

# potpourri



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There's so much to share this month. October marks the start of ACD's fiscal year 2024 where my goals are to increase training opportunities, increase our number of sponsored childcare providers and implement our safety program.

October 2-6 is "Customer Service Week" and I wish to thank **LaTara McChriston, Cynthia Bedoy, Tammy Kinsey** and **Rose Castro** for their hard work and dedication to our childcare providers' customer service needs!

**ACD offices will be closed Monday, October 9 for Columbus Day/ Indigenous Peoples' Day.**

The "**Great Lakes Great Apple Crunch**" is **Thursday, October 12**. Visit our Facebook page for details on how to participate and enter a giveaway for two gift bundles!

Be sure to check out this issue's back cover as we highlight the experience of an ACD provider participating in the "**10 Cent A Meal**" program.

Lastly, October means Halloween...have a safe Halloween!

*Denise Meyer*  
**Denise Meyer**  
Executive Director

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# Kid-Friendly Seafood Meals

Splash out with these recipes for “Seafood Month”

## Tuna Sweetcorn Bites

4 servings  
myfussyeater.com

### Ingredients

1-1/2 cups cold mashed potatoes  
1-3/4 cups canned tuna  
1/4 cup canned sweetcorn  
1/4 cup Panko® breadcrumbs  
1 spring onion, chopped  
1 medium egg  
Salt and pepper to taste  
1 tbsp. oil

- Add mashed potatoes, tuna, sweetcorn, onion and half the breadcrumbs to a large bowl.
- Crack egg into a bowl and whisk with a fork.
- Add half the egg to the other ingredients and mix well. If needed to bind ingredients together, add a little more egg.
- Season well with salt and pepper.
- Add remaining breadcrumbs to a large plate or tray.
- Take one tablespoon of tuna mixture at a time and form into round ball, then roll in breadcrumbs.
- Repeat with remaining mixture to make 16 bites.
- Heat oil in pan and fry bites for seven minutes, turning every couple of minutes (you may have to work in batches).
- Serve immediately.
- **Note:** Recipe is best eaten immediately but will keep in the fridge up to two days.

■ Image: Billion Photos/Canva

They can also be frozen and defrosted overnight in the fridge. To reheat, fry in a little oil for a minute or two on each side.

- ⊕ **Vegetable**
- ⊕ **Meat/Meat Alternate**

## One-Pot Jambalaya For Kids

6 servings  
superhealthykids.com

### Ingredients

2 tbsp. olive oil  
1/2 medium onion  
1 medium bell pepper, red  
1 medium bell pepper, green  
1 medium bell pepper, orange  
2 cloves garlic  
1/2 lb. chicken breast  
8 oz. turkey sausage  
3 cups low-sodium chicken broth  
2 cups canned crushed tomatoes  
1-1/2 cup brown rice, raw  
1/2 tbsp. Cajun spice  
1 tsp. thyme, dried  
1 tsp. Worcestershire sauce  
8 oz. shrimp, peeled & deveined

- Heat oil in large dutch oven or sturdy pot. Chop onions and peppers into bite-size pieces. Mince or crush garlic.
- Saute veggies and garlic until softened, 4-5 minutes.
- Cut chicken and sausage into bite-size pieces.
- Add chicken and sausage and continue cooking until chicken is not pink on the outside.

- To the pot, add the rest of the ingredients, except shrimp. Stir to combine.
- Decrease heat to medium-low and simmer 30 minutes.
- Once rice is soft, taste and add more seasonings to taste.
- Add shrimp and continue to simmer until it is pink and cooked through.
- Serve warm and enjoy!
- **Note:** If using brown rice versus white rice, it will take an extra 20-25 minutes and you may need to add more liquid.

