

potpourri



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As we welcome a new month, I'd like to share a few reminders:

- Enrollments are updated a month after they are submitted by providers. **Before submitting**, add school start and end times for all school-age children.
- Be sure to mark school-age children "out-of-school/sick" (when applicable) in KidKare if caring for children during school days.

November is National American Indian Heritage Month. ACD recognizes the unique history of Native peoples and their contributions to our country. On page 9, we feature activities that celebrate this rich heritage.

Daylight Saving Time ends Nov. 5 – be sure to turn clocks back one hour.

ACD offices will be closed:

- **Veterans Day, Friday, Nov. 10** with offices reopening Monday, Nov. 13 at 8 a.m.
- **Thanksgiving Day and the day after, Thursday, Nov. 23 and Friday, Nov. 24**, with offices reopening Monday, Nov. 27 at 8 a.m.

I wish you and your loved ones a wonderful Thanksgiving holiday!

Denise Meyer
Denise Meyer
Executive Director

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“Bite-Size” Thanksgiving

These bite-size Thanksgiving recipes pack big flavor

Tiny Corn Muffins

24 servings

Ingredients

1-3/4 cup cornmeal
3/4 cup flour
1 tbsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/4 cup honey or agave
1-1/2 cup buttermilk
2 large eggs
1/4 cup vegetable oil

- Preheat oven to 425°F.
- Mix the first five dry ingredients in a bowl.
- Whisk remaining wet ingredients in separate bowl until thoroughly combined.
- Pour mixture into wet ingredients and thoroughly combine with whisk.
- Grease 24-cup mini-muffin tin. Pour mixture into each cup and bake 15 minutes or until a toothpick comes out clean when inserted inside.
- Let cool and serve.

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

Cheesy Turkey Meatloaf Bites

24 servings

Ingredients

1 zucchini, chopped
1/2 cup onion, chopped
1/2 cup red bell pepper, chopped

- Recipes: thebump.com
- Image: Anna Kucherova/Canva

1/2 cup baby carrots (about 8), chopped
1 garlic clove
1 large egg
1 tbsp. Worcestershire sauce
1 tsp. Italian herbs
1/2 cup bread crumbs (whole wheat, preferably)
1/2 cup shredded cheddar cheese, white or orange
1 lb. ground turkey (93% lean ground meat)

- Preheat oven to 375°F.
- Spray nonstick mini muffin tin with vegetable oil.
- Place zucchini, onions, bell peppers, carrots and garlic into food processor and pulse until everything is in tiny pieces.
- Add egg, Worcestershire, herbs, bread crumbs, cheese and turkey. Pulse until combined.
- Place a tablespoon of mixture into each tin compartment and pack down with a spoon.
- Bake until loaves are cooked through or an instant-read thermometer inserted into the center registers 165°F, about 20 minutes.

- ⊕ Vegetable
- ⊕ Meat/Meat Alternate

Sweet Potatoes in Orange Cups

6 servings

Ingredients

2 lbs. sweet potatoes (also known as yams)

2 tbsp. butter
1 tbsp. brown sugar or maple syrup
1/2 cup evaporated milk
1/2 tsp. kosher or sea salt
3 navel oranges
Mini marshmallows

- Preheat oven to 400°F. Poke yams several times with a fork or knife to pierce the skin.
- Place on foil or sheet tray in the oven and bake one hour.
- Let yams cool for several minutes, cut in half and scoop out fluffy insides.
- Mash yams with butter, sweetener, milk and salt until creamy and fluffy.
- Cut oranges in half and slice a very thin disk from the bottom so they rest flat. The skins are actually going to be the “bowls.”
- With paring knife, cut around inside rim of the orange, removing sections and pulp. Discard white membranes and seeds.
- Fill each orange with 1/4 cup puree and top with several mini marshmallows.*
- Preheat oven to 350°F.
- Place on sheet tray and bake for 20-25 minutes.
- Let cool and serve.
- **Note:** Orange juice and pulp can be reserved for use as a snack or in another recipe.
- **Note:** Uncooked cups can be covered and refrigerated overnight.

