potpourri

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acd

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

When completing enrollment forms, remember to list the earliest and latest times as well as ALL the days of the week that a child could possibly be in your care. Covering all your bases will ensure that you receive your full reimbursement every time.

KidKare users: don't forget to read the messages in your KidKare inbox!

Lastly, be sure to send enrollment forms to your state's ACD office:

ilcustomerservice@acdkids.org - or - mifrontdesk@acdkids.org

Please do not send them to your field monitor, as this may cause a delay in your reimbursement. Thank you!

ON THE COVER **This is Mariyah Rose. She loves Mommy, Daddy, big brother and sister. Most of all she loves her fur brother, Nova.**

It's October
Happy Fall!

Pumpkin Hummus

Makes 6 servings

6 cans chickpeas, rinsed and drained

6 cloves garlic, finely diced

3/4 cup tahini

1 cup pumpkin, pureed

4 1/2 tsp salt

1 1/2 tsp cinnamon

3/4 tsp nutmeg

6 tsp olive oil

6 tbsp lemon juice

pumpkin seeds, toasted; for garnish

1. Add all ingredients to a food processor. Pulse until smoothly pureed.
2. Transfer to a bowl and sprinkle pumpkins seeds and additional olive oil on top before serving.

✔ **Vegetable**

Source and photo: yummly.com

Hearty Baked Beef Stew

Makes 8 servings

1 can (14-1/2 ounces) diced tomatoes, undrained
1 cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1-1/2 teaspoons salt
1/2 teaspoon pepper
2 pounds beef stew meat, cut into 1-inch cubes
4 medium carrots, cut into 1-inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

1. In a large bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Stir in the remaining ingredients.

2. Pour into a greased 13x9-in. or 3-qt. baking dish. Cover and bake at 375° for up to 2 hours or until meat and vegetables are tender. Serve in bowls.

✔ **Meat/Meat Alternate**
✔ **Grain/Bread Product**
✔ **Vegetable**

Source and photo: tasteofhome.com

Sweet Potatoes and Apples

Makes 6 servings

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon table salt
- 2 cups sweet potatoes, fresh, peeled, ½" cubed
- 3 cups apples, fresh, peeled, cored, ½" cubed (recommend: Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1 tablespoon Canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Preheat oven to 350 °F.

1. Prepare cinnamon-sugar mixture: In a medium bowl, combine brown sugar, cinnamon, and salt.
2. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
3. Add sweet potatoes, apples, oil, and orange juice to the cinnamon-sugar mixture and toss.
4. Place the sweet potato and apple mixture in the baking dish.
5. Cover with foil and bake for 40 minutes, or until sweet potatoes are tender. Heat to 140 °F for at least 15 seconds.

Serve ½ cup.

Critical Control Point:

Hold at 140 °F or higher

✔ **Fruit**
✔ **Vegetable**

Source: theicn.org Photo:letsbeyummy.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST **1. Grain/Bread Product - *OR*- Meat/Meat Alternate** **2. Fruit or Vegetable** **3. Milk** *Meat/Meat Alt. may be substituted for Grain/Bread Product up to 3x a week.*	1. Yogurt 2. Orange slices 3. Milk	1. Oatmeal 2. Cinnamon apples 3. Milk	1. Scrambled eggs 2. Hashbrowns 3. Milk	1. Whole grain toast 2. Clementines 3. Milk	1. Whole grain waffle 2. Applesauce 3. Milk
LUNCH/DINNER **1. Meat/Meat Alternate** **2. Grain/Bread Product** **3. Vegetable** **4. Fruit or Vegetable** **5. Milk**	1. BBQ Chicken 2. Brown rice 3. Steamed broccoli 4. Roasted carrots 5. Milk	1. Turkey taco meat 2. Whole grain tortilla 3. Avocados 4. Refried beans 5. Milk	1. Grilled chicken 2. Whole grain roll 3. Baked potato 4. Apples 5. Milk	1. Ground beef 2. Whole grain bun 3. Bell pepper sticks 4. Peaches 5. Milk	1. Fried egg 2. Whole grain toast 3. Hashbrowns 4. Grapefruit 5. Milk
SNACKS *For each snack, choose two of the following food groups:* **1. Meat/Meat Alternate** **2. Grain/Bread Product** **3. Fruit** **4. Vegetable** **5. Milk**	1. Breadsticks 2. String cheese 1. Whole grain tortilla chips 2. Salsa	1. Hummus 2. Carrot Sticks 1. Whole grain crackers 2. Cheese	1. Tuna Salad 2. Cucumbers 1. Peaches 2. Cottage cheese	1. Cheerios 2. Bananas 1. Cheese 2. Whole grain English muffin	1. Peanut butter* 2. Apples 1. Yogurt 2. Strawberries