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

## White Fish Tacos With Holy Moly Guacamole

8 servings  
seafoodnutrition.org

### Ingredients

12 oz. white fish, such as cod  
8 small corn or flour tortillas  
2 ripe avocados, remove pit from both & cut one into chunks  
1/2 mango, cut into chunks  
1/4 cup strawberry yogurt  
1/2 lime, juiced (plus additional lime wedges for serving)  
1-2 tbsp. cilantro, chopped (plus additional cilantro for serving, if desired)  
2 tbsp. olive oil  
1/4 tsp. salt (plus additional to taste)  
Pepper to taste

[Continued on page 10]



	CACFP	MON	TUE	WED	THU	FRI
<b>BREAKFAST</b>	<b>1. GN/BP OR MT**</b> <b>2. FT OR VG</b> <b>3. MK</b>	1. Tortilla & Scrambled Eggs 2. Salsa 3. Milk	1. Oatmeal 2. Diced Apples 3. Milk	1. Bagel & Peanut Butter 2. Banana 3. Milk	1. Yogurt & Granola 2. Blueberries*** 3. Milk	1. WG Bran Muffin 2. Pears 3. Milk
<b>LUNCH/DINNER</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. VG</b> <b>4. FT OR VG</b> <b>5. MK</b>	1. Beef Hot Dog 2. WG Bun 3. Baked Beans 4. Tossed Salad/ Dressing 5. Milk	1. Diced Pork 2. Fried Rice 3. Peas & Carrots 4. Peaches 5. Milk	1. Mashed Black Beans 2. Tortilla 3. Salsa 4. Oranges 5. Milk	1. Roast Turkey 2. WG Roll 3. Acorn Squash 4. Corn 5. Milk	1. Salmon Patty 2. WG Bun 3. Cole Slaw 4. Potato Wedges 5. Milk
<b>SNACKS*</b>	<b>1. MT</b> <b>2. GN/BP</b> <b>3. FT</b> <b>4. VG</b> <b>5. MK</b>	1. Cottage Cheese 2. Rice Cake 3. Cantaloupe 4. Baby Carrots*** 5. Milk	1. Hummus 2. WG Crackers 3. Grapes 4. Sliced Bell Peppers 5. Milk	1. String Cheese 2. Pretzels 3. Raspberries*** 4. Sugar Snap Peas 5. Milk	1. Hard Boiled Eggs 2. WG Crackers 3. Applesauce 4. Cucumber Slices 5. Milk	1. Peanut Butter 2. Graham Crackers 3. Raisins*** 4. Celery 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.		
<b>FT:</b> Fruit <b>VG:</b> Vegetable <b>GN:</b> Grain <b>WG:</b> Whole Grain <b>MK:</b> Milk <b>BP:</b> Bread Prdt. <b>MT:</b> Meat/Meat Alternate						



**REMINDERS:**

- ACD offices will be closed in observance of Columbus Day/Indigenous Peoples’ Day: **Oct. 9 (Mon)**
- Check expiring enrollments & submit new enrollments by **Oct. 13 (MI) & Oct. 20 (IL)**
- September first claim due: **Oct. 10 (MI) & Oct. 16 (IL)**
- August final claim due: **Oct. 27 (IL/MI)**
- Complete **“Holiday Note”** form with required signatures if caring for children on a holiday.

# Speech Delays

Early identification & treatment are critical for children

During “Children's Health Month,” ACD looks at a lesser recognized childhood health issue: **speech and language delays**.

**Speech** is the verbal expression of language. A child with a **speech delay** might use words and phrases to express ideas but be hard to understand.

**Language** is giving and getting information through communication. A child with a **language delay** might say words well but only be able to put two words together.

Speech and language delays affect a child’s ability to learn and acquire literacy skills – both of which equip them with the capacity to communicate effectively, think critically and succeed academically. It is also common for children with undiagnosed or untreated speech or language delays to be labeled as exhibiting inappropriate or disobedient behavior.

Common speech and language delays among children include stuttering, voice or language disorders and articulation and speech sound disorders.