- ⊕ Vegetable



	CACFP	MON	TUE	WED	THU	FRI
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Scrambled Eggs & Toast 2. Banana 3. Milk	1. Pumpkin Oat Muffin 2. Sliced Apple 3. Milk	1. Cottage Cheese 2. Cantaloupe 3. Milk	1. WG Waffle 2. Pear 3. Milk	1. WG Bread 2. Orange Wedges 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Ravioli 2. WG Breadstick 3. Broccoli 4. Peaches 5. Milk	1. Turkey & Cheese 2. WG Bun 3. Lentil Soup 4. Blueberries*** 5. Milk	1. Beef Taco Meat 2. Corn Tortilla 3. Salsa 4. Avocado 5. Milk	1. Tuna Salad 2. WG Bread 3. Baby Carrots*** 4. Nectarine 5. Milk	1. Teriyaki Chicken 2. Brown Rice 3. Peas 4. Applesauce 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. String Cheese*** 2. WG Crackers 3. Honeydew Melon 4. Sliced Cucumbers 5. Milk	1. Hummus 2. WG Pita 3. Pineapple 4. Baby Carrots*** 5. Milk	1. Yogurt 2. WG Cereal Bar 3. Strawberries 4. Sugar Snap Peas*** 5. Milk	1. Peanut Butter 2. Rice Cakes 3. Raspberries*** 4. Celery*** 5. Milk	1. Hard-boiled Egg 2. WG Crackers 3. Grapes*** 4. Cherry Tomatoes*** 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:

- ACD offices will be closed Veterans Day (Nov. 10) & Thanksgiving holiday (Nov. 23-24).
- Check expiring enrollments & submit new enrollments by **Nov. 10 (MI) & Nov. 17 (IL)**
- October first claim due: **Nov. 14 (MI) & Nov. 20 (IL)**
- September final claim due: **Nov. 28 (IL/MI)**
- Complete “**Holiday Note**” form with required signatures if caring for children on a holiday.

Holiday Stress

Help children cope with the holiday “hustle bustle”

The holidays are a magical time filled with get-togethers, gifts and gravy boats galore. Even so, this time of year can cause stress and anxiety for many adults...and children.

While adults may have coping mechanisms in place; it may not be easy for children who don't yet have the coping skills to navigate the season's stress and “hustle bustle.”

As a childcare provider (or parent/caregiver), you can help children relieve holiday stress.

First, it's important to recognize the behaviors that indicate a child may be stressed. These may include emotional outbursts; anger; increased irritability or defiance; trouble sleeping; and frequent complaints of headaches or stomach aches. Additionally, there may be:

- Withdrawal from school, friends and family.
- Tears for a minor reason or for no reason at all.
- Nervous behaviors (nail biting and hair twirling).
- Regression to younger behaviors (bedwetting and temper tantrums).

Next, consider these age-appropriate tips to help children cope:

- **Infants/Toddlers.** Upsetting a child's routine and predictability are key contributors to holiday stress. It's best to schedule activities around naptimes and mealtimes; and watch for signs that a child is stressed and overly tired (e.g., fussiness, ear pulling and clinging behaviors). For parents/caregivers, take a child's favorite blanket or stuffed animal when running holiday errands or traveling.
- **Preschoolers.** This age group is old enough to experience the excitement of holiday celebrations and so, can easily become over stimulated. Reduce the number of sweet treats they are given during this season – instead, offer healthy snacks and limit cookies and candy to after-snack treats. For parents/caregivers, pack healthy snacks when running holiday errands to ward off hunger-related tantrums; and build in quiet time with your child during the busy holiday season.
- **Older children.** Make sure older children get lots of rest and are eating regularly during the holidays. Also helpful this time is encouraging them to decrease screen time; “get moving” with outdoor activities such as walks; and/or to participate in community holiday events.



- **Image (pg. 4):** Anna Kucherova/Canva ■ **Graphic (pg. 4):** Chanakarn Kwang/Canva
- **Source:** verywellfamily.com | childmind.org | health.harvard.edu | newsnetwork.mayoclinic.org | kidcentraltn.com | handyhandouts.com
- **Image:** CraigRJD/Getty Images Signature

Safe Eating for the Holidays

Stay out of the “danger zone” with proper food temperatures

It’s hard to believe, but the holidays are just around the corner! Holiday celebrations are a time to slow down, connect with others and of course, eat delicious food.

Sadly, food served at holiday parties is not always safe to eat. **In fact, 1 in 6 Americans get sick yearly due to a foodborne illness.** Children are especially vulnerable to foodborne illness since their immune systems are not fully developed. Follow the tips below to ensure holiday dishes are safe for everyone.

Stay Out of the Danger Zone

The temperature zone of 40°F-140°F is considered the temperature “danger zone.” At this temperature zone, bacteria grows rapidly in food and can easily cause a foodborne illness.



