

potpourri

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What's Inside?

Thanksgiving Leftovers

Kids & Thanksgiving

Colorful, Flavorful & Nutritious Potatoes

Household Food Insecurity

Button Battery Safety

& More!



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Happy November! It's been a month since we transitioned to our new software system, My Food Program (MFP), and I am thrilled to report that the change has been a success. With training from MFP as well as the support from their customer service team, it has made the switch smooth and simple. This shift represents our commitment to our children and families, ensuring that we stay efficient, connected, and adaptable in our mission to foster healthier futures.

As we continue to work in this new system and explore all its capabilities, I want to emphasize that our primary focus remains about children's health and well-being. This is a critical time of year as many families face increased food insecurity. Our ability to encourage reliable, nutritious meals is even more essential as we approach the colder months. With better tools at our disposal, we are able to reach more children, offer tailored solutions, and ensure that no one is left behind.

Thank you for your continued support and understanding as we continue to navigate this exciting transition. As we celebrate Thanksgiving this month, I want to extend my warmest wishes to you and your families. May this season of gratitude bring peace, joy, and a renewed sense of purpose to all of us as we work together to support the children in our communities.

Denise Meyer

Denise Meyer
Executive Director

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What to Do with Thanksgiving Leftovers?

Here are a few healthy ideas for using what's left after those yummy Thanksgiving meals.

Brunswick Stew

8 servings
myplate.gov

Ingredients

1 tablespoon vegetable oil (or cooking oil of choice)
1 medium onion, chopped
2 cups chicken broth, low-sodium
2 cups boneless chicken or turkey, cooked, and diced
2 cups tomatoes, low sodium canned or cooked
2 cups lima beans, cooked (or canned, low-sodium) or other canned beans of your choice
2 cups whole kernel corn, canned, low-sodium (or cooked)

Instructions

- Wash hands with soap and water.
- Heat oil in a large pan. Add onion and cook in oil until tender.
- Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
- Makes 8 servings of about 1 cup each.

⊕ Vegetable ⊕ Meat/Meat Alternate

Sweet Potato Patties

6 servings
myplate.gov

Ingredients

3 sweet potatoes
1 cup whole-grain bread crumbs (crushed)
1 tablespoon vegetable oil)

Instructions

- Wash hands with soap and water.
- Wash the sweet potatoes.
- Bake the sweet potatoes in a microwave until they are soft.

- Remove the peels from the sweet potatoes.
- Put the sweet potatoes in a medium bowl. Mash them with a fork.
- Crush the bread crumbs on a cutting board with a rolling pin or jar.
- Put the crushed bread crumbs in a small bowl.
- Shape sweet potato into 6 small patties.
- Roll each patty in the crushed crumbs.
- Heat the oil in a frying pan on medium heat.
- Brown each patty on both sides in the oil.

⊕ Vegetable ⊕ Grain

Leftover-Turkey Hand Pies

8 servings
eatingwell.com

Ingredients

1 1/2 cups chopped roasted turkey breast, leg, thigh or a mix
1 1/2 cups leftover cornbread stuffing
1 cup chopped cooked green beans, carrots and/or peas
1/4 cup whole-berry cranberry sauce
1 (17.3 ounce) package frozen puff pastry sheets, thawed
All-purpose flour for dusting and rolling
1 large egg, lightly beaten

Instructions

- Position racks in upper and lower thirds of oven; preheat to 400°F. Line 2 rimmed baking sheets with parchment paper. Combine turkey, stuffing, green beans (and/or carrots or peas) and cranberry sauce in a

medium bowl.

- Roll 1 pastry sheet into a 12-inch square on a lightly floured work surface; cut into 4 (6-inch) squares. Divide half of the turkey mixture evenly among the centers of the squares (about 1/2 cup each); slightly flatten the mixture on each square. Brush the edges of each square with some beaten egg and fold 1 corner of each square over to form a triangle, stretching the pastry to fit, if needed. Press the edges with a fork to seal. Arrange the pies on 1 of the prepared baking sheets. Freeze for 10 minutes. Repeat the process with the remaining pastry sheet, turkey mixture and some of the beaten egg; reserve the remaining beaten egg.
- Remove the chilled pies from the freezer. Brush with the remaining beaten egg; cut 3 (3/4-inch) vents into each pie top. Bake until golden brown, 20 to 25 minutes, rotating the pans top to bottom after about 10 minutes. Let cool on the pans for 5 minutes before serving.

