

potpourri

October 2024

Volume 50 | Issue 10



What's Inside?

Great Lakes Apple Crunch
CACFP Portion Sizes
Lead Poisoning Awareness
Fire Prevention
& More!



Potpourri is published monthly by the Association for Child Development (ACD), a sponsor of the Child and Adult Care Food Program (CACFP). Child care providers sponsored by the ACD for participation with the CACFP receive Potpourri free of charge. No portion of Potpourri may be reprinted without the consent of ACD.

MICHIGAN

P.O. Box 1491; East Lansing, MI 48826
3496 E. Lake Lansing Rd., Suite 150
East Lansing, MI 48823
Phone: 800-234-3287 or 517-332-7200
Fax: 517-332-5543
E-mail: mifrontdesk@acd-kids.org

ILLINOIS

P.O. Box 7130; Westchester, IL 60154-7130
4415 Harrison St., Suite 535
Hillside, IL 60162
Phone: 800-284-5273 or 708-236-0863
Fax: 708-236-0872
E-mail: Illinois@acd-kids.org

POTPOURRI CONTRIBUTORS

Amanda Gerrity
Val Crafts
Nicolas Gisholt
Allison Stock, RD

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax: (833) 256-1665 or (202) 690-7442; (3) or email: program.intake@usda.gov.



As we step into October and the new fiscal year, I am thrilled to share some exciting updates with you regarding our initiatives in child nutrition. This month marks a significant milestone as we transition to new meal-reporting software, My Food Program, aimed at enhancing our ability to serve children more effectively than ever before. I hope you've had plenty of time to practice on the demo site to feel confident now that the date is here to begin entering your October meals and meal attendance. As of October 1st, please note you may no longer enter meals and meal attendance into Kidkare.

At ACD, we are committed to ensuring that every child has access to nutritious meals that support their growth and development. This software transition will allow us to report meals more easily and make a greater impact in the lives of the children we serve.

Last month, we held our 8th Annual Training Conference in Lansing, Michigan. I want to extend my heartfelt gratitude for your attendance as well as to our generous presenters. Your presence and active participation were instrumental in making the event a success. We look forward to building on the valuable conversations from the conference.

Your support and partnership continue to be invaluable as we strive to create healthier futures for our children. Together, we can empower our community and build a brighter tomorrow.

Denise Meyer

Denise Meyer
Executive Director

CONTENTS

3. Featured Recipes

Celebrating Apple Season

4. Meals & Menus

CACFP Requirements & A Week's Worth Of Ideas

5. Great Lakes Apple Crunch

Participate in the "Crunch" This Year

6. From Our Registered Dietitian

CACFP Serving Sizes

Apple Cheese Quesadillas

7. Money Saving Tips

Cancel Your Unused Subscriptions

8. ACD's Guide To...

Lead Poisoning Awareness

9. Activities

Craft & Books

10. Child Safety

Fire Prevention Week

11. Potpourri Quiz



Celebrate the Great Lakes Apple Crunch!

Apples are packed with nutrients and fiber!

Apple Breakfast Cookies

10 servings
happykidskitchen.com

Ingredients

2 large eggs
1/2 cup unsweetened applesauce
1/4 cup avocado or vegetable oil
1/4 cup maple syrup or honey
2 tsp vanilla extract
1 tsp cinnamon
1 1/2 tsp baking powder
1/4 tsp fine salt
1 cup rolled oats
1 1/4 cups oat flour or 3/4 cup whole wheat flour
2 tbsp hemp seeds or chia seeds or both
1 cup finely chopped apple (about 1 medium apple), plus another 1/2 apple thinly sliced for the top
1 tbsp coconut sugar or granulated sugar

Optional Add-ins

1/4 cup finely chopped walnuts
1/2 cup finely grated carrot
1/4 cup raisins or dried cranberries

Instructions

- Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone baking mat.
- In a large bowl, whisk eggs, applesauce, oil, maple syrup, and vanilla until blended.
- Mix in cinnamon, baking powder, and salt. Mix in oats, flour, seeds, and 1 cup finely chopped apple. Stir in any additional add-ins.
- In a small bowl, mix the 1 tablespoon of sugar with a sprinkle of cinnamon.
- Using a large scoop or a 1/4 cup measuring cup, scoop

batter into 10 large cookies. Sprinkle a pinch of cinnamon-sugar over each cookie. Top with slices of apple, if desired.

