

potpourri

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What's Inside?

National Seafood Month

Making Pizza Healthy

New CACFP Sugar Regulation

Lithium-Ion Battery Safety

& More!



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October is here, bringing crisp air, colorful leaves, and a renewed focus on community. As we continue our mission to support child nutrition, I want to take a moment to thank everyone who participated in last month's fundraising efforts, whether through Kroger Community Rewards, our silent auction, or direct donations through our website. Your involvement truly makes a difference.

But our work doesn't stop with one successful month. As we settle into fall, the needs remain great. With rising food costs and growing demand, it's more important than ever that we continue working together to ensure children have access to nourishing meals every day.

This month, we're focusing on outreach, connection, and consistency. If you haven't already, now is the time to spread the word about how others can support our mission, whether by enrolling in Kroger Rewards, sharing a story, or encouraging other providers to enroll in the food program.

Together, we are building something wonderful! We are building a community where children are fed, supported, safe, and are given the opportunity to thrive. Thank you for being a part of that.

Denise Meyer

Denise Meyer
Executive Director

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Celebrating Seafood!

Experiment with fish recipes from the Seafood Nutrition Partnership

Fish Street Tacos

4 servings
seafoodnutrition.org

Ingredients

16 ounces tilapia or your favorite white fish, frozen or fresh
1 tsp. chili powder
1/2 tsp. ground cumin
1 tsp. garlic powder
1/2 tsp. kosher salt
16 mini street taco whole grain soft shells

For Green Drizzle:

1 ripe avocado
juice of 2 limes and zest of 1 lime
1/4 cup water, plus more
1/2 tsp. salt

For Topping:

Crumbled cojita cheese
Shredded purple cabbage
Corn
Salsa
Ranch dressing

Instructions

- Heat oven to 400°. On a baking sheet lined with parchment paper, place fish fillets. Sprinkle seasonings and salt on top of the filets, rubbing seasonings in to cover the top of the fish.
- Bake fish for 13 minutes, or until cooked through, but not overcooked. During the last 5 minutes of baking, wrap the soft taco shells in parchment paper then aluminum foil, and place in on the baking sheet to warm up with the fish.
- Remove baking sheet from oven, leaving taco shells in their package until ready to serve. Using two forks, shred fish.
- To make Green Drizzle: add

ingredients into a small food processor or chopper. Blend until smooth. If needed, thin out with a little more water or olive oil.

- To make street tacos, put 2 tablespoons of shredded fish in the center of each soft taco shell. Top with shredded purple cabbage, crumbled cheese, Green Drizzle.

✦ **Vegetable** ✦ **Meat/Meat Alternate**
✦ **Grain**

Homemade Fish Sticks

4 meatballs
seafoodnutrition.org

Ingredients

1 pound fresh or frozen cod (haddock, mahi mahi, catfish and others would also work well)
1 cup almond flour
1 tsp. garlic powder
1 tsp. paprika
1/4 tsp. kosher salt
2 eggs
1 cup grated Parmesan cheese

Instructions

- Heat oven to 450 degrees F. Gently cut the fish crosswise, so the sticks are about 3 inches long each. One pound of fish, I typically makes 13-15 homemade fish sticks. (If your fish is frozen, let it thaw and then use paper towels to pat it dry).
- Set up a "fish stick station" by putting a piece of parchment on a baking sheet, and then place a small bowl in the center. Crack the eggs into the bowl and beat for 1 minute. On the left side of the bowl, gently mix together almond flour, garlic powder, paprika and salt. On the right side of the bowl, pour

the Parmesan cheese. Now you are ready to start dredging those fish sticks!

- Take each piece of fish, and coat it in the almond flour mixture all around, then go for a dip in the eggs, and finally coat the entire stick in the Parmesan cheese. Repeat for the rest of the fish, placing them all on another baking sheet lined with parchment paper to go into the oven. Make sure none of the fish sticks are touching!
- Bake for about 10 minutes, then put your oven on low broil, and cook the sticks for another 2-4 minutes to get crispy (but watch them so they don't burn!).
- Serve with tartar sauce. Enjoy!

COOKING VARIATION: Want these super crunchy in a snap? Cook them in an air fryer! Follow all the other directions but set air fryer to 400 and cook for 6-7 minutes.

✦ **Meat/Meat Alternate**

Homemade Tartar Sauce

4 servings
healthyfoodiegirl.com

Ingredients

3/4 cup 0-fat Greek yogurt
3 tablespoons sliced green onions, green parts only
2 tablespoons pickle relish
1/2 teaspoon fresh chopped dill or 1/4 teaspoon dried dill
1/4 teaspoon salt

Instructions

- Add the 0-fat Greek yogurt to a bowl. Then, add the green parts of the sliced green onions, pickle relish, dill, and salt to the bowl.
- Thoroughly mix the tartar sauce, serve, and enjoy!