⊕ Vegetable ⊕ Grain ⊕ Meat/Meat Alternate



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Cereal 2. Banana 3. Milk	1. Scrambled Egg 2. Hashbrown Patty 3. Milk	1. WG Toast/Seed Butter 2. Raspberries*** 3. Milk	1. WG Waffle 2. Blueberries*** 3. Milk	1. Yogurt 2. Strawberries 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Chicken Burger 2. WG Bun 3. Baked French Fries 4. Cantaloupe 5. Milk	1. Curry Chickpeas 2. Brown Rice 3. Green Peas*** 4. Orange Wedges 5. Milk	1. Taco Meat 2. Corn Tortilla 3. Avocado 4. Peaches 5. Milk	1. Diced Turkey 2. WG Dinner Roll 3. Sweet Potatoes 4. Green Beans 5. Milk	1. Veggie/Cheese Pizza 2. WG Pizza Crust 3. Tossed Salad/Dressing 4. Apple Sauce 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. Hummus 2. WG Pita Bread 3. Pears 4. Baby Carrots*** 5. Milk	1. Edamame*** 2. WG Crackers 3. Apple Slices 4. Sliced Bell Peppers 5. Milk	1. String Cheese*** 2. WG Pretzels 3. Honeydew 4. Sugar Snap Peas*** 5. Milk	1. Hard-Boiled Egg 2. WG Granola Bar 3. Kiwi 4. Celery*** 5. Milk	1. Nut/Seed Butter 2. WG Cracker 3. Grapes*** 4. Cucumbers 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:

September 2024 final claim due: **November 25 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- Please open any mail that comes from ACD. Also, please check your email and spam folders for news and information from us.
- **My Food Program must be used as of October 1.**
- Please remember to mark children out of school and to call in daycare closures.
- Send enrollments to: **Michigan:** mifrontdesk@acdkids.org | Fax: (517) 332-5543
Illinois: ilcustomerservice@acdkids.org | Fax: (708) 236-0872

Kids & Thanksgiving Food

How many times have you seen kids' plates at Thanksgiving looking rather monochromatic? Maybe all a shade of beige? Turkey, gravy, and a roll with a pop of Jello color. There are a few tips and tricks to try with a Thanksgiving meal to get kids to eat more variety and get those plates looking more colorful.

Prepare for a Healthy Thanksgiving Meal with Your Kids

The Thanksgiving meal begins with deciding what dishes to serve. This is a great time to engage children to be a part of the process. When children are included in meal planning, they have a chance to express their favorite dishes, which may increase engagement at mealtime. While it may seem easier to let the adults take on all of the cooking, involving kids can be helpful for completing simple tasks. Whether it's washing vegetables, measuring ingredients or assisting in mixing, getting your kids involved with Thanksgiving prep builds confidence in their cooking skills and furthers their interest in what will be served.

Age Appropriate Plate Sizes

As children have different nutritional needs than adults, they should have different portion sizes. Choose a plate that is suitable for their age, which will promote age-appropriate portions. A typical adult-sized plate is 12 inches. Aim for a six-inch plate for toddlers and a nine-inch plate for older kids and tweens. If you have a picky eater who prefers that their food not touch, consider using a sectioned plate for their meal.

Using age-appropriate plate sizes allows your kids to build a proportionate meal themselves. That, in addition to active conversations with your child about balancing food groups on their plate, will help them establish a positive relationship with food.

Start with Fruits and Vegetables

When building your child's plate, start with fruits and veggies. Go directly for the green beans, sweet potatoes, fruit or any fresh produce that is served. You can ensure that vegetables do not go forgotten among the other delicious offerings by filling the plate with these options first. Not only will this

provide a colorful plate, but your child will also get a dose of vitamins and minerals.

Lean Meat

When selecting turkey for your child, go for smaller pieces of skinless, white meat. If you have a picky eater on your hands, this will be a particularly suitable option because it is fairly neutral in both flavor and color, making it an approachable food for them to consume. A small side of gravy is helpful for adding flavor to the meal. Treat it as a dipping sauce to avoid excess gravy on the plate.

Dessert in Moderation

It would be unrealistic to expect your child to avoid desserts during Thanksgiving. Instead, try to moderate them. Allow kids to have a portion of dessert at the end of the meal, no larger than what can fit in the palm of their hand. Wait until the end of the meal to enjoy dessert as they should already be satisfied from dinner and will hopefully indulge in a fewer amount of sweets. Lastly, try adding a glass of milk to the dessert course as it'll fill them up and give them that extra dose of calcium.



Colorful, Flavorful & Nutritious Potatoes!

Potatoes are one of America's favorite vegetables. Baked or mashed, boiled or fried, potatoes are a versatile food you can serve in several ways. There are also various varieties of potatoes to choose from, each with a unique flavor.

