

potpourri

NOVEMBER 2021



FEATURED RECIPES

Harvest Time

CHILDHOOD CHALLENGES

How to Deal with a Meltdown (and More!)

HEALTHY HABITS

Building Memory through Play



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NOVEMBER IS
NATIONAL DIABETES AWARENESS MONTH

According to the American Diabetes Association, as of last year more than 34 million Americans were living with diabetes. Diabetes is a disorder wherein the body cannot properly use glucose as a source of energy. While there are different types and causes, diet and exercise allow us to manage type 1 diabetes, prevent type 2, and even reverse prediabetes.

KNOW THE CAUSES

Type 1 diabetes, the most common form among children, develops when an autoimmune process destroys pancreas cells that normally produce insulin, a hormone which allows the body to utilize glucose. Type 2 diabetes, now more frequent among kids as a result of higher obesity rates, is when the body produces sufficient insulin but cannot use it effectively. Like type 2 diabetes, prediabetes, which refers to levels of blood sugar that are higher than normal but not quite enough to constitute diabetes, is due to lifestyle factors and/or a person's genes.

KNOW THE SYMPTOMS

- Headaches
- Increased thirst
- Frequent urination
- Increased appetite
- Weight loss
- Blurred vision
- Fatigue
- Dry mouth



BE PART OF THE SOLUTION

Fight type 2 diabetes and raise awareness in your home or childcare center this month by preparing meals and snacks high in fiber and low in fat and sugar. Drink water instead of sweetened drinks and aim for 30 minutes of physical activity per day.

LEARN MORE

For more information on National Diabetes Awareness Month or to receive lesson-planning ideas and resources, visit <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>.



DON'T FORGET

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



Sources: <https://www.diabetes.org/greaterthan>, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/diabetes/diabetes-in-children>, <https://www.cdc.gov/diabetes/basics/prediabetes.html>

ON THE COVER: Thomas loves to read, play with Legos, and cuddle with his cat. He is active with Scouts and karate. His favorite foods are chicken, hamburgers, and macaroni and cheese.

EDITOR'S NOTE: September 2021 Potpourri mistakenly refers to the child on the cover as Thomas. Liam, who finished kindergarten this year, is full of adventure. He likes coloring, being outdoors, and learning about bugs, and he enjoys eating hamburgers, apples, and especially yogurt.

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

THYME

Originally from the Mediterranean, thyme is a hardy, drought-resistant perennial with small, fragrant leaves and woody stems. Thyme comes in over fifty varieties with different flavors and fragrances, but English and French thyme are most often used in cooking. Its flowers, leaves, and oil are known for medicinal properties that include the ability to relieve stress, reduce respiratory issues, and prevent fungal infections.

NUTRITION

Fresh thyme is rich in water, fiber, and protein and is a good source of iron, calcium, and phosphorus. The most active ingredient in thyme is thymol, an organic compound with the ability to prevent fungal and viral infections. Thyme has one of the highest antioxidant concentrations of any herb, some of which have been reported to eliminate free radicals in the body.

PREPARATION

To dry thyme, tie fresh sprigs together with twine and hang in a warm, dark, well-ventilated area. Alternatively, lay in a single layer on a baking sheet lined with one sheet of parchment paper and cover with a second sheet, allowing the leaves to dry completely. Thyme dries best naturally without the use of artificial heat that would evaporate the natural oils.

SELECTION AND STORAGE

Fresh thyme should be stored in the refrigerator wrapped lightly in plastic, where it will last one to two weeks. It is also possible to freeze it, or if you choose to dry it, store it in an airtight container and crush just before using. Under good conditions, thyme will keep its flavor for two years.

THYME TIPS

- When a recipe calls for a "sprig" of thyme, use the leaves and stem together, intact. The leaves will fall off during cooking and the stem can be removed before serving.
- This herb adds gentle, earthy flavor to just about anything, but pairs especially well with eggs, vegetables, meat, soups, and cheeses.
- Thyme can be brewed into tea that may reduce cough and improve digestion.
- Those with sensitive stomachs may wish to minimize their intake of thyme to avoid gastrointestinal distress.