- Bake until cookies are lightly browned around the edges and cooked through, 10 to 12 minutes. Cool then enjoy.
- Store in an airtight container at room temperature for a day, then store in the refrigerator for up to 5 days. Freeze cookies for up to a month.

✦ Fruit ✦ Grain

Apple Pancakes

8 servings
yummysiddlerfood.com

Ingredients

3 cups whole wheat flour
1 cup rolled oats
3 tsp baking powder
2 tsp cinnamon
1/2 tsp baking soda
6 eggs
2 1/2 cup milk (dairy or nondairy)
4 tablespoons unsalted butter (melted and slightly cooled, plus additional to grease the pan)
2 teaspoon vanilla extract
1.5 cup shredded apple (from about 1 medium apple; you can include the peel)

Instructions

- Gently stir together the flour, oats, baking powder, cinnamon and baking soda in a medium bowl.
- Add the eggs, milk, butter, vanilla, and shredded apple. Stir to combine.
- Warm a nonstick or cast iron skillet over medium heat. Add a small bit of the butter, melt, and spread it around the pan.

- Drop 1/4 cupfuls of batter onto the pan and spread out thinly to about 1/4-1/2 inch thick. Cook for about 3 minutes or until you see bubbles on the surface on the pancake. Flip and cook for an additional 2-3 minutes. Continue to cook the rest of the batter.
- Serve warm.

Notes

- To store leftovers, let pancakes cool and store in an airtight container in the fridge for 3-5 days. Warm for 15-30 seconds in the microwave and serve warm. You can also freeze for up to three months in a zip top freezer bag.
- To make as a Sheet Pan Pancake: Preheat oven to 400°F. Line an 11-by-17-inch rimmed baking sheet with parchment paper. Scrape the batter onto the parchment paper, smoothing into an even layer with a spatula just about to the edges. You want it to be about 1/2 inch thick all around. Bake until the pancake is lightly golden and springs back in the center when poked, 18 to 20 minutes.
- You can also bake as Pancake Muffins by adding 1 tablespoon batter to greased mini muffin pan cups and baking at 400 degrees F for 10-12 minutes, or until a cake tester inserted into the center comes out cleanly.

✦ Fruit ✦ Grain



Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. WG Pancake 2. Blueberries*** 3. Milk	1. WG Cereal 2. Banana 3. Milk	1. Yogurt 2. Strawberries 3. Milk	1. Scrambled Egg 2. Hashbrown Patty 3. Milk	1. WG Toast/Seed Butter 2. Cantaloupe 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Meat Sauce 2. WG Noodles 3. Broccoli 4. Peaches 5. Milk	1. Cheese/Apple Quesadilla 2. WG Tortilla 3. Corn*** 4. Apple Slices 5. Milk	1. Diced Chicken 2. Brown Rice 3. Green Peas*** 4. Diced Carrots*** 5. Milk	1. Tuna Patty 2. WG Bun 3. Sweet Potato Wedges 4. Pears 5. Milk	1. BBQ Meatballs 2. WG Noodles 3. Green Beans 4. Watermelon 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. String Cheese 2. WG Crackers 3. Grapes*** 4. Cucumber Slices 5. Milk	1. Hard-Boiled Egg 2. WG Granola Bar 3. Honeydew 4. Baby Carrots*** 5. Milk	1. Hummus 2. WG Pita Bread 3. Kiwi 4. Cauliflower 5. Milk	1. Cottage Cheese 2. WG Crackers 3. Raspberries*** 4. Sugar Snap Peas*** 5. Milk	1. Roasted Chickpeas*** 2. WG Granola Bar 3. Applesauce 4. Sliced Bell Peppers*** 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:

August 2024 final claim due: **October 28 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- **My Food Program must be used as of October 1.**
- Please open any mail that comes from ACD. Also, please check your email and spam folders for news and information from us.
- 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

Great Lakes Great Apple Crunch

This year, the Great Lakes Apple Crunch is celebrated on October 10. It's a wonderful way to have fun eating a delicious, nutritious, and crunchy snack while encouraging buying local food! Last year, 480,693 total Crunchers participated across Illinois alone!