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

APPLE SLICE MONTSTERS

2 green apples

2 tablespoons sunflower seeds*

3 strawberries

2 tablespoons peanut butter*

10–16 blueberries

1.Quarter the apples and carefully remove the seeds, leaving as much of the apple flesh as possible. Cut a wedge out of the peel side of the apple, keeping the wedge slightly off center. This leaves more room for the eyes on the top, and less space for the mouth on the bottom.

2.Place approximately 10 sunflower seeds into the top of each mouth, poking the pointed side of the seed into the apple flesh.

3.Remove the tops of the strawberries and cut them into thin slices. Use a small dab of peanut butter to adhere the strawberry into the mouth as a tongue. Adhere the blueberry eyes with a small dab of peanut butter. Each monster can have one, two, or even three eyes.

4.Repeat with the remaining apple quarters and enjoy.

✔ Meat/Meat Alternate
✔ Fruit

Source and photo: chelseagreen.com

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

Money Saving Tip

This straw method won't be quite as effective as using a vacuum sealing machine, but it's still very useful, and much less expensive. Place your food in a plastic zip-top bag (make sure it's a freezer-safe bag if you plan to freeze) and zip it almost all the way, leaving a small slit to insert a plastic straw. Suck the air out through the straw, quickly pull it out, and close the bag.

Cooking Tip

Easily remove pumpkin skin. Remove the seeds with a metal ice cream scoop. Cut the pumpkin in pieces. Add a dash of water in a microwave-safe dish, along with the pumpkin pieces cut side down, and microwave for 30 second intervals. The skin should come away easily. This might take several minutes depending on the quantity and size of pieces. Then cook the pumpkin as you desire.