EASY LEMON GARLIC THYME CHICKEN

- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 4 garlic cloves, grated or minced
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 lbs. bone-in chicken pieces

INSTRUCTIONS

1. Combine olive oil, lemon juice, garlic, thyme, salt, and pepper in a large zip-top plastic bag. Add chicken pieces, seal bag, and turn to coat. Place in the refrigerator and marinate for at least 30 minutes, up to 2 hours.
2. Preheat oven to 450°F.
3. Arrange chicken, skin side down, in a single layer in an oven-proof skillet, baking dish, or pan. Pour marinade over chicken.
4. Bake uncovered for 15 minutes, turn chicken so the skin side is up, and continue baking for another 15 minutes or until done.

Sources: <https://www.almanac.com/plant/thyme>, <https://www.thekitchenherbs.com/how-to-dry-thyme/>, <https://www.organicfacts.net/health-benefits/herbs-and-spices/thyme.html>, <https://shewearsmanyhats.com/easy-garlic-lemon-thyme-chicken/#mv-creation-205-jtr>

Harvest Time

HEARTY, LARGE-YIELD RECIPES TO FEAST WITH LOVED ONES

Leftovers? Freeze for quick meals later in the month!

HARVEST STEW

INGREDIENTS

2½ Tbsp vegetable oil
1½ cups onions, diced
1 cup carrots, diced
1 2/3 cups celery, diced
¼ cup ½ Tbsp enriched all-purpose flour
1½ tsp low-sodium chicken base
½ tsp salt-free seasoning
1½ tsp garlic powder
3 ¼ cups canned low-sodium diced tomatoes
3½ cups sweet potatoes, peeled and cubed 1"
2 cups red potatoes, unpeeled and cubed 1"
13 oz frozen, cooked diced chicken, thawed, ½" pieces
1 quart 2 2/3 cups canned low-sodium great northern beans, drained and rinsed
1 cup baby spinach, chopped

INSTRUCTIONS

1. Heat oil in a large stockpot. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
2. Sprinkle flour over vegetables and mix well. Add 1 quart and 1 cup of water, add the base, and mix well. Bring to a boil uncovered.
3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135°F or higher.

Makes 25 servings.

Legume as Meat Alternate: ¾ cup provides 1½ oz equivalent meat/meat alternative and 3/8 cup vegetable.

OR

Legume as Vegetable: ¾ cup provides ½ oz equivalent meat and 5/8 cup vegetable.

HARVEST DELIGHT

INGREDIENTS

1 lb 8 oz carrots, cut in ¼" slices
3 cups sweet potatoes, peeled, cubed 1"
3 1/3 cup butternut squash, peeled, cubed ½"
8 oz red onions, diced
1/3 cup extra virgin olive oil
1 tsp sea salt
2 lb green apples, peeled, cubed ½"
(Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.)
1½ Tbsp fresh thyme, finely chopped
1½ Tbsp fresh oregano, finely chopped
1½ Tbsp fresh sage, finely chopped
1 Tbsp fresh rosemary, finely chopped
1 Tbsp ½ tsp minced garlic
2½ Tbsp maple syrup
3 cups fresh spinach, coarsely chopped
3 Tbsp dried cranberries, finely chopped

INSTRUCTIONS

1. Place carrots in a perforated steam pan. Cover and steam for 10 minutes or until tender.
2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line two sheet pans with parchment paper and spray with pan release spray. Spread vegetables evenly on pan. Roast uncovered until tender and slightly browned, turning vegetables midway through cooking. For conventional ovens: 425°F for 25 minutes; convection ovens: 425°F for 18 minutes.
3. Combine apples, spices, and garlic.
4. Remove vegetables from oven and lower heat to 400°F. Add apple mixture and spread evenly. Roast uncovered until slightly tender: conventional oven, 400°F for 15 minutes; convection oven, 400°F for 10 minutes.
5. Remove vegetable/apple mixture from the oven. Transfer to a steam pan lightly coated with pan release spray.
6. Drizzle with maple syrup and toss to coat. Roast until tender: conventional oven 400°F for 8 minutes, convection 400°F for 5 minutes. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.
7. Remove vegetable/apple mixture from the oven and gently toss in spinach. Mix in cranberries and serve. Critical Control Point: Hold for hot service at 135°F or higher.

Makes 25 servings.

½ cup provides ½ vegetable and 1/8 cup fruit.