Keep Hot Food Hot

Hot foods should be kept at a temperature above 140°F, either by serving in a slow cooker or keeping in a warm oven (above 140°F) until the dish is ready to be served.

Keep hot (>140°F):

- Poultry, Meat & Fish
- Potatoes, rice or noodles
- Green bean casserole
- Stuffing/dressing
- Macaroni & cheese
- Soup

Keep Cold Food Cold

Transport food in a cooler with ice to maintain a temperature of less than 40°F. During service, place serving dishes on top of a bowl of ice if possible.

Keep cold (<40°F):

- Shrimp cocktail
- Meat & cheese trays
- 7-Layer dip
- Deviled eggs
- Eggnog

Watch The Clock

Often food at holiday parties can sit out for hours, raising the risk of food entering the danger zone. Monitor the time food is kept out, especially foods that should be kept hot or cold, such as the ones listed above. After 2 hours (including food preparation time), these foods should be reheated to 140°F or cooled to 40°F. If you are unable to do this, the food should be discarded.

Keep others healthy this holiday season by serving food that is safe and delicious!

- **Image:** Skynesher/Getty Images Signature
- **Source:** Centers for Disease Control and Prevention (CDC)

Pumpkin Oat Muffin

12 servings

Brimming with fall flavor, this muffin provides filling fiber and protein!

Ingredients

1 cup rolled oats
 1/2 cup whole wheat flour
 1/2 cup all-purpose enriched wheat flour
 1-1/2 tsp. baking powder
 1/2 tsp. baking soda
 1/2 tsp. salt
 1 tsp. cinnamon
 1/4 tsp. nutmeg
 1/4 tsp. cloves
 15 oz. canned pumpkin*
 1/4 cup milk
 2 eggs, beaten
 1/2 cup maple syrup
 1/2 cup low-fat plain Greek yogurt
 1 tsp. vanilla extract



- Preheat oven to 350°F.
- In a bowl, combine dry ingredients and mix with a fork.
- In a separate bowl, combine wet ingredients and gently mix together. **Do not overmix as this may cause toughness in the final product.**
- In batches, slowly add dry ingredients into wet ingredients. Stir together until just combined.
- Pour batter into a muffin tin lined with cupcake liners. Fill until about 3/4 full.
- Bake 20 minutes and test for doneness with a toothpick.
- Allow to cool for 20 minutes after removing from the oven.
- Serve and enjoy!
- **Optional:** Use pumpkin pie spice in place of the cinnamon, nutmeg and cloves.
- **Nutrition Information (1 muffin):** 130 calories, 2 grams fat, 25 grams carbohydrate, 2.5 grams fiber, 5 grams protein.
- (*) Use pure pumpkin, not pumpkin pie filling.

- ⊕ **Milk**
- ⊕ **Vegetable**
- ⊕ **Grain/Bread Product**
- ⊕ **Meat/Meat Alternate**

Safety Note: Take care when removing muffin tin from the oven – keep children away while tin cools.

■ **Image: (top)** hungryhobby.net | **(bottom)** Layer-Lab/Canva
(right) Billion Photos/Canva

HEATING COSTS

Cold weather season is here. Consider these unique hacks to keep home/business heating costs low.



- **Stove Top Humidifier**
 1. Fill a pot with water and set on the stove.
 2. Add some lemon slices and cinnamon sticks to pot and turn to a boil.
 3. Enjoy the humidity and lovely smell.
- **Heavy Window Curtains**
 Put heavy curtains on windows to keep cold air from entering your home.
- **DIY Hand Warmers**
 1. In sandwich-sized baggie, add one cup ice-melt pellets.
 2. Add half a cup of water to baggie and seal.
 3. Put water baggie in larger baggie with pellets and seal.
 4. To use, squeeze to break inner water baggie and activate pellets.
- **Cook/Bake at Home**
 Cooking or baking meals at home helps lower your heating bill as the heat from the stove or oven helps warm your kitchen. When done baking, switch the oven off and leave the door slightly open so the warm air can escape and heat your kitchen.

Safety Note: Monitor children closely while the oven door is open.

■ **Source:** living.geico.com, smoenergy.com

Type 1 Diabetes

November is American Diabetes Month

Type 1 diabetes is one of the most common chronic diseases affecting children in the United States. Most children with Type 1 are diagnosed at ages of 4-6 and 10-14 (early puberty).