Source: ceramiccookwarehub.com
Photo credit: stock.adobe.com

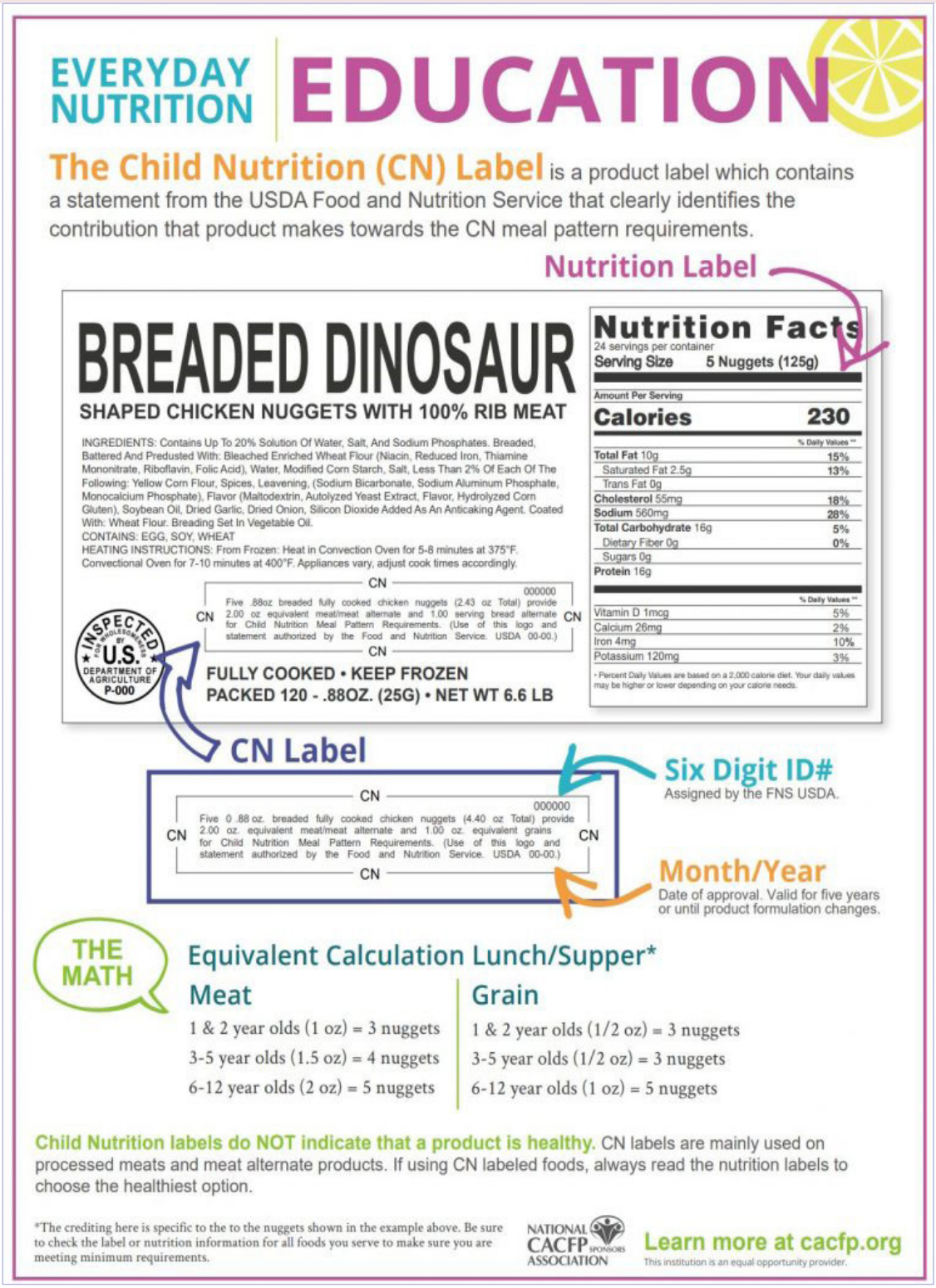
CHILD NUTRITION LABELS

What you need to know

The Child Nutrition (CN) Label began in 1984 in order to identify qualifying entrée items creditable in the CACFP. Looking for a way for CACFP operators to easily identify creditable items, and for food manufacturer's to keep their proprietary formulas secret, the CN Label was developed.

There are several requirements for a food company to participate in the CN Label program, chief among them is having a strong Quality Control process. Detailed quality control guidelines were established by the USDA, and food plants must verify and document ingredients, formulation, portion size, and cooked weight.

A six-digit ID number and statement by the USDA Food and Nutrition Service clearly identifies the contribution the product makes toward meal pattern requirements, appears on the CN Label. Also included is the month and year of approval. CN Labels are valid for five years or until product formulation changes.



Source and photo: cacfp.org

ACD'S GUIDE TO APPLES

PAULA RED
Tart flavor and good aroma

GINGER GOLD
Sweet with a hint of spice

GALA
Soft bite over mellow sweetness

McINTOSH
Juicy, with a lightly tart flavor

HONEYCRISP
Sweet and crisp

JONATHAN
Crisp and spicy

JONAGOLD
Sweet tart flavor

GOLDEN DELICIOUS
Sweet, with a gingery taste

RED DELICIOUS
Full flavored and sweet

AMBROSIA
Sweet, refreshing and floral

The Great Apple Crunch is celebrated this year on October 13, 2022. Get in on the crunching fun and take a bite at NOON! Choose from one of the above Michigan apple varities and crunch away!

Source: mlive.com Photo credit: stock.adobe.com

PAPER PLATE PUMPKIN

- Paper plate
- Orange and Black markers or crayons
- Hole punch
- Green pipe cleaner

1. Color your paper plate orange.
2. Punch a hole at the top of your orange plate with a hole punch.
3. Put a green pipe cleaner through the hole.
4. Twist pipe cleaner around itself so it stays attached.
5. Using a marker or crayon, wrap your pipe cleaner around it, and slide the pipe cleaner off to make spirals.
6. Draw a face on your pumpkin if you want!

Source and photo:thesimpleparent.com

Source: richlandcountychildrenservices.org

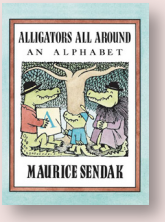
ACD's BOOK CLUB

Evidence of the earliest reptiles dates back to 312 million years ago!

English-Language Books

PICTURE BOOK

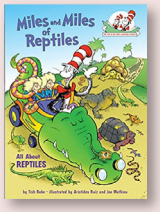
Alligators All Around
An Alphabet
By Maurice Sendak



An alligator jamboree, with all the letters—A through Z.

EASY READER

Miles and Miles of Reptiles
By Tish Rabe
Illustrated by Aristides Ruiz



Leaping lizards—Cat and Co. explore the world of reptiles!