Sources: <https://fns-prod.azureedge.net/sites/default/files/resource-files/HarvestStewCACFPCenterRecipe.pdf>; <https://fns-prod.azureedge.net/sites/default/files/resource-files/HarvestDelightCACFPCenterRecipe.pdf>

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. WG French Toast
2. Raspberries
3. Milk

1. Life Cereal
2. Cherries
3. Milk

1. Zucchini Bread
2. Blueberries
3. Milk

1. WG Toast
2. Fruit Salad
3. Milk

1. WG Waffles
2. Applesauce
3. Milk

LUNCH/DINNER

GRILLED CHEESE AND TOMATO SOUP

1. Cheddar Cheese
2. WGR Bread
3. Tomato Soup
4. Grapes
5. Milk

LENTIL TACOS

1. Lentils
2. WGR Tortillas
3. Avocado
4. Corn
5. Milk

BEEF AND VEGGIE STIR-FRY

1. Beef
2. Egg Noodles
3. Mixed Vegetables
4. Oranges
5. Milk

STUFFED SQUASH WITH HUMMUS

1. Hummus
2. WGR Brown Rice
3. Acorn Squash
4. Peaches
5. Milk

FISH STICKS

1. Fish Sticks
2. WG Roll
3. Green Beans
4. Canned Pineapple
5. Milk

SNACK

1. WG cereal
2. Kiwi

1. Banana Bread
2. Milk

1. WG Goldfish Crackers
2. Grapefruit

1. Pretzels
2. Nuts

1. WGR Tortilla Chips
2. Guacamole

1. Tofu
2. Red Pepper

1. Peanut Butter
2. Celery

1. Hummus
2. Broccoli

1. WG Pumpkin Muffin
2. Yogurt

1. WG Crackers
2. Mandarin Oranges

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

WGR= Whole Grain-Rich Box= Part of a Combination Dish

KIDS IN THE KITCHEN



TUNA TURKEY SANDWICH

Feeling festive? Celebrate Turkey Day with these cute sandwiches that children can decorate themselves. Get creative with the ingredients you use!

INGREDIENTS

Wheat bread, 3 pieces per turkey
Tuna or chicken salad
2-3 bell peppers, different colors
Cheddar cheese slice
Olives, nuts, or seeds
Round cookie cutter

DIRECTIONS

1. Cut the crust off two of the pieces of bread and use the cookie cutter to cut a circle from the third.
2. Slice the peppers into long, thin strips then cut them in half.
3. Spread the tuna or chicken salad on the bottom piece of bread and arrange the peppers in alternating order around the top two sides. Cover with the top slice of bread.
4. Add a little more tuna or chicken salad to the round piece of bread, and place on top as the head.
5. Cut out a small triangle of cheese for the beak and place two olives, nuts, seeds, or the like for eyes.

Source: <https://www.yourmodernfamily.com/tuna-turkey-sandwiches-thanksgiving-snack/>

HOW TO DEAL WITH A MELTDOWN (AND MORE!)

What's worse than a child throwing a tantrum? Not knowing what to do about it! Read on to learn about different types of challenging behavior, where they come from, and how to react appropriately.

TANTRUMS, MELTDOWNS & AGGRESSION

Temper tantrums are a method that children use to get what they want. Children who tantrum are aware of and in control of their actions and can adjust the intensity based on the response they get. Temper tantrums are an expression of frustration for not being able to have or do something and can be due to the fact that a child doesn't yet have the ability to communicate verbally. If a child is accustomed to getting what he wants as a result of his tantrums, he may do it as a learned or conditioned behavior.

A meltdown, by contrast, is a reaction to sensory overwhelm. The terms "meltdown" and "tantrum" tend to be used interchangeably, but technically speaking, meltdowns have no purpose and are beyond children's control. Observed in people with autism of all ages, meltdowns can be triggered by specific sensitivities to noises, lights, or smells. Unlike tantrums, meltdowns can happen with or without an audience and last for longer amounts of time.

Aggression, which includes violent actions like hitting, kicking, throwing things, and biting, may or may not form part of a tantrum or meltdown. Aggression in children may be caused by many things, such as mood disorders, frustration, impulsiveness, or trauma.



WHAT TO DO?