What Is the Great Lakes Apple Crunch?

The Great Lakes Apple Crunch is an event celebrated in the Great Lakes states of Minnesota, Wisconsin, Illinois, Indiana, Michigan, and Ohio during National Farm to School Month. Pick a time, and all the kids crunch into their apples at the same time! The purpose is to encourage purchasing locally or regionally grown produce to enjoy in schools and at home.

How to Celebrate

Let families know about your crunch! Get the kids excited that they'll be recorded and photographed chomping into their apples! This way, their families can see what the crunch is all about. You can also register your crunch online

Spend some time getting ready by teaching the kids about apples! For example, provide a few types of apples, and let the kids vote on which one was their favorite. Let them know how apples grow and how important pollination is to the process. Since the Great Apple Crunch celebrates farm-to-table food, try finding some great local apples!

Why Eat Apples?

Apples are among the world's most popular fruits. Not only are they tasty, they are good for you too!



Apples are very rich in fiber. A single medium-sized apple (182 grams) contains 4.37 grams of this nutrient, which is approximately 16% of the Daily Value (DV).

A portion of their fiber comes from insoluble and soluble fibers called pectin. Soluble fiber is associated with numerous health benefits, partly because it feeds the friendly bacteria in your gut.

Apples are a good source of vitamin C and potassium.

Potassium is the main mineral in apples, and may benefit heart health when consumed in high amounts.



Apples are high in various antioxidant plant compounds, which are responsible for many of their health benefits. These include:

Quercetin. A nutrient that also occurs in many plant foods, quercetin may have anti-inflammatory, antiviral, anticancer, and antidepressant effects.

Catechin. A natural antioxidant, catechin is also present in large amounts in green tea and has been shown to improve mitochondrial health.

Chlorogenic acid. Also found in coffee, chlorogenic acid has been found to lower blood sugar and cause weight loss in some studies.

- Sources: [foodnetwork.com](https://www.foodnetwork.com) | [niddk.nih.gov](https://www.niddk.nih.gov)
- Image: Adobe Stock Image

CACFP Serving Sizes

Have you ever asked yourself, how many grapes will I need to portion out for 1/4 cup of fruit or how many chicken nuggets equal 2 oz of meat/meat alternate? If you said yes, you're not alone. Understanding the correct portion size for common foods is something most people struggle with. (1)

The Food and Drug Administration (FDA) defines the serving sizes for packaged foods in the U.S. However, these serving sizes are not always realistic for children, nor do they account for a person's activity level and other factors. For example, a common serving size for 100% juice on a nutrient facts panel is 8 fluid ounces, despite most children only being allowed 4 fluid ounces under CACFP meal pattern guidelines.

Following the Child and Adult Care Food Program (CACFP) meal pattern guidelines includes serving food in the correct portion sizes, based on the child's age and the meal or snack period. Knowing these portion sizes not only helps you provide the right dose of nutrients to children but also helps you control food costs.

If you need help understanding how much of a particular food or beverage to portion out when following the CACFP meal pattern guidelines, use the guidance below:

- 1 oz of cheese = 3 playing dice
- 1 slice bread = a DVD
- 1 tsp = postage stamp
- 1 tbsp = average adult thumb
- 1/4 cup = golf ball
- 3 oz meat/poultry/fish = deck of playing cards or average adult hand
- 1/2 cup = half a baseball or computer mouse
- 1 cup = light bulb

For best accuracy, use a measuring cup or spoon. You won't need to measure food or drinks every single time, but measuring food once can help you remember for future meals and snacks how much to serve.

To reference the full CACFP meal pattern guidelines with portion sizes, read [here](#).



Apple Cheese Quesadillas

Try this savory and sweet fall recipe featuring apples and cheddar cheese, a classic combo that is sure to delight kids. One serving provides 2 oz of cheese, 1 grain and 1/8 cup of fruit.

