedges and serve immediately.
- **Topping ideas:** sliced strawberries, sliced kiwi, pineapple chunks*** and banana slices***.

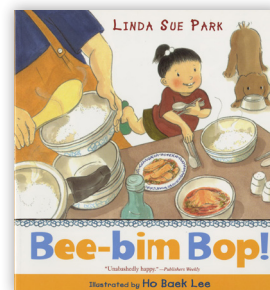
Safety Note: (*) Recipe **not** intended for infants under one year of age as it contains honey which may contain a bacteria that can cause infant botulism.

Safety Note: (***) Choking hazard for children under age 4.

- ⊕ **Fruit**
- ⊕ **Meat/Meat Alternate**
- ⊕ **Grain/Bread Product**

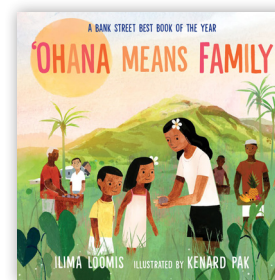
■ **Crafts/Images:** (top) thebestideasforkids.com | (bottom) littlebroken.com

May is Asian American & Pacific Islander Heritage Month!



Bee-Bim Bop! by Linda Sue Park

Celebrating food and family, this book tells a story about a Korean-American girl helping her mother make bee-bim bop: shopping, preparing ingredients, setting the table and finally sitting down with her family to enjoy a favorite meal.



Ohana Means Family by Ilima Loomis

Celebrate Hawaiian land and culture. This books calls readers to join the family or "ohana" as they prepare for a traditional luau celebration. Book includes a glossary of Hawaiian terms and a special author note.

■ **Books:** amazon.com | nypl.org
happiestbaby.com

Safe Sleep

3,500 babies die each year from sleep-related deaths



May is Better Sleep Month. We all know the benefits of adequate sleep: improved mood, memory and productivity; healthier circulatory and immune systems; lower stress and better blood sugar and weight management.

But, do we know the benefits of safe sleep?

In this month's safety focus, we turn our attention to sleep safety for infants.

According to the American Academy of Pediatrics, about 3,500 babies die each year in the U.S. from unsafe sleep environments. Some of these deaths are caused by entrapment, suffocation, strangulation or infant death syndrome (SIDS).

Creating a safe sleep space for babies is important.

To help reduce the risk of sleep-related infant deaths, providers can consider (and share with parents/caregivers) the following recommendations:

- **Put a baby on their back for all naps and at night.**
- **Babies should sleep on a firm, flat sleep surface that does not incline.**
- **Instead of bed sharing, room share.** Keep a bassinet or crib in a parents'/caregivers' bedroom for at least the first six months.
- **Remove all toys, pillows, blankets, bumpers, soft objects, loose bedding from the crib.**
- **Don't let a baby get overheated.**
- **If a baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface on their back as soon as possible.**
- **It's OK to swaddle a baby.** Stop swaddling as soon as a baby starts learning to roll.
- **Be cautious when buying certain products.** Avoid baby products not consistent with safe sleep recommendations or claim to reduce the risk of SIDS or other sleep-related infant deaths. To check a specific product, visit: [cpsc.gov](https://www.cpsc.gov) (U.S. Consumer Product Safety Commission).

For additional resources on safe sleep, visit: [healthychildren.org/safesleep](https://www.healthychildren.org/safesleep)

NOTE: The above recommendations are for babies up to one year of age. Parents/caregivers should consult an infant's pediatrician for questions about the safety of their baby's sleep environment.

- Source: [aap.org](https://www.aap.org) | [healthychildren.org](https://www.healthychildren.org) | [verywellhealth.com](https://www.verywellhealth.com) | [nichd.nih.gov](https://www.nichd.nih.gov)
- Image: Artem Vanitsin/Canva

May 2023

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

1. Food jags can be outgrown:

- a. True
- b. False

2. Handwashing before and after meals decreases cross-contact:

- a. True
- b. False

3. The “Big Nine” allergens include:

- a. Water
- b. Tree Nuts
- c. Wheat
- d. Ice Cream

4. How many infants die yearly from unsafe sleep?

- a. 1,350
- b. 3,500
- c. 35
- d. 3,500,000

5. Toys, pillows and blankets are OK in a baby's crib:

- a. True
- b. False

6. A “sinking fund” is a savings account:

- a. True
- b. False

7. More than five million U.S. children under age 18 have a food allergy:

- a. True
- b. False

8. Salad Month is observed in:

- a. May
- b. December
- c. February
- d. July

9. A common place for cross-contact is:

- a. Sidewalks
- b. Living Rooms
- c. Countertops
- d. Gyms

10. Focusing on variety is a good salad-making technique:

- a. True
- b. False

11. Food jags often start around:

- a. 25-50 years of age
- b. 30-35 years of age
- c. 1-2 years of age
- d. 1-24 years of age

12. Food Allergy Awareness Week is:

- a. May 4-20
- b. June 1-20
- c. March 14-20
- d. May 14-20

13. An allergy-free alternative to pasta is:

- a. Almonds
- b. More pasta
- c. Cake
- d. Quinoa

14. Asian American & Pacific Islander Heritage Month is celebrated in May:

- a. True
- b. False

15. “Cream of Wheat” is a creditable grain:

- 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.