

# 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

**All ACD offices will be closed Friday, November 11 in observance of Veterans Day and reopen Monday, November 14.** Thank you to our nation's heroes for their service and sacrifice.

**ACD offices will also be closed Thursday, November 24 and Friday, November 25 in observance of the Thanksgiving holiday. Offices reopen Monday, November 28.** We wish you and your loved ones a safe and festive holiday!

Remember that a holiday note signed by the parents is necessary if you are claiming children on Thanksgiving.

**Daylight Savings Time ends 2 a.m. on Sunday, November 6 — remember to turn clocks back one hour.**

**ON THE COVER:** This is Aiden who loves Fall and being outdoors!

# Thanksvegan!

Celebrate World Vegan Month With These Tasty Vegan Recipes

## Crunchy Broccoli Salad With Maple Mustard Dressing

Makes 6 servings

4 cups chopped broccoli  
1-1/2 cups (15 oz.) garbanzo beans, drained and rinsed  
1/2 cup dried cranberries  
1/2 cup roasted sunflower seeds  
1/3 cup diced red onion  
Salt to taste

### Maple Mustard Dressing:

1/3 cup olive oil  
1 tbsp. pure maple syrup  
1 tbsp. apple cider vinegar  
1 tsp. Dijon mustard  
Salt and pepper to taste

- Add all salad ingredients to large bowl and mix until combined.
- Add all dressing ingredients into small jar and whisk until combined.
- Pour over salad and mix again until combined.
- Season with salt to taste (if desired).
- Serve immediately or refrigerate up to 4 days.



Source/Photo: shelikesfood.com

- ✓ Fruit
- ✓ Vegetable
- ✓ Meat/Meat Alternate

## Vegan Pot Pie With Puff Pastry

Makes 6 servings

1 frozen puff pastry, thawed\*  
1/4 cup vegan butter  
1/4 cup all-purpose flour  
4 garlic cloves  
1 yellow or white onion, diced  
1/2 cup baby bella mushrooms, sliced  
3 cups frozen mixed vegetables  
1-1/2 cups vegetable broth  
1-1/2 cups plain non-dairy milk, unsweetened  
1 tbsp. fresh thyme, chopped  
1 tbsp. fresh sage, chopped  
1 tsp. salt  
1/2 tsp. ground black pepper  
Fresh herbs for garnish (optional)

- Preheat oven to 400°F.
- In large skillet, melt the butter and cook onions and mushrooms until tender, 5 to 7 minutes
- Add garlic, herbs, salt and pepper then cook another 30 seconds.
- Add flour and mix until fully dissolved (onions and mushrooms should be coated and creamy).
- Add the broth, non-dairy milk and frozen vegetables.
- Simmer until thick, 12 to 15 minutes, stirring constantly. If the mixture seems too thin, simmer for a few more minutes. If the mixture seems too thick, add a bit of broth or non-dairy milk. Keep in mind the gravy will thicken as it cools.
- Transfer vegetable-gravy mixture into greased deep pie dish.

- Add puff pastry dough on top of the vegetable filling.
- Press the edges of the dough with a fork and cut at least two slits into the top.
- Bake 40 to 45 minutes or until the puff pastry is golden brown and filling is bubbling.
- Garnish with fresh herbs (optional).
- Let cool slightly, then serve warm.
- Store leftovers in the refrigerator 3 to 5 days.

(\*) Pepperidge Farm Puff Pastry is vegan.



Source/Photo: cleangreensimple.com

- ✓ Vegetable
- ✓ Meat/Meat Alternate

## Tahini Cookies

Makes 12+ servings

3/4 cup tahini\*  
1/2 cup maple syrup  
1/2 tsp. almond extract (or 1 tsp. vanilla extract)  
2 cups almond flour  
1/2 tsp. cinnamon