A parent or caregiver's response to challenging behavior is very important, as it determines the likelihood of it happening again. Adults are encouraged to:

- **Keep calm.** Analyze what happened immediately before, during, and after the outburst. Take a time-out yourself if you need to cool down, because you'll be a better problem-solver when you're not angry.
- During tantrums, ignore the behavior you want to discourage and **focus on what you want to encourage**. For example, don't give in to a child's demands, but offer positive reinforcement when she makes an effort to calm herself down.
- **Acknowledge the child's emotions.** Instead of saying, "Stop crying," or "Please calm down," let him know that you understand his feelings. Try a validating statement like, "I know you're upset that playtime is over, but we have to eat lunch. Your friends are hungry!"
- **Use calming devices** like fidget toys, noise-canceling headphones, or weighted vests during autistic meltdowns.
- **Make sure the child is in a safe location** where they can't hurt themselves, you, or other people, especially during a meltdown or situations involving aggression.



PREVENTION

- Be calm and clear about behavioral expectations. Instead of telling children, "Behave at the dinner table," communicate observable, concrete expectations like, "During mealtimes, you need to be seated with your hands to yourself."
- Become familiar with autistic children's sensory sensitivities (noises, lights, etc.) so you can avoid them. Likewise, learn what their favorite textures, shapes, and colors are so you can divert their attention with a homemade "autism meltdown kit" containing objects that are calming to them.
- Teach all young children self-soothing skills, like deep breathing techniques, counting exercises, yoga poses, or thoughts of gratitude, to equip them to deal with their emotions, even if they're not old enough to fully articulate them yet.

Fuentes: <https://childmind.org/article/how-to-handle-tantrums-and-meltdowns/>, <https://www.autismparentingmagazine.com/autism-meltdowns/>, <https://borderperiodismo.com/2020/02/22/autismo-guia-practica-para-diferenciar-una-crisis-de-un-berrinche-en-chicos/>, <https://childmind.org/article/aggression-in-children-causes/>

HIBERNATION

NOVEMBER POTPOURRI WORDSEARCH

L Z Y S N T O H T M I D M N
Q A L K M P A F E M J H E O
Q O C X D R B N K M X P J I
W R J T V I O L G C L O F T
C T R E O T A Y Y P A E D A
K V S O A S E B G B I M T N
N T Z I Z K E K E G A X H R
G W M U R T N A T T B S Y E
N X O U F V R V H O E W M B
D A T D L Y W Q K Z Q S E I
X A K Y T I L A U Q R I A H
D R X S M L R H A S D D X D
C X V N I D E E B E O B J G
W O R K I N G M E M O R Y R

AIR QUALITY
HIBERNATION
TANTRUM
WORKING MEMORY
DIABETES

LACTOSE
THYME
HARVEST
MELTDOWN
TURKEY

DID YOU KNOW?

Hibernation isn't the same as sleeping. Major physiological changes in animals' bodies help them conserve energy and survive without eating for days, weeks, or even months during the winter.

In fact, animals that hibernate need to catch up on deep sleep when they "wake up"!



ACD BOOK CLUB

The Snowy Nap

Author: Jan Brett

Ages: 4-8 years

All of Hedgie's friends tell him how much fun he'll miss when he hibernates, so he decides to stay awake this year instead of going into his burrow. But then a snowstorm hits!



¡Pronto llegará el invierno! Los animales en invierno

Author: Monika Lange and Steffen Walentowitz
Ages: 7-9 years

An informative book about animal behavior in wintertime. Learn who hibernates, who hides out in dens, and who migrates to escape the cold.



CRAFT CORNER: HIBERNATING BEAR CRAFT



Feeling cooped up inside all day? Beat boredom with this craft that can easily transition into story-time or a lesson about hibernation. Invite kids to swap the brown bear out for a red fox, a white owl, or a gray mouse!