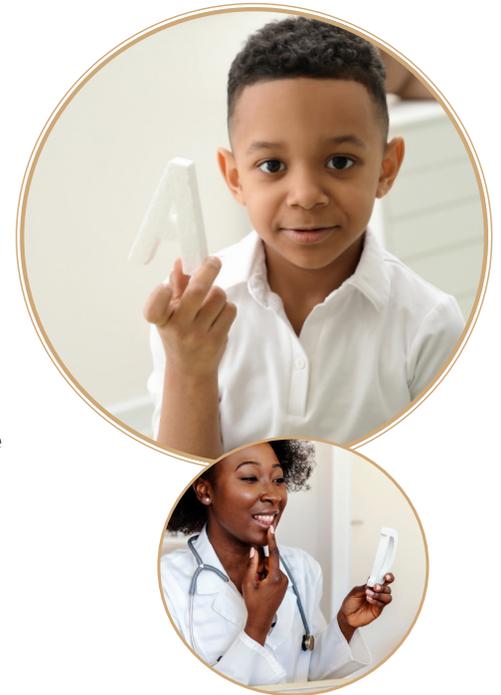
**Identifying and treating speech and language delays early is critical!** As a childcare provider (or parent/caregiver) you play an important part in a child’s speech development – **watch for these signs of a delay and call a pediatrician/doctor if a child:**

- by 12 months isn't using gestures, such as pointing or waving bye-bye
- by 18 months prefers gestures over vocalizations to communicate
- has trouble understanding simple verbal requests
- by 2 years can't follow simple directions
- by 2 years has an unusual tone of voice (i.e. raspy or nasal sounding)
- by 2 years only imitates speech or actions and doesn't spontaneously produce words or phrases

**NOTE:** A baby who does not respond to sound or vocalize should be checked by a pediatrician/doctor right away!

**Additionally, consider these tips to help encourage speech development:**

- Keep things simple and avoid “baby talk.”
- From birth, talk to babies, sing and encourage imitation of sounds and gestures.
- Start reading to a child when they are a baby.
- Talk to children and listen attentively when they speak.
- Use everyday situations to build on a child's speech and language. For example, name foods at the grocery store, explain what you are doing as you cook a meal or point out objects around the house.
- Seek the expertise of a speech-language pathologist if you suspect a child may have a delay.



# Plant-Based Protein

What to look for to ensure children meet nutritional needs

Cruising the grocery store aisles, you've likely noticed many plant-based protein choices.

It's no wonder in 2022 that the plant-based protein market was valued at more than 18 billion dollars!

Whether it's a diet/lifestyle choice, a religious/cultural tradition or curiosity, there are many reasons people choose plant-based proteins. Unlike animal-based proteins, plant-based proteins feature vegetables, grains, seeds or a combination to achieve a similar taste and/or texture as their animal-based counterparts.

**Before swapping out beef hamburgers for chickpea burgers, consider how the nutrition profile of a plant-based protein compares with animal-based proteins.**

## ■ Protein

Protein is found in plant-based proteins like nuts, seeds and certain grains but typically not as much ounce for ounce compared with animal-based proteins. Young children need about 1.5-3 ounces of protein (10-21 grams) per day, but specific needs will vary based on a child's age, weight and gender.

## ■ Sodium

Sodium is an electrolyte that balances fluid and blood pressure in the body. But too much sodium is not good for anyone – including children. Processed plant-based proteins may contain more sodium than you might expect. Aim for less than 1,500 milligrams of sodium per day for most children.

## ■ Iron

Iron is a mineral found mainly in animal-based foods. It is also absorbed better from animal foods versus plants. This is why it is important to note the iron content of plant-based proteins. Young children need about 7-10 milligrams of iron per day.

Protein, sodium and iron are all nutrients listed on the nutrition facts panel for any packaged food. Or you can visit the **USDA's Food Data Central ([fdc.nal.usda.gov](https://fdc.nal.usda.gov))** to view the nutrition profile of fresh animal-based protein foods.

By comparing the nutrition profile for plant-based proteins, you can ensure the choices you serve to children won't be lacking any key nutrients that help them to grow and thrive!

■ Image: Freepik

■ Source: [marketdataforecast.com](https://marketdataforecast.com)



## Butternut Squash “Cheese” Dip

8 servings (1/4 cup)

Who knew butternut squash could taste like cheese? Combined with coconut milk and nutritional yeast, it's perfect for fall. Serve with bread, sliced vegetables or pretzels and dip to your heart's content!