Recipe continued on page 8



# 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>	1. WG French Toast 2. Fruit Salad 3. Milk	1. WG Oatmeal 2. Blueberries 3. Milk	1. WG Pumpkin Muffins 2. Applesauce 3. Milk	1. WG Toast 2. Strawberries 3. Milk	1. WG Waffles 2. Bananas 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. Turkey 2. WG Roll 3. Sweet Potatoes 4. Cranberries 5. Milk	1. Beans 2. WG Tortillas 3. Avocado 4. Corn 5. Milk	1. Mushrooms 2. WG Macaroni 3. Mixed Vegetables 4. Apples 5. Milk	1. Chicken 2. Wild Rice 3. Corn 4. Grapes 5. Milk	1. Eggs 2. Quinoa 3. Spinach 4. Brussel Sprouts 5. Milk
<b>SNACKS</b> For each snack, choose two of the following food groups: <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. Bagel 2. Nut Butter  1. Hummus 2. Red Bell Pepper Sticks	1. Cheese 2. Wheat Crackers  1. Greek Yogurt 2. Granola	1. Pretzels 2. Peanut Butter  1. Cranberries 2. Broccoli	1. Cashews* 2. Pineapples  1. Almonds* 2. Cottage Cheese	1. WG Tortilla Chips 2. Guacamole  1. Graham Crackers 2. Oranges

(\*) This food is a choking hazard for children under 4 years old. (\*\*) Meat/Meat Alt. may be substituted for Grain/Bread product up to 3x a week.

## TURKEY FRUIT PLATTER

Half of a pear  
 Two baby carrots  
 Two candy eye balls\*  
 Pistachios\*  
 Red grapes\*  
 Green grapes\*  
 Banana chips  
 Dab of honey  
 Chocolate-covered raisins\*  
 Serving tray or platter

- Place turkey carrot legs at bottom of pear.
- Use dab of honey to secure candy eye balls to pear.
- Arrange pistachios around the pear.
- Arrange red grapes, followed by green grapes, banana chips, red grapes, chocolate-covered raisins and green grapes.
- Fill in rows with extra fruit or snacks so it looks fuller.



Source/Photo: thefirstyearblog.com

### ✓ Fruit

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



## Money Saving Tip

Take advantage of seasonal deals during Black Friday and Cyber Monday. Huge savings can be had by planning ahead and looking for deals (both in-store and online) on items you want to purchase for yourself, loved ones and/or business.

Source: financialgym.com

## Cooking Tip

Boneless, skinless chicken breasts are popular but usually the most expensive way to buy chicken. To save money, buy a whole chicken and roast or grill it; and use leftovers in soups, salads, homemade broth or sandwiches. While white meat has fewer calories (140 calories per 3-ounce serving versus 152 calories), dark meat is higher in iron, zinc and vitamins. Source: eatingwell.com



# Plants Are Where It's At

## Dig In To Learn About Plant-Based Diet Benefits

With more than 4 in 10 people incorporating meat, dairy or seafood alternatives into their diet, plant-based eating is becoming more popular<sup>1</sup>.

A plant-based diet consists of consuming mostly fruits, vegetables, nuts, seeds, grains, beans and legumes. Unlike vegan or vegetarian diets, plant-based diets allow for flexibility by letting you decide how often you want to replace animal-source foods with plant-based foods.

Following a plant-based diet can improve your health in several ways. These foods contain fiber, vitamins and minerals that many Americans are lacking such as vitamins A and C and potassium.

When you increase the amount of vitamins, minerals and fiber present in foods primarily made out of plants it helps prevent chronic disease and lower cholesterol, blood pressure and blood sugar. Some people even lose weight when switching to a plant-based diet since high-fiber plant foods help you feel full without loading up on calories.

**While a plant-based diet can be very healthy, it is not for everyone.** Young children need fat in their diet for proper brain development. A plant-based diet could be low in fat if not carefully planned with a registered dietitian. Iron deficiency can also be a risk since the best sources of iron come from animal-source foods.

Lastly, some plant-based foods are processed and include large amounts of sugar and sodium so always read labels to understand what is really in that veggie burger.

Plant-based foods are certainly something we could all use more of in our diet; and a plant-based diet allows the flexibility many people crave on their journey to a healthier lifestyle. **Before making any major diet changes or starting a dietary supplement, consult a physician to understand the risks or benefits.** **Source:** fmi.org



This is an abbreviated version of our provider spotlight. We look to share a full spotlight of Kristy Nyhoff and her child care center, Roundabouts Through Experiences Playschool, in a future issue.