WHAT YOU'LL NEED

- Jumbo Popsicle sticks (3 per cave)
- Glue
- Brown craft paint
- Paint brush
- Paper plate
- Cotton balls
- Gray and brown card stock paper
- Scissors
- Small leaf table-scatter (available in craft stores)
- Marker

DIRECTIONS

1. Glue the three jumbo Popsicle sticks together in a triangle. Repeat for each cave you are making. Allow to dry.
2. Squirt brown craft paint onto the paper plate and use the paintbrush to paint one side of the triangle shape completely brown.
3. Tear the cotton balls apart to make them smaller and glue "snow" on top of the triangle shape. Glue a few leaves on top of the snow, if desired. Allow to dry.
4. Cut out a large triangle from the gray card stock that will fit inside the painted Popsicle stick shape. From the brown card stock paper, cut out a half-circle body and a large circle with ears for the head.
5. Use the marker to draw a sleeping face on the bear.
6. Glue the bear to the triangle shape, then the triangle to the unpainted side of the Popsicle sticks.

Sources: <http://www.sleep.org/animals-and-hibernating/>, <http://www.gluedtomycraftsblog.com>

BUILDING MEMORY Through Play

THE IMPORTANCE OF MEMORY IN CHILD DEVELOPMENT

The early childhood years (birth through age 8) are a critical time for acquiring and developing memory. Much more than the recollection of past experiences, memory is a complex cognitive ability needed in many aspects of thinking and learning, such as literacy, planning, following directions, problem-solving, and the ability to form a positive sense of self.

Working memory, the ability to keep information in your mind for a short period of time to be able to process it, is especially important. Not to be confused with short-term memory, working memory is our ability to manipulate verbal and visual information and helps us do things like remember instructions and execute them, or keep our place while reading. The quality of a child's memory capacity isn't necessarily how much they can remember, but rather how much they can do with their memory.

WAYS TO SUPPORT MEMORY GROWTH

1. FOSTER LANGUAGE

Language helps shape memory. Adults can encourage language development in children by telling stories, asking questions about their experiences, and playing games that involve language skills. When adults regularly ask them to recall details, descriptions, and emotions, children will begin to ask these questions of themselves and form memories as they explore their own thoughts.

2. NURTURE IMAGINATION

To imagine is to use information stored in the brain that a person remembers or understands. When children use their imaginations, they regroup details in new ways. Adults can promote kids' imaginative play by using props, drawing tools, and photos to encourage them to make connections to prior knowledge and form new ideas.

3. GUIDE BEHAVIOR

Children have naturally limited memory spans and may miss directions or classroom rules if they have too many things to process at once. Adults can help children remember information by giving uncomplicated directions that are stated effectively. For example, after playtime, "Please put the toys back in their bins" is a clear directive, whereas "Let's clean up" is not. Repetitive routines regarding play and cleanup can also develop children's memory by increasing and organizing their knowledge base. Routines, like instructions, should be simple and consistent. Break activities like crafts and cooking projects into steps that you introduce gradually.



GAMES THAT IMPROVE WORKING MEMORY

- Matching games like Memory or Bingo
- Card games like Go Fish, Uno, Crazy 8's
- Repeating sequences of information forward and backwards (colors, shapes, food items, animals, friends' names, etc.)
- Guess Who
- Instructional games like Simon Says
- Word list games, such as "I went to ____ (school, the store, the zoo, etc.) and saw..."
- Throwing a ball back and forth while discussing information that the child just learned

Lactose Intolerance in Children

Lactose is a sugar found in many foods that children love, like milk, ice cream, and cheese. It's also an ingredient in many foods that you might not expect, such as breads, salad dressings, and candy. Breast milk and infant formula contain lactose, as well.

Lactose intolerance, the inability to properly digest lactose due to a deficiency in the digestive enzyme lactase, can affect babies, children, adolescents, and adults. While lactose is an important part of the diets of infants and young children, the National Institute of Health estimates that as many as one third of all people aren't able to fully digest it beyond childhood.

Lactose intolerance may be caused by three things:



NO DAIRY, NO PROBLEM!
Lactose-free milk is creditable in the CACFP food program. However, to be reimbursed for an alternative beverage to cow's milk, remember to submit Doctor's Food Substitution forms.

Primary Lactase Deficiency

is a rare condition when babies are born deficient in or lacking lactase. Infants with this inherited condition require special formula.

1

Secondary Lactase deficiency

is a temporary infection of the gastrointestinal tract that can be caused by rotavirus, giardia, Celiac disease, or Crohn disease. Once the underlying condition is treated, the lactase deficiency is resolved.