Type 1 diabetes is caused by the body not producing insulin. Without insulin, glucose levels build up in the blood and can lead to children experiencing serious complications such as kidney damage and blindness.

Type 1 diabetes care is comprised of three components:

- **Insulin**
Find the right type of insulin. Work with an endocrinologist to find the right type. The amount of insulin a child's needs depends on several factors including their weight, age, physical activity level, types of food eaten and blood sugar (glucose) level at a given time.
- **Blood glucose (sugar) monitoring**
Blood sugar is monitored using:
 - 1) a blood glucose meter where a child pricks a finger and puts a small drop of blood on the meter's test strip; or
 - 2) continuous glucose monitoring (CGM) where a small sensor is inserted under a child's skin at home (or by a healthcare provider) every seven to 14 days. The sensor continuously records blood glucose levels, requiring fewer finger sticks.
- **Carbohydrate counting**
A large part of Type 1 diabetes management is counting carbohydrates ("carbs") consumed in order to administer proper insulin doses.

Carbs are found in foods and drinks such as grains, sweets, legumes and milk. When digested, the body turns carbs into glucose which raises the blood sugar level. Children with Type 1 diabetes will need to give themselves insulin when they consume carbohydrates.

Insulin-to-carb ratios vary from child-to-child and may be different at different times of the day. To determine a child's insulin-to-carb ratio, consult an endocrinologist.

- **Source:** nationwidechildrens.org | my.clevelandclinic.org
- **Image:** Irina Geo/Canva



Q: Can you share a “refresher” on CACFP milk requirements for children?

Milk is required at breakfast, lunch and dinner, and may be served as one of two required components at snack.

Milk served must be pasteurized and meet state or local standards for fluid milk; and can be regular, lactose-reduced, lactose-free, acidified or buttermilk.

For a child one year old:
Unflavored, Whole Milk

For a child 2-5 years old:
Unflavored Fat-Free (Skim)
or Low-Fat (1%) Milk

For a child 6 years & older:
Unflavored Fat-Free (Skim)
or Low-Fat (1%) or Flavored Fat-Free (Skim)

Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg) or email our Communications Specialist: oagahro@acdkids.org. We'll answer questions monthly on “Potpourri.”

Easy Native American Spin Drum Craft

This fun craft is great for celebrating **National American Indian Heritage Month**.

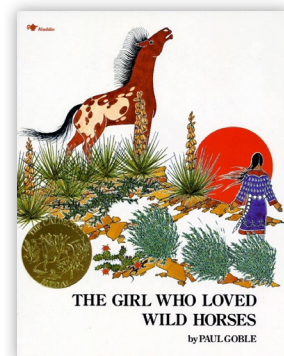
Colored craft papers
 Empty toilet paper roll
 Cardboard
 Yarn or strings
 Wooden beads
 Popsicle stick
 Sharpie
 Sewing needle*
 Pencil
 Scissors
 Glue stick
 Hot glue gun (optional)



- Trace circumference of toilet paper roll on cardboard sheet (you need two round shapes from the cardboard sheet).
- Cut out traced round shapes from cardboard sheet and cut out a slice (about 1”) of the toilet paper roll.
- Use a sharp object to cut a slot on the side of the toilet paper roll slice (slot should be big enough to insert a popsicle stick through it).*
- Insert popsicle stick through slot of toilet paper roll slice and apply glue on the joint parts (of stick and roll) to attach them nicely.
- Take a length of yarn or string and attach a wooden bead on either open ends of the strand. Make sure to tie knots to secure bead. Attach a needle through the other end of the strand.*
- Consider the popsicle stick as vertically attached; and draw the needle through the toilet paper roll horizontally.
- Measure the length of the remaining strand (including the bead) outside the roll and make sure it is not longer than the diameter of the roll. Tie the inner strand with the popsicle stick (inside the roll).
- Draw the needle out of the roll from the opposite end. Keep an equal amount of thread on the other side of the strand and secure the second bead.
- Attach cardboard round shape cutouts on both open sides of the toilet paper roll.
- Use colored craft papers or paint to decorate the plain cardboard parts of the spin drum.
- (*) **Carefully supervise or monitor children when using sharp object and sewing needle.**

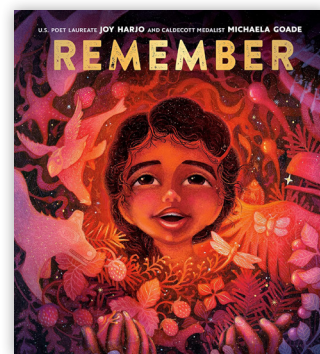
■ **Craft/Image:** marcieinmommyland.com

November is National American Indian Heritage Month – share this rich heritage with children.