Russet potatoes: an earthy flavor with rough skin

White potatoes: mild flavor and creamy texture with a thin skin

Yellow potatoes: smooth, buttery texture that requires less butter or oil when cooking

Red potatoes: a subtle, sweet flavor with a waxy texture that stays firm even when cooked

Sweet potatoes: vibrant orange flesh with a naturally sweet flavor, these are not actually potatoes but a large edible root!

Purple potatoes: a slightly nutty, earthy flavor with a dense texture

Contrary to popular belief, potatoes are not simply a starchy vegetable - they are nutrient powerhouses! They contain both macro and micronutrients important for children's growth and development:

- **Fiber:** important for healthy digestion, heart health and blood sugar stabilization
- **Vitamin C:** an antioxidant that supports the immune system
- **Vitamin B6:** important for brain development and immune system support
- **Potassium:** helps the body maintain electrolyte levels and protects the heart
- **Niacin:** allows the body to turn food into energy, and supports the digestive and nervous system

When selecting a potato, look for those without sprouts, green or dark portions and/or wrinkled skin. If you store your potatoes in a cool, dark place they can last up to two months.

Always scrub your potatoes before you prepare them, as potatoes grow in the ground and can often have dirt on their surface. While it may be tempting to buy a large quantity and freeze them, only freeze potatoes that have been cooked first.

By serving potatoes you can offer a variety of colors, textures, flavors and nutrients to children!

■ Images: Adobe Stock Images



Sweet Potato Rolls

This fall recipe features sweet potatoes for a fun twist on a traditional dinner roll. Easy to prepare, you can also use up leftover sweet potatoes to prepare this even faster! 1 roll provides 1/8 cup of vegetables.

Yield: 12 rolls

Ingredients:

3 medium sweet potatoes, peeled and diced
 1/4 cup 2% milk
 1 tbsp olive oil
 1/4 tsp salt
 1/2 tsp ground cinnamon
 1/4 tsp ground ginger
 1/8 tsp ground nutmeg
 2 cups self-rising flour

Instructions:

1. Preheat the oven to 400° F.
2. Steam the sweet potatoes until soft.
3. To a bowl add the sweet potatoes, milk, olive oil, salt and spices. Use a hand mixer or potato masher to achieve a smooth consistency.
4. Add the self-rising flour, mixing until you have a cohesive ball of dough.
5. Dust a clean surface with flour. Turn the dough onto a clean surface and use clean hands to shape the dough into balls slightly larger than a golf ball.
6. Place the dough balls on a parchment-lined sheet pan and bake for 15-17 minutes.
7. Let cool before serving.

Nutrition Information: (serving size 1 roll): 115 calories, 1.5 grams fat, 23 grams carbohydrate, 2 grams fiber, 3 grams protein.

Safety notes: *Keep children away from the hot oven.*

Optional: Use purple potatoes (if you can source them) for another fun colorful roll option!

🍷 **Vegetable**

■ **Images:** Allison Stock



TAKE A LOOK AT YOUR MONTHLY BILLS

Review monthly bills such as cable, cell phone, and internet. In a 2021 Consumer Reports survey of 34,107 members, about 70



percent who tried to negotiate for lower prices on cable TV, internet, and/or home phone services got a reduction (or another perk) on their bundled plans. Check your bills for any services you no longer want or need. Are you insuring a smart phone that's getting old? Are you paying for premium channels you don't watch?

Check Providers' Websites for Deals

You want to see what discounts they're offering, especially to new customers.

Speak to a Retention Specialist

With your research on deals in hand, dial the provider's customer service number, which should be on its bills or website. But this isn't your final stop: Say something like, "I'm John Doe, and I'm thinking about canceling my service," to get to the retention department.

Push Back

Don't jump at the first offer. A retention rep's goal is to keep you as a customer with little impact to the company's bottom line.

Check the Offer Numbers

In some cases, your bill can climb higher during a negotiation, due to new taxes and fees due to bundling.

Get the Details in Writing

Once you get a discount you're happy with, ask for confirmation via a follow-up email or text—if possible, before you get off the phone.

■ **Source:** [consumerreports.org](https://www.consumerreports.org)

Household Food Insecurity

What Is Food Insecurity?

According to the USDA, being food insecure means the following: At times during the year, food insecure households were uncertain of having or unable to acquire enough food to meet the needs of all their members because they had insufficient money or other resources for food.

- 13.5 percent (18.0 million) of U.S. households were food insecure at some time during 2023.
- The 2023 prevalence of food insecurity was significantly higher than the 12.8 percent (17.0 million) in 2022.