Spanish-Language Books

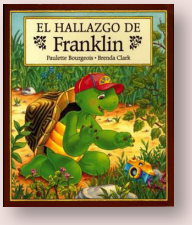
PICTURE BOOK

El cocodrilo en bicicleta
By Giulia Pesavento and Susy Zanella

A sweet, beautifully-illustrated tale about a crocodile on his bicycle to help children confront their fear of the dark.

EASY READER

El hallazgo de Franklin
By Paulette Bourgeois



Learn about honesty and problem-solving with everyone's favorite young turtle, Franklin.

BRINGING HEALTHY HABITS HOME

It can be challenging to instill healthy habits when practices differ between child care and home. Children may not be used to the foods or mealtime routines in child care, but getting parents and guardians more involved can ease the transition. There are a number of simple steps child care homes and centers can take to get parents more involved.

SHARE CHILDREN'S FAVORITE RECIPES

Do you serve a healthy meal or snack that the children in your care love? Parents may not realize that their child likes or even loves those foods. Sharing recipes or sending home a note listing the items children ate can give parents new ideas and encourage healthy habits at home.

LET PARENTS JOIN THE FUN

Involve parents in child nutrition activities such as offering fruit and vegetables taste tests during pick up time, hosting a nutrition workshop for parents, or scheduling a bring-a-parent-to-lunch day.

SEND HOME A NUTRITION NEWSLETTER

Create your own child nutrition newsletter or take advantage of newsletters that already exist. Nibbles for Health is a nutrition newsletter designed specifically for the parents of children in child care. Print newsletters featuring more than twenty nutrition and wellness topics. http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children

CREATE AND SHARE A NUTRITION POLICY

Writing a nutrition policy for your child care shows parents that child nutrition is a priority. Nutrition policies provide information about your commitment to supporting healthy habits. Sharing a nutrition policy can also give parents ideas for what they can do to serve nutritious meals at home.

OFFER RELIABLE NUTRITION RESOURCES

Child nutrition advice comes in all shapes in sizes but not all of it is reliable. The following sites offer accurate, science-based child nutrition information to share with parents.

Healthy Children www.healthychildren.org
Kids Eat Right www.kidseatright.org
My Plate www.choosemyplate.gov

REMEMBER THAT CHILD CARE PROVIDERS AND PARENTS ARE A TEAM WITH THE SAME GOALS OF RAISING HEALTHY CHILDREN.

Children who eat nutritious foods in child care and at home are much more likely to have healthy habits to last a lifetime.

HEALTHY CHICKEN AND WAFFLES

Chicken Ingredients

- 1 1/2 lbs boneless, skinless chicken breast
- 1 1/4 cup almond meal
- 1 Tbsp onion powder
- 1 tsp oregano
- 1 tsp dried basil
- 3/4 tsp salt
- 1/8 tsp pepper
- 2 egg large

Waffle Ingredients

- 2 cups 100% whole wheat flour
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1 tsp pepper
- 1 cup milk
- 1/2 cup plain Greek yogurt
- 4 Tbsp unsalted butter melted
- 2 eggs
- 1 cup cheddar cheese shredded

Chicken Directions

1. Preheat oven to 450 F degrees. Spray baking sheet with cooking spray and set aside.
2. In one small bowl, mix almond meal, onion powder, oregano, basil, salt and pepper. In another small bowl, whisk the eggs.
3. Wash chicken breasts and pat dry with paper towel. Cut into 1/2 inch thick strips lengthwise.
4. Dip each strip into an egg mixture, coat completely in almond meal and place on prepared baking sheet. Bake for 15 minutes on one side, flip and bake for another 12-15 minutes or until golden brown.

Waffle Directions

1. Combine all dry ingredients.
2. Combine all wet ingredients in a separate bowl and mix thoroughly.
3. Gradually (1 cup at a time) mix wet ingredients into dry ingredients. Makes 4 large waffles or 8 - 4" pancakes.
4. Cook on waffle iron or griddle.
5. Serve chicken and waffles with butter and maple syrup if desired.

Source and photo credit: 9010nutrition.com

October is Celebrating the Bilingual Child month
Octubre celebra el mes del niño bilingüe

Celebrating the Bilingual Child month was founded in 2006 by Language Lizard, a company that inspires kids through language.

Being bilingual means know two or more languages and understanding multiple cultures. When there are bilingual children present, don't single them out, but help them be enthusiastic about their heritage.