### ABOUT KRISTY

- **Business:** Roundabouts Playschool was established in 2017 and is located in West Olive, Michigan. Her child care center, alongside four other ACD child care centers, recently participated in the first pilot of the **"10 Cents a Meal for Michigan's Kids & Farms"** program - a local food investment program where qualifying providers receive matching funding of up to 10 cents per meal to purchase and serve Michigan-grown fruits, vegetables and legumes.
- **Number of children you care for?** 78
- **What do children like most about attending your day care?** They are comfortable here and feel at home.
- **What is your greatest challenge as a child care provider and how do you deal with it?** Since COVID started, hiring top-quality staff has been my greatest challenge. I deal with it by investing heavily in my teachers' education. Ninety-percent of my staff are in school — either getting a Child Development Associate Credential or higher degree.

### HER FAVORITES

- **Snack to serve children:** Fruit salad so they can mix and create freely.  
**Activity to do with children:** Dance parties!  
**Children's book:** "Where the Wild Things Are."

### ADVICE FOR CHILDCARE PROVIDERS

- Invest in your staff's higher education. Also, times are hard for childcare so remember why you do this.

Learn more about Kristy and her team:  
[www.roundaboutplayschool.com](http://www.roundaboutplayschool.com)

November is **Diabetes Awareness Month**. Learn which superfoods you should include as part of a healthy diabetic diet. **Start today!**

## NON-STARCHY VEGETABLES

Full of essential vitamins & minerals that help regulate blood sugar. Choose fresh, frozen or canned vegetables with no added salt or sauce.

**TRY: ONIONS, SQUASH OR MUSHROOMS**

## FATTY FISH

High in omega-3 fatty acids, fatty fish help you feel full, manage weight & protect your heart against potential complications from diabetes.

**TRY: SALMON OR SARDINES**

## SEEDS

Certain seeds help lower blood sugar levels and improve blood sugar control. Chia seeds are low in digestible carbs, and have been found to lower blood sugar levels. Flaxseeds can also help improve blood sugar control. Choose ground or grind seeds before eating.

**TRY: CHIA OR GROUND FLAXSEEDS**

## APPLE CIDER VINEGAR

Helps improve insulin sensitivity, lower fasting blood sugar levels & reduce blood sugar response when paired with "carb-rich" meals such as grilled chicken sandwich with baked potato.

## PROBIOTIC-PACKED DAIRY FOODS

Dairy foods such as greek yogurt contain good bacteria called probiotics. Probiotics have been shown to improve gut health which can play a positive role in health conditions such as obesity & diabetes.

In studies, greek yogurt was linked to lower systolic blood pressure and lower levels of glucose and insulin resistance.

**TRY: GREEK YOGURT (PLAIN), KEFIR OR LABNEH**

## LEAFY GREENS

Nutrient-rich, leafy greens will not raise blood sugar & contain antioxidants that protect eyes from diabetic complications.

**TRY: SPINACH OR KALE**

## NUTS & EGGS

Help control diabetes & blood sugar management. Best types for diabetics include cashews, pecans, almonds and walnuts. Although high in healthy fats, eat nuts in moderation.

**ALSO TRY: BRAZIL NUTS, HAZELNUTS, MACADAMIA NUTS OR PISTACHIOS**

## NATURAL FATS

Are helpful at controlling diabetes. Pure extra-virgin olive oil tops the list containing antioxidants that help reduce inflammation, protect cells and decrease blood pressure.

**ALSO TRY: COCONUT OIL, AVOCADO OIL, COCONUT MILK OR UNSWEETENED COCONUT CREAM**

## SPICES

Are powerful tools to help control diabetes. Cinnamon helps regulate blood sugar levels and improve insulin sensitivity. Turmeric also lowers blood sugar levels. Mix turmeric with black pepper to activate the beneficial ingredient curcumin.

**ALSO TRY: BASIL, ROSEMARY OR SAGE**

## STRAWBERRIES

Loaded with antioxidants, strawberries are shown to reduce cholesterol & insulin levels after a meal.