In 2023:

- 47.4 million people lived in food-insecure households.
- 12.2 million adults lived in households with very low food security.
- 7.2 million children lived in food-insecure households in which children, along with adults, were food insecure.
- 841,000 children (1.2 percent of the nation's children) lived in households in which one or more children experienced very low food security.

Food insecurity affects preschool children in many ways:

Physical health - Children who are food insecure may be at higher risk for physical problems like low birth weight, birth defects, anemia, and compromised immunity.

Mental health - Food insecurity can lead to anxiety and depression.

Developmental delays - Food insecurity can put children at risk for developmental delays, especially in the first three years of life.

Social outcomes - Food insecurity can lead to poorer social outcomes for children.

School readiness - Children who experience food insecurity may be less prepared for school in their preschool years.

How You Are Helping

You are already helping fight food insecurity by participating in the CACFP since the Child and Adult Care Food Program helps child care providers serve nutritious meals and snacks to children in their care. A 2023 study concluded that children with child care-provided meals had lower odds of food insecurity, having poor health, or being admitted to the hospital.

If you are buying local food or participating in the seasonal 10 Cents a Meal Program, you are not only helping prevent food insecurity for kids in your care, you are also helping local farms, thus lowering their families' risk of food insecurity at the same time. That's a win-win situation.

■ Source: [usda.gov](https://www.usda.gov) | [feedingamerica.org](https://www.feedingamerica.org)



Q: Do I have to keep CN labels and product formulation statements on file?

From CACFP and ICN (Institute of Child Nutrition), CN or child nutrition labels tell us how a product contributes to the meal pattern! You will find CN labels on the product's package, and most often, on foods purchased through a large food distributor. Items purchased in grocery stores generally do not include a CN label.

A PFS or product formulation statement is a signed document from the manufacturer to demonstrate how a product may contribute to the meal pattern requirements of the CACFP. A PFS is typically provided for processed products that do not have a CN label. You must keep CN labels on file for all processed meats/meat alternates and commercially prepared combination food items to credit them to the meal pattern. There are three options for keeping documentation of CN labeled foods:

1. Original CN label cut from the product package.
2. Photograph of the CN label attached to the product packaging.
3. Photocopy of the CN label removed from the product package.

You must also keep a copy of the PFS on file if there is no CN label available. All records used to support a claim must be kept on file for three years plus the current year.

Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg). We'll answer questions monthly in "Potpourri."

Give Thanks with a Gratitude Turkey Pumpkin!

SUPPLIES:

Small pumpkin
5-10 toothpicks
Tape
Paper cut into small leaves
paint
Googly eyes
Brown playdough/clay
Scissors
Colored cardstock
Paintbrush

STEP 1

Start off by painting your pumpkin! Use a simple foam paintbrush to decorate the pumpkins.

STEP 2

Brainstormed all of the things the kids are grateful for and write what they were thankful for on paper leaves.

STEP 3

Attach each leaf to a toothpick (with tape) and stick it inside the pumpkin. (The toothpicks break easily if you push them too hard into the pumpkin This is a grown-up job.)

STEP 4

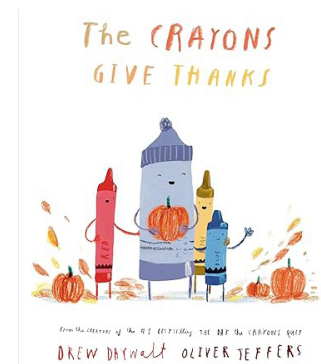
Stick a big piece of brown playdough or clay over the pumpkin stem, add googly eyes, a paper beak, and a paper gobbler using cardstock scraps.

STEP 5

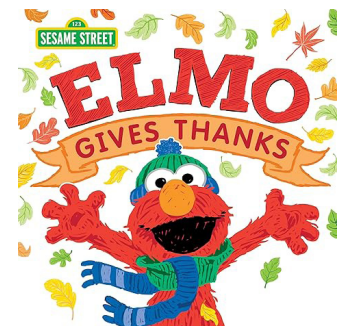
Send them home as a fun decoration for Thanksgiving!



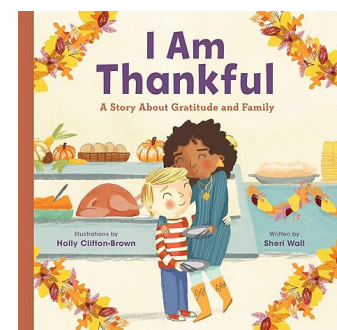
November brings a time for showing gratitude for all the things we have! Here are some new in 2024 books to share!