Celebrate their culture by encouraging them to share through activities and interactive games. Across languages, many words look and sound alike. Provide opportunities to discover these words and explore their meanings. Visit libraries and online resources that provide bilingual options.

Following are some approaches and strategies you can take to honor bilingual students:

Make sure to include parents in communications by providing notes and announcements in multiple languages. Google Translate is a good tool that allows translation to and from many languages.

Celebrate bilingual students by letting them showcase their linguistic ability. Encourage them to foster it; never hide it.

Provide materials in multiple languages. This lets students explore new academic content.

Celebrating the bilingual child is a wonderful way to install pride in bilingual children and others who work hard to learn a second, or more, language.

Sources:nationaldaycalendar and medium.com Photo: readyatfive

REMINDER:

ACD OFFICES WILL BE CLOSED ON MONDAY, OCTOBER 10, 2022
IN OBSERVANCE OF COLUMBUS DAY

Photo credit: stock.adobe.com

October 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.The Child Nutrition (CN) Label began in?
a. 1982
b. 1983
c. 1984
d. 1985

2. The CN Label was created to give better pricing information.
a. True
b. False

3. Which is not part of the Quality Cotrol process for CN Labels?
a. Proper ingredients
b. Cost per item
c. Formulation
d. Portion size

4.The USDA assigns a seven digit number to each product.
a. True
b. False

5. CN Labels are valid for:
a. 3 years or until product formulation changes
b. 4 years or until product formulation changes
c. 5 years or until product formulation changes
d. 6 years or until product formulation changes

6. The straw method of vacuum sealing is just as effective as a machine?
a. True
b. False

7.In 2022 the Great Apple Crunch takes place on:
a. October 5, 2002
b. October 7, 2002
c. October 13, 2002
d. October 23, 2002

8. Which apple has a soft bite over medium sweetness?
a. Gala
b. Paula Red
b. Jonathan
b. Red Delicious

9. The Great Apple Crunch takes place at 11:00?
a. True
b. False

10. Which apple is full flavored and sweet?
a. Gala
b. Paula Red
b. Jonathan
b. Red Delicious

11.A Honeycrisp apple has a ___ flavor:
a. Crisp and spicy
b. Sweet, refreshing and floral
c. Sweet and crisp
d. Sweet, tart

12. Masks are safer than face painting.
a. True
b. False

13. Language Lizard founded Celebrating the Bilingual Child month in:
a. 2006
b. 2007
c. 2008
d. 2009

14. Many words look alike across languages.
a. True
b. False

15. Which is a good tool for translating?
a. Google Languae
b. Google Speak
b. Google Translate
b. Google Transpose

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october 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHILD HEALTH DAY Participate in activities that promote child health.	**4** NATIONAL TACO DAY It's Taco Tuesday!	**5** RHODE ISLAND DAY The Ocean State joined the union on May 4, 1776.	**6** MAD HATTER DAY Read Alice's Adventures in Wonderland.	**7** WORLD SMILE DAY A smile has many health benefits. Let's see those pearly whites!
10 COLUMBUS DAY ACD offices are closed.	**11** OCTOBER BIRTHSTONE The opal is the birthstone for October.	**12** FARMER'S DAY We pay tribute to the men, women and families that put food in stores and on our tables every day.	**13** TRAIN YOUR BRAIN DAY Do some puzzles or play a game of Memory.	**14** OCTOBER FLOWER The marigold is the flower for October.
17 MULLIGAN DAY Today is "do-over" day.	**18** FUN FOOD FACT The most expensive pizza in the world costs $12,000.00	**19** KENTUCKY DAY Kentucky was the 15th state to join the union.	**20** CHICKEN AND WAFFLES DAY Try our recipe on page 9.	**21** REPTILE AWARENESS DAY There are more than 10,000 species of reptiles
24 NATIONAL FOOD DAY "Eat Real" today. It's easy on the CACFP!	**25** SOUREST DAY You can be a grumpy Gus today.	**26** PUMPKIN DAY They make great decoractions and are a tasty ingredient in many recipes.	**27** BLACK CAT DAY Don't be superstitious today. Black cats are not bad luck!	**28** FRANKENSTEIN FRIDAY Draw a scary picture of Frankenstein's monster.
31 KNOCK KNOCK JOKE DAY Knock Knock. Who's there? Boo. Boo Who? Don't cry, it's just a joke!	**27**	**28**	**29**	**30**