Yield: 4 servings

Ingredients:

4 whole wheat tortillas, 8-inch size
2 cups shredded cheddar cheese
2 medium apples (sweet varieties), thinly sliced
Cooking spray

Instructions:

1. Spread 1/4 cup of shredded cheddar cheese onto 1 half of a tortilla.
2. Top with apple slices and then put another layer of 1/4 cup of cheese on top of the apple slices.
3. Fold the tortilla in half.
4. Spray a large skillet with cooking spray and cook the quesadillas for 2-3 minutes per side, until golden brown and the cheese has melted.
5. Slice into wedges for easier eating and serve.

Nutrition Information: (serving size 1 quesadilla): 425 calories, 22 grams fat, 40 grams carbohydrate, 6 grams fiber, 17 grams protein.

Safety notes: *Keep children away from knives or slicers used to thinly slice the apples.*

Optional: Switch out the cheddar cheese with Monterey jack or mozzarella if desired.

✦ **Fruit** ✦ **Grain** ✦ **Meat/Meat Alternate**

■ **Images:** Allison Stock



CANCEL UNWANTED SUBSCRIPTIONS

Most of us have a number of subscription services ranging from streaming services like Netflix to newspapers or music. Often, the plan is to sign up for the free-trial period and then cancel, but it is hard to remember when time's up, and hard to find how to cancel quickly.



Consumer Reports recommends the following tips to keep track of subscriptions and end those you no longer want.

1. Identify Your Subscriptions: Check your credit card statements from the last year for recurring payments. You can use a subscription tracking tool like Rocket Money or OneMain Trim, which finds and then helps you cancel subscriptions.

2. Opt Out of Apps: To see a list of apps on your phone that you're currently paying for through Apple Pay or Google Pay, open the app store on your phone and click on "Account" then "Subscriptions." From there you can click "cancel" on those you no longer want.

3. Keep Track of Discounted or Free Trial Periods: When you sign up for a service with a free-trial period, set a calendar alert for two or three days before the end date of the promotion to remind you to take action. Alerts will help you juggle multiple trials at a time.

Last year, the Federal Trade Commission proposed a "click-to-cancel" provision that would require companies to let you cancel a subscription as easily as you were able to sign up. Until that goes through, follow the tips above to help keep track of those subscriptions.

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

October is for Lead Poisoning Awareness

Understanding Potential Exposure

You and your family may be exposed to high levels of lead if your home or business:

- Was built before 1978
- Is being painted or renovated
- Is near an industrial factory

Many areas of Illinois and Michigan also contain high levels of lead in the soil. Sources of lead in our soil are leaded gasoline, lead paint dust and industries that use lead.

Lead can also be found in:

- Water from old lead piping
- Food grown in lead-saturated soil
- Earthenware or fishing products made with lead or lead-based paint or glaze

Protecting Young Children

A healthcare provider should assess a child for lead poisoning starting at six months old to one year old. If your child has high levels of lead, the Illinois Poison Center recommends you identify and remove the source of lead. If the source of lead cannot be readily identified or removed, the child should be removed from the environment.

Children with high lead levels in their blood may not have any symptoms. The long-term effects however can be serious. These include disabilities, decreased growth, hyperactivity and impaired hearing. In addition, damage can occur to other vital organs, such as the kidneys and stomach.

Reduce your child's exposure to lead with these actions:

- If anyone associated with the child works with lead on the job or as a hobby, they should shower and change clothes before going home. Store and wash work clothes separately.
- Encourage children to play in grassy areas of the yard or playground to decrease the amount of soil they touch or track into the home from their shoes.
- Wash your child's hands before they eat or sleep, especially after playing outside.
- Wash toys, stuffed animals and bedding regularly.
- Give your child foods high in iron and calcium to help reduce the amount of lead the body absorbs.
- Use cold tap water for cooking. Drink cold tap water and serve your child cold tap water. Hot water and water sitting in the pipes for a long time may contain more lead. Note: this only applies if you have lead pipes in the building.