### Ingredients

6 cups butternut squash, peeled, seeded and cubed  
2 tbsp. olive oil  
1 cup coconut milk  
1/3 cup nutritional yeast  
2 tbsp. lemon juice  
1 tbsp. garlic powder  
1 tsp. salt  
1/4 tsp. pepper

- Preheat oven to 400°F.
- Place butternut squash on a baking sheet lined with parchment paper.
- Drizzle with olive oil and bake 25 minutes or until tender.
- Remove squash from the oven and set aside to cool slightly.
- To a high-powered blender, add the squash and all remaining ingredients.
- Blend on high until mixture is smooth and creamy.
- Serve and enjoy!
- **Optional:** If you don't need this recipe to be vegan, you can use cow's milk in place of coconut milk and parmesan cheese in place of nutritional yeast.
- **Nutrition Information (1/4 cup):** 160 calories, 9 grams fat, 20 grams carbohydrate, 6 grams fiber, 3 grams protein.

✦ **Vegetable**

**Safety Note:** Be sure to use a blender that can handle hot foods or you can ruin the motor. If you don't have a blender that can handle hot foods, allow the squash to cool before blending and then reheat in the microwave and stir well.

■ **Image: (top)** healthyhappylyfe.com | **(bottom)** Danny Smythe/Canva **(right)** Billion Photos/Canva



## BUSINESS

### Adopt the 5 R's.

This way of thinking helps save money and cuts down on waste – a win-win!



So what are the 5 R's?

- **Reduce:** Select double-sided copy or print option for documents instead of one side of the paper.
- **Reuse:** Items like office and school supplies (binders, file folders & mailing envelopes) are reusable.
- **Repurpose:** Use cardboard boxes for storing supplies, binder clips to hold power cords or coffee mugs for holding markers and pencils. Consider designating an “upcycle station” area for collecting and storing supplies. Encourage staff members to add items to the station they no longer need and to check there before purchasing new supplies.
- **Recycle:** bottles and cans at a local buyback center and get off junk mail lists to save trees and cut down on clutter which raises stress levels.
- **Rot:** Compost makes great soil for gardens! Also, children love to compost and can learn so much about science when composting.

■ **Source:** [bosssinglemama.com](http://bosssinglemama.com)  
[tri-citiesdisposal.com](http://tri-citiesdisposal.com)  
[modernminimalism.com](http://modernminimalism.com)  
[roadrunnerwm.com](http://roadrunnerwm.com)

# Apples

## 15 tasty ways to use an apple

It's Fall y'all...and apple season! Try some of the apple ideas below for a tasty change. We've also provided a list of top fall apples – enjoy!

### Apple Ideas

- Apple Peanut Butter Waffles
- Apple “Cupcakes”
- Baked Apple Chips
- Apple Donuts
- Applesauce
- Apple Nachos
- Air Fryer Spiced Apples
- Apple Smoothie
- Applesauce Pancakes
- Stewed Apples
- Applesauce Overnight Oats
- Apple Bread
- Caramel Apple Yogurt Parfait
- Apple Pie Bites
- Apple Cheesecake Breakfast Quesadilla

### Top Fall Apples

- **Gala (sweet):** In season mid-Aug. to late Oct.
- **Empire (sweet):** In season: late Aug. to mid-Oct.
- **Jonathan (tart):** In season: early Sept. to mid-Nov.
- **Cortland (sweet):** In season: early Sept. to mid-Nov.
- **Red Delicious (sweet):** In season: mid-Sept. to mid-Nov.
- **Jonagold (sweet):** In season: mid-Sept. to mid-Nov.

■ **Source:** readers.com

■ **Image:** BeNeDak/Canva



### Q: How can I share the benefits of CACFP with parents?

Your participation in the CACFP offers many benefits to the parents of children enrolled in your childcare.

Among them are:

- ensuring that children receive balanced, healthy meals and start good nutrition habits early in life;
- making quality childcare more affordable for low-income families; and
- helping children learn and feel positive about food, nutrition and eating.