2

Acquired Lactase Deficiency

results from the decline in the amount of lactase present in the small intestine, a process that is normal with age.

3

SIGNS & SYMPTOMS

Lactose that is not digested properly in the small intestine is broken down by bacteria in the large intestine or colon. The resulting production of gas can lead to the following symptoms:

- Loose stool and gas, especially soon after eating dairy
- Watery diarrhea
- Stomach bloating and nausea
- Skin rash and frequent colds
- Generalized abdominal pain and cramping

TREATMENT

Testing for lactose intolerance is easy and simply requires a breath test after consuming lactose. Although there is no cure, dietary changes can make a big difference in the lives of lactose-intolerant children. Over-the-counter supplements are also available to alleviate symptoms if a person knows in advance that they will be eating foods containing lactose.

Dairy is a good source of calcium and vitamin D, so if a child that you care for can't eat dairy, opt for other dietary sources like fortified orange juice, kale, and broccoli, and oily fish, egg yolks, and fortified breakfast cereals, respectively.

Source: <https://gi.org/topics/lactose-intolerance-in-children/>, <https://health.clevelandclinic.org/5-cant-miss-signs-child-lactose-intolerant/>, <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

IMPROVING INDOOR AIR QUALITY



Who doesn't like to be snug as a bug in the wintertime? When temperatures drop, it's cozy to seal up our homes and businesses against the cold, throw a log on the fireplace, and jump into bed. However, for people who are sensitive to indoor allergens or have respiratory problems, winter can exacerbate problems.

"Indoor air quality" refers to the air within and around buildings and structures, especially as it relates to people's health. Indoor air quality tends to be worse in the winter months because there's no flow of fresh air from outside, so allergens like dust mites, pet dander, and mold stay trapped inside. Poor circulation can also increase the chance of a buildup of natural gases like radon or carbon monoxide.



EFFECTS OF INDOOR AIR QUALITY

The health effects from indoor air pollutants may be experienced soon after exposure or potentially years later. Some immediate effects include irritation of the eyes, nose and throat, headaches, dizziness, and fatigue. Particularly high concentrations of CO₂ (+1,000 ppm) as a result of poor air circulation can even affect our decision-making capabilities and cognitive ability.

Some long-term effects of indoor air pollutants may only show up after years of exposure or after repeated periods of exposure. These may include respiratory diseases, heart disease, and cancer.

HOW TO IMPROVE INDOOR AIR QUALITY

It's a good idea to improve the air quality of your home even if symptoms are not noticeable, as most pollutants are odorless, so there's nothing to alert you to a problem.

| | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Vacuum carpets and area rugs 1-2x a week |  | Regularly wash bedding, drapes, and other fabrics | Prevent common sources of pollution like leaking furnaces, unvented space heaters, & back-draft from wood stoves |
| Change filters regularly on forced-air heating systems | Invest in an air purifier for the most commonly used area of your house or business | Ensure that bathrooms are well-ventilated and scrub off molds in the shower, on fixtures, or on the walls |  |
|  | Avoid over-watering houseplants to prevent the growth of microorganisms | Open windows from time to time, even in the colder months | Clean clutter, which traps and holds dust |

Source: <https://www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality>, <https://www.health.harvard.edu/staying-healthy/easy-ways-you-can-improve-indoor-air-quality>, <https://www.airthings.com/resources/optimize-indoor-air-quality>

November 2021 Potpourri Quiz







Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, and click on the Training tab then "Potpourri Newsletter."