■ Source: illinoispoisoncenter.org

In Loving Memory of Val Crafts

We gather with heavy hearts to honor and remember our dear colleague and friend, Val Crafts. It is difficult to find the words that can truly encapsulate the impact she had on our lives and our workplace. Her passing leaves a void that can never be filled, but her beautiful spirit will forever remain a part of our team.



Val had been with ACD for 45 years, and from the very beginning, she brought an unmatched enthusiasm and warmth to our workplace. She possessed a unique ability to light up a room with her beautiful smile and positive energy. Val was a consistent reminder to us all to embrace joy even in the busiest, and most difficult times.

Val always approached her work with patience and brilliance. She was an amazing problem solver! Her contributions to our projects and initiatives were invaluable, and her insights and creativity pushed us to new heights. But what we will remember most about Val is her kindness, compassion, and amazing stories. She exemplified what it meant to be a true friend and teammate.

As we navigate this profound loss, let us carry forward the lessons Val taught us through her actions: to approach each day with gratitude, to uplift one another, and to find joy in our work. While she may no longer be with us in person, her legacy will live on in the hearts of all who had the privilege to know her.

We extend our deepest condolences to her family and loved ones during this incredibly difficult time. Know that she touched many lives and will be deeply missed.

Rest in peace, dear Valerie. Thank you for everything. You will always be a cherished part of our team and a beloved member of our hearts.

Celebrate Halloween with Toilet Paper Roll Monsters!

SUPPLIES:

Toilet paper rolls (or other cardboard tubes)
 Clear drying glue
 Wool (or yarn)
 Googly eyes
 Feathers (optional)
 Other embellishments (optional)

STEP 1

Roughly paint the outside of the toilet paper roll with glue.

STEP 2

Wrap wool or yarn around the outside of the toilet paper roll. (It doesn't have to be neat.) Add an extra dab of glue to the end of the yarn to make sure it sticks down.

STEP 3

Glue on googly eyes – as many as you'd like!

STEP 4

Roughly paint the inside top section of the toilet paper roll with the glue. Stick on feathers or cut wool as hair.

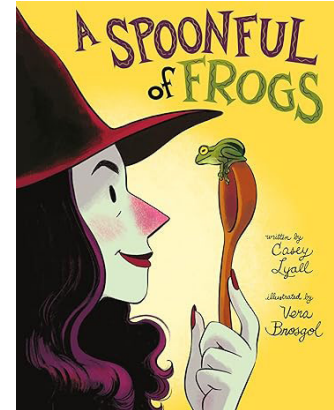
STEP 5

Add any other embellishments you like!

NOTE: There is no "right" way for a monster to look, so kids are free to use whatever colours, patterns, or crazy embellishments that they like.

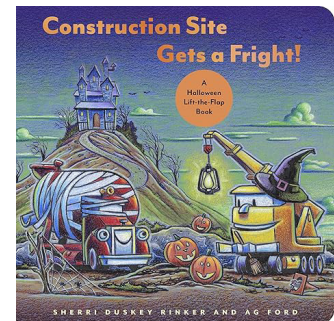


October means crisp fall weather and of course, Halloween! Here are a few spooooky books for the occasion!



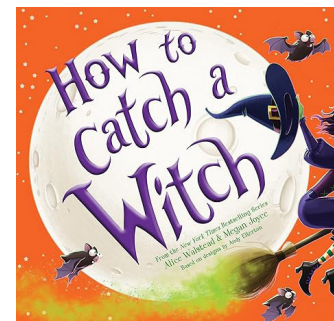
A Spoonful of Frogs

by Casey Lyall (Author), Vera Brosgol (Illustrator)



Construction Site Gets a Fright!: A Halloween Lift-the-Flap Book

by Sherri Duskey Rinker (Author), AG Ford (Illustrator)



How to Catch a Witch

by Alice Walstead (Author), Megan Joyce (Illustrator)

■ Books: [amazon.com](https://www.amazon.com)