The Girl Who Loved Wild Horses by Paul Goble

With simple text and brilliant illustrations, this book tells of a young Native American girl devoted to the care of her tribe's horses.



Remember by Joy Harjo

This beautiful picture book encourages readers to remember what makes them unique; alongside celebrating heritage, family and nature.

■ **Books:** amazon.com
readbrightly.com

Cold Weather Injuries

Smaller bodies are more at risk than adults

This time of year, children look forward to cold weather activities such as throwing snowballs, sledding down snow hills, skiing or ice skating.

However, because their bodies are smaller and lose heat more quickly than adults; they are more at risk from the cold.

Before sending children outdoors, here are tips providers and parents/caregivers should keep in mind to prevent cold-weather injuries:

- Always supervise children in cold weather.
- Dress infants and children with several thin layers including warm boots, gloves/mittens and a hat.
- When riding in the car, babies and children should wear thin, snug layers not thick, bulky coats or snowsuits.
- Make sure children wear sunscreen and a good pair of sunglasses to prevent snow blindness.
- Make sure children drink lots of warm fluids to maintain body temperature and stay hydrated. Dehydration can occur quickly in the cold.
- Watch out for:
 - Frostbite** which happens when the skin and outer tissues become frozen. **If you suspect a child has frostbite, call a doctor right away and then begin these steps:**
 - Bring the child indoors immediately. Do not thaw frostbite unless you're able to stay in a warm place (warming and re-exposing frozen parts to cold can cause permanent damage).
 - Take off wet clothing.
 - Warm frostbitten body parts in warm (not hot) water for about 30 minutes.
 - Do not use a fireplace, oven or heating pad to thaw frostbite (numb skin can get burned).
 - Do not rub frostbitten parts – treat them gently.
 - Do not break any blisters that may have formed.
 - Loosely wrap warmed areas with clean bandages to prevent refreezing.

Hypothermia which develops when the body's temperature falls below normal from the cold. A child may start shivering and become sluggish, clumsy, or slur their words. **If you suspect hypothermia, call 911 at once.** Until help arrives, take the child indoors, remove any wet clothing and wrap them in blankets or warm clothes.

■ **Source:** consultant360.com | healthychildren.org | momsteam.com | mottchildren.org | aboutkidshealth.ca

■ **Image:** Pezibear/Pixabay



November 2023

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

1. Hair twirling is an indicator a child has holiday stress:

- a. True
- b. False

2. A unique way to keep heating costs low is a:

- a. Set of jumping jacks.
- b. Heater ran on high.
- c. Stove top humidifier.
- d. Radio playing all day.

3. Type 1 diabetes is most diagnosed at (select all that apply):

- a. Ages 18-40
- b. Ages 4-6
- c. Ages 10-14
- d. Ages 1-4

4. The temperature “danger zone” is:

- a. 140°F-160°F
- b. 45°F-150°F
- c. 10°F-14°F
- d. 40°F-140°F

5. October is National American Indian Heritage Month:

- a. True
- b. False

6. Adults are more at risk from the cold:

- a. True
- b. False

7. A part of managing Type 1 diabetes is counting:

- a. Minutes
- b. Coins
- c. Beans
- d. Carbs

8. To ward off hunger-related tantrums during holiday errands:

- a. Pack books
- b. Pack stuffed animals.
- c. Pack cookies.
- d. Pack healthy snacks.

9. Meat & cheese trays should be kept cold at <40°F:

- a. True
- b. False

10. Frostbitten body parts should be warmed in warm water for:

- a. 3 Minutes
- b. 13 Minutes
- c. 30 Minutes
- d. 33 Minutes

11. How many Americans get sick yearly due to a foodborne illness?

- a. 16 in 66
- b. 1 in 6,000
- c. 1 in 6
- d. 16 in 360

12. This month's featured registered dietitian recipe is:

- a. Pumpkin Oat Cake
- b. Pumpkin Muffin Bites
- c. Pumpkin Latte Spice
- d. Pumpkin Oat Muffin

13. Older children should get very little rest and eat regularly during the holidays:

- a. True
- b. False

14. November is American Diabetes Month

- a. True
- b. False

15. Carbs are found in (select all that apply):

- a. Grains
- b. Legumes
- c. Water
- d. Milk



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.