1. The two varieties of thyme most often used in cooking are:
 - a. Italian and English
 - b. German and Spanish
 - c. French and German
 - d. English and French
2. Thyme has one of the highest concentrations of _____ of any herb.
 - a. Antioxidants
 - b. Free radicals
 - c. Iron
 - d. Protein
3. Thyme should be consumed in large amounts to benefit from its nutrients, as people are rarely sensitive to it.
 - a. True
 - b. False
4. Tantrums and meltdowns are methods that children use to get what they want.
 - a. True
 - b. False
5. What is the proper way to deal with a temper tantrum?
 - a. Address the misbehavior immediately, even if you're upset
 - b. Appease the child and discuss the situation later in private
 - c. Use short, clear directives like "Please calm down" or "Stop crying"
 - d. Ignore the behavior to discourage and focus on the behavior to encourage
6. Why it is important to develop children's memories?
 - a. To do well academically
 - b. To form healthy interpersonal relationships
 - c. To build literacy, problem-solving skills, and a positive sense of self
 - d. All of the above
7. The quality of our memory is determined by how much information we remember.
 - a. True
 - b. False
8. How can adults help children improve their memory?
 - a. Play Simon Says
 - b. Introduce repetitive routines at cleanup time
 - c. Ask them to tell detailed stories
 - d. All of the above
9. Which of the following may be a clue that a child is lactose intolerant?
 - a. Gas
 - b. Watery stool
 - c. Skin rash
 - d. All of the above
10. _____ refers to a normal decline in the amount of lactase in the body that happens with age.
 - a. Acquired Lactase Deficiency
 - b. Primary Lactase Deficiency
 - c. Secondary Lactase Deficiency
 - d. Lactose intolerance
11. The National Institutes of Health estimate that as many as _____ of all people aren't able to fully digest lactose beyond childhood.
 - a. One fourth
 - b. One third
 - c. One half
 - d. Two thirds
12. Which of the following is a good dietary source of vitamin D?
 - a. Peanuts
 - b. Kale
 - c. Sunlight
 - d. Oily fish
13. Which of the following is a common symptom of exposure to air pollutants?
 - a. Dizziness
 - b. Vomiting
 - c. Slurred speech
 - d. All of the above
14. Indoor air quality can effect our decision-making capabilities and cognitive ability.
 - a. True
 - b. False
15. The following is NOT a recommended means of improving indoor air quality:
 - a. Cleaning clutter
 - b. Scrubbing out your shower
 - c. Refraining from over-watering houseplants
 - d. Using an essential oil diffuser

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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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Diabetes Awareness | 2 Pumpkin Seeds | 3 Leaf Pile | 4 Apple Chips | 5 Nature Walk |
| In honor of National Diabetes Month, talk with your children about the importance of exercise and eating foods low in sugar. | Leftover seeds from your jack-o-lanterns? Toss with spices like taco seasoning or ranch powder and roast for a healthy snack. | Weather permitting, rake a big pile of leaves in the yard to jump and play in.  | Buy local apples and bake in thin slices for a seasonal snack. | Bundle up and take a walk outside. Discuss what you see the animals and plants doing this time of year and why. |
| 8 Tongue Twister Day | 9 Bear Cave Craft | 10 Indoor Air Quality | 11 Veteran's Day | 12 World Kindness Day |
| Practice a few fun tongue twisters together. Who can say theirs the fastest? | Make the hibernating bear craft on page 7. Can't find leaf table-scatter? Glue on small dried leaves or twigs from your yard. | Is your home ready for winter? Check out the suggestions on page 10 to keep the air you breathe safe all year long. | ACD's offices are closed for the holiday.  | In honor of World Kindness Day tomorrow, ask everyone to share one kind thing someone has done for them this week. |
| 15 Harvest Time | 16 Leaf Art | 17 Brain Boost | 18 Repurposed Crayons | 19 Thyme |
| Prepare one of the festive recipes on page 4 for the families of the children you care for.  | Collect leaves outside, lay them under white paper, and rub crayons over top to reveal the texture of the veins. | Play a game with the children today that develops memory, like Simon Says or Uno. | Gather old, broken crayons, remove the wrappers, and bake in silicon molds to make new, multicolored crayons. | Never tried thyme tea? Brew yourself a mug with a bit of honey and lemon.  |
| 22 Book Club | 23 Handprint Turkeys | 24 Give Thanks | 25 Thanksgiving | 26 Office Closed |
| Get cozy with one of the wintertime books recommended on page 7.  | Use craft paint and construction paper to make hand print turkeys for the children to bring home to their families. | Ask the children to write or draw three things that they are grateful for, then take turns sharing out loud in a group. | ACD's offices are closed for Thanksgiving.  | ACD's offices remain closed for the holiday. |
| 29 Finger Knitting | 30 Giving Tuesday | | | |
| Teach the kids (and maybe even yourself!) how to finger knit. Make simple cords that you can help them tie into bracelets. | Brainstorm simple ways to make a difference in someone's life this week, whether it be a friend, family member, or neighbor. | | | |