Share these benefits alongside other news and/or nutrition tips via a weekly or biweekly email to parents; a family bulletin board close to where parents drop off/pick up children; or a personal note sent home with a child's special achievement.

■ **Source:** 4-c.org | decal.ga.gov  
health.ny.gov

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

## Paper Pumpkins for Fall

This craft is great for children. These little pumpkins can be made using different colored papers in different patterns.

12"x12" colored scrapbook paper (one per ornament)  
 Paper cutter  
 Double-sided tape  
 Hot glue  
 Glue gun  
 Twine (7" long)  
 Wood sticks  
 Scissors



- Cut 12" strips as follows:
  - (2) 1" strips
  - (4) 1.25" strips
  - (2) 1.5" strips
- Make the following cuts:
  - The (2) 1" strips will stay the same at 1" x 12"
  - The (2) 1.25" strips will each be cut into (2) 8" strips
  - The (2) 1.5" strips will each be cut into (2) 10" strips
- Tape the corresponding strips.
- Fold each strip like an accordion (approximately half-inch wide).
- Use hot glue to glue ends of each strip together.
- Bend circle strip inward to form a medallion.
- Add a drop of hot glue in the middle and hold medallion together for a few seconds until the glue is dry.
- Repeat this for each strip until you have five medallions.
- After that, hot glue each layer together to form a sphere.
- Lastly, hot glue a stick, paper leaves and twine on the top of your pumpkin.

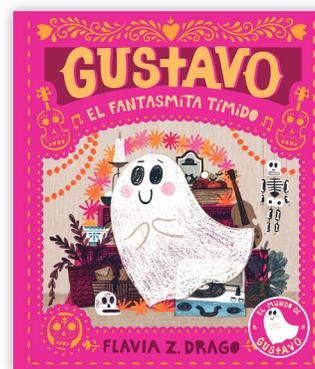
■ **Craft/Image:** [diyinspired.com](http://diyinspired.com)

**Halloween is October 31. Try these "spook-tacular" books to celebrate the holiday.**



### Happy Halloweenie by Katie Vernon

A lovable hot dog named Weenie gets dressed up for Halloween in this fun and festive board book that will have little ones laughing out loud.



### The World of Gustavo by Flavia Z. Drago

This picture book is about finding the courage to make friends – perfect for the spooky season or anytime.

■ **Books:** [amazon.com](http://amazon.com)

# Cooking Fires

The kitchen can be a dangerous place for children

**Cooking is the leading cause of home fires and home fire injuries.**

According to the National Fire Protection Association® (NFPA®):

- Cooking fires account for 49% of all home fires.
- Unattended cooking is the leading cause of cooking fires and casualties.
- Cooking oil and grease fires are a major part of the cooking fire problem.
- Peak days for home cooking fires are Thanksgiving and Christmas.

This year, **Fire Prevention Week™ (FPW™)** is **October 8-14** with the theme: **“Cooking safety starts with YOU.”**

Cooking for children is a big part of your role as a provider (or parent/caregiver); and the kitchen can be a dangerous place for children with hot burners and pots that can cause them burns and other serious injury.

**Keep children safe from cooking fires and burns with these tips:**

- Cook only when alert.
- Stay in the kitchen when cooking.
- Have a “kid-free zone” at least 3 feet around the stove.
- When old enough, teach children to cook safely.
- Turn off the burner if you leave the kitchen.
- Keep anything that can catch fire away from stovetops.
- **Never pour water on a cooking pan grease fire.**
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. **Do not move the pan.** Leave the lid on until the pan has cooled to keep the fire from restarting.
- If simmering, baking or roasting food, check it regularly and set a timer to remind you that you are cooking.
- Never use your oven or microwave as storage – this can cause a fire.
- Turn pot handles toward the back of the stove.