**ALSO TRY: RASPBERRIES OR BLUEBERRIES**

## SOURCES:

- [www.bryamhealthcare.com](http://www.bryamhealthcare.com)
- [www.healthcentral.com](http://www.healthcentral.com)
- [www.healthline.com](http://www.healthline.com)
- [www.prevention.com](http://www.prevention.com)



**Beginning January 1, 2023, sesame will be added as the ninth major allergen required on an allergen label in the United States.**

As part of the 2021 Food Allergy Safety, Treatment, Education, and Research (FASTER) Act; sesame will join the other eight allergens required on an allergen label: peanuts, tree nuts, fish, shellfish, soy, dairy, eggs and wheat.

It is estimated that more than 20% of people in the U.S. are allergic to sesame.

For those with a sesame allergy, symptoms can range from mild to severe: hives, digestive upset, vomiting, diarrhea, swelling, anaphylaxis and loss of consciousness.

**Check out these sources to learn more about the change and get tips on how to prepare in case of an emergency:**

- Food Allergy & Anaphylaxis Emergency Care Plan [www.foodallergy.org](http://www.foodallergy.org)
- Food Allergy Research & Education (FARE)
- Asthma and Allergy Foundation of America
- School Nutrition Association
- ServSafe Allergen Training



## PINECONE TURKEYS

### Supplies:

Pinecones  
Orange felt  
Feathers  
Eyes  
Glue gun  
Glue sticks



- Go on a nature walk and find pinecones.
- Cut feathers in half.
- Using a glue gun and small amount of hot glue, add feathers to your pinecone.
- Glue on the eyes and beak made out of orange felt with hot glue.
- Share your creation!

Source/Photo: apumpkinandaprincess.com

## Small Business Tip

### Pool resources with other businesses.

When it comes to purchasing supplies, inventory and equipment there is strength in numbers. Many businesses can reduce recurring costs by pooling resources with other small businesses. Depending on the size and function of the company, consider:

**Buying Groups:** negotiate better pricing on behalf of their members which collectively helps reduce money spent for inventory and supplies.

**Trade Associations/Local Business Networks:** provide member-to-member discounts and other perks.

**Cooperatives:** provide small and mid-sized producers an advantage in the market as well as profit-sharing or rebates.

**Resource Libraries:** for a small fee, tool libraries provide members access to professional-grade tools and equipment, eliminating or greatly reducing the need to buy expensive equipment that likely will only be used once or twice. **Source:** moneycrashers.com

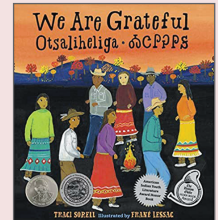
## ACD's BOOK CLUB

November is Native American Heritage Month!

### English-Language Books

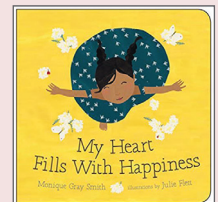
#### PICTURE BOOK We Are Grateful: Otsaliheliga by Traci Sorell

The Cherokee word otsaliheliga (oh-jah-LEE-hay-lee-gah) is used to express gratitude. This book explores Cherokee celebrations and experiences.



#### EASY READER My Heart Fills With Happiness by Monique Gray-Smith

This book celebrates happiness and invites children to reflect on the little things in life that bring them joy.



### Spanish-Language Books

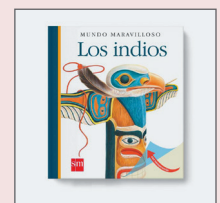
#### PICTURE BOOK Somos guardianes del agua by Carole Lindstrom

A 2021 Caldecott Medal winner, this story about a young girl and her grandmother encourages readers to think of water as sacred, as did one of the first indigenous peoples of North America, the Ojibwe.



#### EASY READER Los indios by Laura Bour

A book for young readers about early native Americans, their arrival to the continent and unique language, customs, tribes and way of living.