■ Sources: danyabanya.com ■ Images: danyabanya.com

Fire Prevention Week 2024

SMOKE ALARMS: MAKE THEM WORK FOR YOU

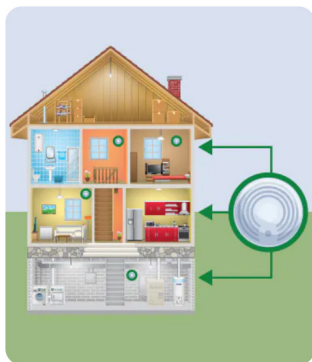
This year's Fire Prevention Week campaign, "Smoke alarms: Make them work for you!™" strives to educate everyone about the importance of having working smoke alarms in the home. Fire Prevention Week runs from Sun, Oct 6, 2024 – Sat, Oct 12, 2024

According to the National Fire Prevention Association (NFPA), smoke alarms reduce the risk of dying in a home fire by more than half (54 percent). Meanwhile, roughly three out of five fire deaths happen in homes with either no smoke alarms or no working smoke alarms.

"Smoke alarms serve as the first line of defense in a home fire, but they need to be working in order to protect people," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "This year's Fire Prevention Week campaign helps better educate the public about simple but critical steps they can take to make sure their homes have smoke alarms in all the needed locations and that they're working properly."

NFPA offers these key smoke alarm safety tips and guidelines:

- Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.
- Make sure smoke alarms meet the needs of all family members, including those with sensory or physical disabilities.
- Test smoke alarms at least once a month by pushing the test button.
- Replace all smoke alarms when they are 10 years old.



This is a great time to practice fire safety with the kids in your care! The NFPA recommends the following lesson: Show the students a smoke alarm and explain that it has a very important job. Tell students that a smoke alarm can sense smoke and lets everyone know if there is a fire by making a loud beeping noise. Explain that the noise the smoke alarm makes is very loud, but it is important not to be scared. Tell them you are going to press the button so the alarm will make the "beep, beep, beep" sound. Prepare students for the loud noise.*

**Play the sound of smoke alarm on lower volume or say "BEEP, BEEP, BEEP" for those sensitive to sounds.*

Ask:

- Has anyone heard this sound at home?
- How does this sound help us?
- Is it important for the smoke alarm to make a loud noise?

Explain how the sound of the smoke alarm keeps families safe by warning of smoke or fire. If you hear the "beep, beep, beep," get outside and stay outside. Everyone should meet at their outside meeting place and stay outside until help arrives, or an adult says it is safe to go back inside.

By being prepared, you can save lives!

October 2024

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

1. You and your family may be exposed to high levels of lead if your home or business?

- a. Was built before 1978
- b. Is being painted or renovated
- c. Is near an industrial factory
- d. All of the above

2. Smoke alarms reduce the risk of dying in a home fire by:

- a. 92 percent
- b. 67 percent
- c. 54 percent
- d. 36 percent

3. A portion of fiber in apples comes from pectin.

- a. True
- b. False

4. How often should smoke alarms be tested?

- a. Once a month
- b. Once a week
- c. Twice a year
- d. Once a year

5. Long-term effects of high lead levels in the blood include:

- a. Hyperactivity
- b. Decreased growth
- c. Impaired hearing
- d. All of the above

6. Potassium is the main mineral in apples.

- a. True
- b. False

7. Children with high lead levels in their blood will have many symptoms:

- a. True
- b. False

8. The transition to My Food Program meal reporting software happens October 15:

- a. True
- b. False

9. Smoke alarms should be replaced when they are ___ years old.

- a. 2 years old
- b. 5 years old
- c. 10 years old
- d. 15 years old

10. The Great Lakes Apple Crunch takes place in California.

- a. True
- b. False

11. For best accuracy, you should use a measuring cup or spoon:

- a. True
- b. False

12. Three out of five fire deaths happen in homes with no working smoke alarms:

- a. True
- b. False

13. A 1/4 cup serving is close in size to a golf ball:

- a. True
- b. False

14. Chlorogenic acid is found in apples and ___.

- a. Bananas
- b. Orange juice
- c. Blueberries
- d. Coffee

15. Catechin is a/an ___:

- a. Vitamin
- b. Amino acid
- c. Antioxidant
- d. Poison



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.