The Crayons Give Thanks
by Drew Daywalt & Oliver Jeffers



Elmo Gives Thanks: A Fall Picture Book for Kids About Gratitude and Love
by Sesame Workshop (Author), Erin Guendelsberger (Author), Ernie Kwiat (Illustrator)



I Am Thankful: A Story About Gratitude and Family
by Sheri Wall (Author)

Button Battery Safety

BUTTON BATTERIES: TINY AND DANGEROUS

Button batteries are small and shiny and power many devices that are common in homes and businesses. They can range in size from a pill to a quarter. Since they are little, you may not easily see when they fall out of a device. A child can pick up, swallow, or put them in their nose or ear. These batteries may still have power in them even though there may not be enough to make a device work. (To get rid of used batteries, take them to a hazardous waste collection site or a battery store. Some stores will accept them for disposal.)

A button battery or any battery in the body can cause life-threatening injury. The most serious damage happens if your child swallows it. A battery that is stuck in the esophagus (the food pipe or tube that connects the throat to the stomach), can cause serious damage to tissue inside the body in as little as 2 hours. The battery reacts with saliva and lets off an electrical current that burns the tissue. If the injury is very severe, it may result in the need for surgery. People have died from burns caused by swallowing button batteries.



WHAT TO LOOK FOR

If your child swallows a button battery, the symptoms might look like a cold.

- Fever
- Not wanting to eat or drink
- Irritability
- Wheezing, difficulty breathing, coughing
- Throat pain
- Choking, gagging, problems swallowing, vomiting

If your child puts a button battery in their nose or ear, they may have:

- Irritability
- Pain or swelling around the ears or nose
- Fever
- Fluid drainage or bleeding from the ears or nose
- Sometimes there are no symptoms.



WHAT TO DO

- If you think your child has swallowed or put a button battery in their nose or ear, go to the nearest emergency department (ED) right away. Every minute counts. For more information, call the National Battery Ingestion Hotline at 800-498-8666.
- If your child is over 24 months old and you think they swallowed a button battery in the last 12 hours, you can give two teaspoons of honey before taking them to the ED. Repeat this up to five more times. Wait ten minutes between each dose of honey. Stop, if your child vomits or cannot swallow. Do not delay going to the hospital to obtain honey.
- Do NOT make the child vomit or let them eat or drink.
- Your child will typically get an X-ray to show if and where a battery is in the body.
- A button battery stuck in the nose, ear, or esophagus, must be taken out as soon as possible to stop further injury.

Items that May Contain Button Batteries

- Key fobs (car keys)
- Flashing shoes, clothing
- Hearing aids
- Remote controls
- Musical greeting cards
- Thermometers
- Toys, games, talking books
- Candles, tea light candles
- Bathroom scales
- Watches
- Decorations, ornaments
- Calculators
- Flashing jewelry
- Medical equipment, meters
- Cameras

November 2024

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

1. A typical adult-sized plate is __ inches?

- a. 8
- b. 12
- c. 9
- d. 14

2. What percent of US households were food insecure at some point in 2023:

- a. 7.3 percent
- b. 10 percent
- c. 13.5 percent
- d. 15.6 percent

3. Sometimes there are no symptoms when a child swallows a button battery.

- a. True
- b. False

4. Food insecurity does not affect mental health:

- a. True
- b. False

5. A button battery stuck in the esophagus can cause severe damage in what timeframe?

- a. 30 minutes
- b. One hour
- c. Two hours
- d. Three hours

6. My Food Program has an accounting feature.

- a. True
- b. False

7. Sweet potatoes are not actually potatoes:

- a. True
- b. False

8. Which nutrient helps the body turn food into energy?

- a. Niacin
- b. Potassium
- c. Vitamin C
- d. Vitamin B6

9. What size plate is appropriate for a toddler?

- a. 9 inches
- b. 6 inches
- c. 8 inches
- d. 12 inches

10. How long can potatoes last if stored in a cool, dark place?

- a. 6 months
- b. 3 months
- c. 2 months
- d. 1 year

11. You should make a child vomit if they swallow a button battery:

- a. True
- b. False

12. Kids' dessert portions should be no larger than what can fit in the palm of their hand:

- a. True
- b. False

13. Children who experience food insecurity may be less prepared for school:

- a. True
- b. False

14. Which nutrient is important for brain development?

- a. Niacin
- b. Potassium
- c. Vitamin C
- d. Vitamin B6

15. If a child swallows a button battery, the symptoms may look like a cold:

- 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.