1/4 tsp. ground cardamom  
1/4 tsp. ground ginger  
1/2 tsp. baking powder  
1/2 tsp. sea salt  
1/2 cup pomegranate seeds

- Preheat oven to 350°F.
- Line large baking sheet with parchment paper.
- In large bowl, whisk together tahini, maple syrup and almond extract until smooth.
- Add almond flour and sprinkle cinnamon, cardamom, ginger, baking powder and salt evenly over the mixture. Use a spatula or wood spoon to stir until well combined.
- Use a 2-tablespoon cookie scoop to scoop dough.
- Use your hands to roll it into balls.
- Place rolled balls on the baking sheet and press down to flatten slightly.
- Sprinkle with pomegranate seeds and bake 15 to 17 minutes or until lightly browned around the edges.
- Cool on pan for 10 minutes then transfer to wire rack to finish cooling.

(\*) Make sure tahini is smooth and not dry or chunky.



Source/Photo: loveandlemons.com

- ✓ **Fruit**
- ✓ **Meat/Meat Alternate**



**DON'T FORGET:** A holiday note signed by the parents is necessary if you are claiming children on Thanksgiving. For questions or concerns, call your IL or MI Field Monitor.

## Vegan Pumpkin Muffins

When you have pumpkin on the brain, look no further than this delicious muffin recipe bursting with vitamin A, protein and fiber along with a touch of sweetness. If desired, swap out the flax egg with a regular egg and omit pecans.

### Ingredients:

1 cup all-purpose flour  
1/2 cup whole wheat flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. ginger  
1 tbsp. ground flaxseed  
2 medium bananas, overripe  
3/4 cup canned pumpkin  
1/2 cup canned white beans, rinsed  
1 tsp. vanilla extract  
1-1/2 tbsp. maple syrup  
1/4 cup pecans, chopped (omit if on nut-free diet)



Source: Allison Stock, R.D.

**Yield:** 12 muffins

- Preheat oven to 350°F.
- In a large mixing bowl, combine the flours, baking powder, baking soda, cinnamon, nutmeg and ginger. Set aside.
- Make a flax egg by combining the ground flaxseed with 3 tablespoon of water.
- Stir together and let set for 10-15 minutes, stirring occasionally.
- In a separate bowl, add the flax egg, bananas, canned pumpkin, white beans, vanilla extract and maple syrup. Mash with a fork or puree in a food processor until smooth with no lumps.
- Stir dry ingredients into wet ingredients with a spatula (do not overmix). Fold in pecans.
- Pour batter into greased or lined muffin tin (batter will make 12 muffins).
- Bake 20 minutes or until a toothpick inserted into a muffin comes out clean.
- Let muffins cool before transferring to a wire rack to continue cooling.

**Nutrition Information (1 muffin):** 118 calories, 3.25 g protein, 19.2 g carbohydrates, 2.8 g fiber, 4.6 g sugar, 2.3 g fat

✓ **Fruit** | ✓ **Meat/Meat Alternate**



# Prepare Children To “Fall Back”

Daylight Savings Time ends 2 a.m. on Sunday, November 6, 2022

Autumn is in full swing! With it comes cooler weather, cozy scarves, falling leaves and for most of the United States, the end of daylight saving time (DST) when clocks are set back one hour.

While “falling back” one hour is a welcome thing for most adults who get to sleep in an extra hour; this shift may be challenging for children as their nap and bedtime routines can be thrown off.

Our body's natural “clock” — called the circadian rhythm — is regulated by the hormone melatonin which induces sleep in the evening and helps us feel energetic and alert in the daytime.

DST can disrupt this natural rhythm a bit and be particularly tough for young children.

This year, DST ends at 2 a.m. on Sunday, November 6. These six tips can help prepare children for the shift.



**1. Make small changes to your child's sleep schedule BEFORE the end of DST.**

Move children's naps and bedtime later by 30 minutes for three days before “falling back;” and return to their old schedule after the time change. Not every child will sleep the extra 30 minutes so anticipate early rising and be prepared.

**2. Adjust mealtimes a few days out too.** If your child has a fixed meal schedule, increase it by 10-15 minutes every few days until the end DST. If a child doesn't have fixed mealtimes, you can be flexible with the adjustment.

**3. Naturally sync your child's “clock.”** Eat breakfast and dinner near a window to sync a child's melatonin release with the sun. A walk when the sun is up in the morning or early evening is also helpful; as is ensuring your child's room is not too bright in the morning (blackout shades can be useful).