■ **Source:** [www.nfpa.org](http://www.nfpa.org) | [safekids.org](http://safekids.org) | [cpsc.gov](http://cpsc.gov)

■ **Image:** Getty Images/Canva

[Continued from page 3]

## White Fish Tacos With Holy Moly Guacamole (Cntd')

- Preheat broiler.
- Place fish fillets on to baking sheet, season with olive oil, salt and pepper.
- Place fish on top rack of oven.
- Cook for about 10 minutes or until fish hits internal temperature of 145°F degrees. Set aside.
- In medium mixing bowl, mash the whole avocado along with the yogurt.
- Add in cubed avocado, mango, lime juice, salt, cilantro and pepper to taste. Mix with fork.
- Place fish on tortilla topped with guacamole.
- Serve immediately.
- Top with additional lime juice and cilantro, if desired.

- ⊕ **Fruit**
- ⊕ **Vegetable**
- ⊕ **Meat/Meat Alternate**

### FYI

When determining how long to cook fish: measure the fish at its thickest point and cook it on medium heat for 10 minutes per inch, turning it over halfway through the cook time.

■ **Source:** [seafoodnutrition.org](http://seafoodnutrition.org)

# October 2023

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

**1. Speech is the verbal expression of language:**

- a. True
- b. False

**2. Cortland apples are in season:**

- a. Early Sept. to mid-Nov.
- b. Mid-Sept. to mid-Nov.
- c. Late Aug. to mid-Oct.
- d. Late-Sept. to mid-Nov.

**3. Young children need how many milligrams of iron per day:**

- a. 17-20
- b. 700-1,000
- c. 7-10
- d. 50-100

**4. Protein in plant-based proteins are the same ounce for ounce as animal-based proteins:**

- a. True
- b. False

**5. Fire Prevention Week™ is October 8-14:**

- a. True
- b. False

**6. The 5 R's includes (select all that apply):**

- a. Rot
- b. Ready
- c. Reduce
- d. Repeat

**7. When determining how long to cook fish, measure the fish at:**

- a. It's head
- b. It's thickest point
- c. It's tail
- d. It's thinnest point

**8. Never pour water on a cooking pan grease fire:**

- a. True
- b. False

**9. Avoiding “baby talk” helps encourage speech development:**

- a. True
- b. False

**10. It is safe to cook when you are tired or sleepy:**

- a. True
- b. False

**11. Cooking fires account for what percentage of home fires:**

- a. 49%
- b. 19%
- c. 99%
- d. 9%

**12. A common speech and language delay is:**

- a. Talking
- b. Gargling
- c. Stuttering
- d. Singing

**13. Halloween is:**

- a. October 31
- b. October 3
- c. October 11
- d. October 13

**14. Peak days for home cooking fires are Thanksgiving and Christmas:**

- a. True
- b. False

**15. “Children's Health Month” is observed in:**

- a. November
- b. October
- c. February
- d. June



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.

# “10 Cents A Meal” Provider Spotlight



[www.tencentsmichigan.org](http://www.tencentsmichigan.org)

“10 Cents a Meal for Michigan’s Kids and Farms” is a state-funded program that provides early childhood education settings up to 10 cents per meal in matching funds to purchase and serve fresh Michigan-grown fruits, vegetables and legumes.

In this issue, we spotlight ACD provider Kim S. who has been a “10 Cents a Meal” participant since 2000.

- **Tell us about your childcare home.** I've been a licensed childcare provider for 25 years. During the pandemic, I went from a family home to a group home to help with the shortage of childcare.
- **How many children do you care for?** I currently provide childcare for 11 children.
- **Why did you choose to participate in “10 Cents a Meal”?** I choose to participate to help support healthy eating at a young age. I also love to cook and thought why not add more fruits and veggies to meals? The children have really enjoyed it and love to help participate in making “healthy meals and snacks” as they say. We've made veggie and fruit books and had scavenger hunts and “hide-and-seek” to find healthy foods!
- **What have you gained from being part of the program?** I've gained more knowledge of the process of growing food. The program has given me different ideas to cook differently to get taste buds working.
- **What advice would you give providers hesitant about participating?** Try it! Getting the veggie and fruit boxes delivered right to your door adds to the excitement each week as we guess what we're getting; and its saving money and time and helping others while eating healthy. I hope they keep this program around. Nothing compares to teaching children and having communication about eating healthy.