**4. Limit (or avoid) screen time before bedtime.** While screen time may be part of some children's evening routine, the screen's blue light effects melatonin by making it harder for a child to fall asleep. DST may be a good time to consider taking screen time out of a child's bedtime routine. If screen time is a must, end it at least 30 minutes before a child's bedtime. Many devices now offer a “night shift” mode which lowers some of the screen's blue light.

**5. Incorporate more quiet times if needed.** After the time shift, tantrums or other mood changes may be more frequent due to a lack of sleep. Incorporate more quiet time or an extra nap to help your child adjust a little better.

**6. Be patient.** Do not drastically change anything to over-correct a child's sleep schedule. In a few weeks, their bodies (and ours) will naturally adjust to the new schedule.

Sources: [www.parents.com](http://www.parents.com) | [www.drstevesilvestro.com](http://www.drstevesilvestro.com) | [www.mother.ly](http://www.mother.ly) | [www.nytimes.com](http://www.nytimes.com)

# Help Children Safely Explore

November is Child Safety & Protection Month

Children develop quickly. During these formative years, they learn by actively exploring the world around them.

To ensure their safety during this critical stage of development, it is important to remove potential hazards from their environment.

According to the Centers for Disease Control and Prevention (CDC), the leading cause of death for children and teens in the United States is unintentional injuries such as choking, falls, suffocation, poisoning, drowning, fires and auto accidents.

## Child injury is often preventable.

In observance of National Child Safety and Protection Month, below are six tips to help parents and caregivers maintain a safe and secure environment for children.



- **Prep for bedtime.** Remove all soft, fluffy and loose bedding from the baby's sleep area. This includes pillows, blankets, quilts, bumper pads, sleep positioners, sheepskins, stuffed toys and other soft products.
- **Use safety gates.** Even before your baby crawls, install safety gates in your home to protect curious children from harm. Hardware mounted gates should be installed at the top and bottom of the stairs.
- **Safeguard your bathroom.** To help reduce a child's risk of injury, install slip-resistant mats and a toilet lock; and safely secure all razors and medicine cabinet items. When purchasing over-the-counter and prescription medicines check that they have childproof caps and store them on a high shelf or in a locked cabinet (not on your bedside table). Keep vitamins and minerals such as iron out of reach as they can be hazardous, even fatal, to children.
- **Be cautious of small objects.** Small objects can be choking hazards. Regularly check your home, especially floors, for small objects such as buttons, beads, coins, safety pins, marbles, keys, paper clips, crayons, refrigerator magnets, jeweled decorations on children's clothing and products or toys with button batteries. **Button batteries can cause severe injury or death if swallowed.** Always secure battery covers on remote controls, key fobs, musical books and greeting cards; and store these devices out of reach and sight of children.
- **Install and regularly test smoke and carbon monoxide alarms.** Early detection is key when it comes to fires and carbon monoxide poisoning. Install alarms throughout your home to be aware of the presence of fires or carbon monoxide leaks. Do not wait for low battery signals to start beeping — check detectors regularly.
- **Practice car and bike safety.** Use the car seat, booster seat or seat belt specific to a child's age, height, weight and developmental needs. Properly install car seats and secure children in them. **If a child's car seat is defective, get it fixed immediately!** Don't let children sit in the front seat until they are 13. Keep children in their car seat until they have reached the seat's maximum height or weight requirement. For bike rides, be sure children wear a tricycle or bicycle helmet.

Sources: [cdc.gov](https://www.cdc.gov) | [parentguidenews.com](https://parentguidenews.com) | [childwatch.com](https://childwatch.com) | [encompassinsurance.com](https://encompassinsurance.com) | [eclkc.ohs.acf.hhs.gov](https://eclkc.ohs.acf.hhs.gov) | [healthychildren.org](https://healthychildren.org)





# November 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 month is World Vegan Month?**

- a. March
- b. November
- c. June
- d. There's a World Vegan Month?

**2. For those with a sesame allergy, what is an example of a symptom they can experience?**

- a. Watery eyes
- b. Itchy nose
- c. Shiny hair
- d. Diarrhea

**3. How many people incorporate meat, dairy or seafood alternatives into their diet?**

- a. More than 4 in 10
- b. No one does
- c. 100 people
- d. More than 50 million people

**4. What food group below is part of a plant-based diet?**

- a. Butter and eggs
- b. Legumes and vegetables
- c. Dairy and meat
- d. Water and oil

**5. A plant-based diet is right for everyone.**

- a. True
- b. False

**6. Many Americans are lacking vitamins A and C and potassium — vitamins high in plant-based diets.**

- a. True
- b. False

**7. What natural fat is not helpful at controlling diabetes?**

- a. Coconut Cream
- b. Avocado Oil
- c. Vegetable Oil
- d. Pure Extra-Virgin Olive Oil

**8. Beginning January 1, 2023, sesame will become the ninth major allergen required on an allergen label.**

- a. True
- b. False

**9. When does Daylight Savings Time (DST) end this year?**

- a. January 1, 2023
- b. November 6, 2022
- c. November 6, 2000
- d. It never ends.

**10. What is our body's natural clock called?**

- a. Alarm Clock
- b. Shut Eye
- c. Big Ben
- d. Circadian Rhythm

**11. It is best to make changes to a child's sleep pattern before the end of Daylight Savings Time.**

- a. True
- b. False

**12. Unintentional injuries are the leading cause of death for children and teens in the U.S.**

- a. True
- b. False

**13. What should be removed from a baby's sleeping area during bedtime?**

- a. Pillows
- b. Sleep positioners
- c. Stuffed toys
- d. All of the above.

**14. At what age can a child sit in the front seat of a car?**

- a. 4
- b. 13
- c. Any age
- d. 21

**15. Button batteries can cause severe injury or death if swallowed.**

- a. True
- b. False



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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.



# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 DIA DE LOS MUERTOS (DAY OF THE DEAD)</b> Celebrate memories of departed loved ones.	<b>2 DEVEILED EGG DAY</b> Deviled eggs are one of America's favorite potluck treats.	<b>3 NATIONAL SANDWICH DAY</b> The sandwich is attributed to the Earl of Sandwich, John Montagu.	<b>4 FUN FOOD FACT</b> Ripe cranberries will bounce!
<b>BITTERSWEET CHOCOLATE WITH ALMONDS DAY</b> This super food duo can help control blood sugar.	<b>8 ELECTION DAY</b> Learn about the election process.	<b>9 GO TO AN ART MUSEUM DAY</b> Or try some of the fun crafts on pages 4 & 7.	<b>10 AREA CODE DAY</b> There are 335 area codes in the United States.	<b>11 VETERANS DAY</b> <b>ACD offices closed.</b>
<b>14 WORLD DIABETES DAY</b> Learn which foods can help you manage diabetes on page 6.	<b>15 NATIONAL ENTREPRENEUR DAY</b> Grateful to ACD's entrepreneurs who serve children and adults meals.	<b>16 EDUCATION SUPPORT PROFESSIONALS DAY</b> Thank those who support our children's success.	<b>17 TAKE A HIKE DAY</b> Want to burn over 550 calories per hour? Take a hike!	<b>18 APPLE CIDER DAY</b> Warm your body with this healthy fall-time drink.
<b>21 WORLD HELLO DAY</b> Participate by saying "hello" to 10 new people.	<b>22 GO FOR A RIDE DAY</b> But first...check out ACD's child safety & protection tips on page 10.	<b>23 NOVEMBER BIRTHSTONES</b> Topaz and citrin are birthstones for November.	<b>24 THANKSGIVING DAY</b> <b>ACD offices closed.</b>	<b>25 ACD CLOSED</b> <b>ACD offices remain closed for the holiday.</b>
<b>28 FRENCH TOAST DAY</b> Have whole-grain french toast for breakfast today.	<b>29 GIVING TUESDAY</b> <b>Make a difference today - give back to your community, a nonprofit or neighbor!</b>	<b>30 MASON JAR DAY</b> Got Thanksgiving leftovers? Safely store them in mason jars.	<b>1</b>	<b>2</b>