Meals & Menus

CACFP Requirements



CACFP	MON	TUE	WED	THU	FRI	
BREAKFAST	1. GN/BP OR MT** 2. FT OR VG 3. MK	1. Pumpkin Spice Oatmeal 2. Sliced Apples 3. Milk	1. Hard-Boiled Egg 2. Orange Wedges 3. Milk	1. WG Waffle 2. Warm Cinnamon Pears 3. Milk	1. Apple Bran Muffin 2. Grapes (Halved)*** 3. Milk	1. Greek Yogurt 2. Peaches 3. Milk
LUNCH/DINNER	1. MT 2. GN/BP 3. VG 4. FT OR VG 5. MK	1. Turkey/Squash Casserole 2. WG Bread 3. Squash 4. Sliced Kiwi 5. Milk	1. Bean/Cheese Quesadilla 2. WG Tortilla 3. Corn & Tomatoes 4. Diced Peaches 5. Milk	1. Chicken Drumstick 2. Brown Rice 3. Steamed Broccoli 4. Watermelon 5. Milk	1. Tuna Salad 2. WG Roll 3. Sliced Cucumbers 4. Diced Pears 5. Milk	1. Sloppy Joe 2. WG Bun 3. Shredded Lettuce 4. Applesauce 5. Milk
SNACKS*	1. MT 2. GN/BP 3. FT 4. VG 5. MK	1. String Cheese*** 2. WG Mini Muffin 3. Diced Apples 4. Cherry Tomatoes*** 5. Milk	1. Hummus 2. WG Pita 3. Pear Slices 4. Cucumber 5. Milk	1. Cheese Cubes*** 2. WG Banana Pancake 3. Kiwi 4. Carrots*** 5. Milk	1. Hard-Boiled Egg 2. WG Cereal 3. Strawberries 4. Snap Peas*** 5. Milk	1. Roasted Chickpeas 2. WG Pretzels 3. Cantaloupe 4. Zucchini Sticks 5. Milk
(*) Choose two food groups from “Snacks” list.			(**) MT may be substituted for GN/BP up to 3x a week.			
FT: Fruit VG: Vegetable GN: Grain WG: Whole Grain MK: Milk BP: Bread Prdt. MT: Meat/Meat Alternate			(***) Choking hazard for children under age 4.			



REMINDERS:

August 2025 final claim due: **October 27, 2025 (Mon.)**

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

Benefits of Seafood for Kids!

Adding seafood to a child's diet can offer a wide range of nutritional and developmental benefits. With its rich supply of essential nutrients, seafood helps support growth, brain function, and overall health.

Brain Development and Cognitive Function

Seafood is a top source of omega-3 fatty acids, especially DHA (docosahexaenoic acid), which is essential for brain health.

Benefits include:

- Improved concentration and memory
- Better academic performance
- Support for emotional and behavioral health

Heart Health

Starting a heart-healthy diet early makes a difference. Seafood can help lower blood pressure, reduce inflammation, and decrease the risk of heart disease later in life.

High Quality Protein

Protein is essential for growing bodies. Seafood provides protein that benefits the following:

- Muscle growth and tissue repair
- Steady energy throughout the day
- Strong support for physical activity and play

Vitamins and Minerals

Seafood is loaded with nutrients kids need to thrive.

Key nutrients found in seafood include:

- Vitamin D - supports bone health and immune function
- Iodine - essential for healthy thyroid function
- Zinc and Selenium - support metabolism and immune strength

Encourages Healthy Eating Habits

Introducing seafood early can help build a more adventurous and healthy palate.

Tips for success:

- Offer a variety of mild-flavored options like cod, tilapia, or salmon
- Try fun, kid-friendly recipes like fish tacos or seafood pasta
- Involve kids in preparing meals to build interest and excitement

Seafood is a powerful addition to a child's diet, supporting both physical and mental development. By including fish and other seafood in meals, you help lay the groundwork for a lifetime of good health.



Healthy Pizza for Kids

Celebrating National Pizza Month the Smart Way

October is National Pizza Month! It's no secret that kids (and adults) love pizza and for good reason! It's cheesy, customizable, and fun to eat! While pizza has a reputation for being indulgent, it can also be a surprisingly healthy and well-balanced meal when made with the right ingredients. This October, in honor of National Pizza Month, let's talk about how to turn pizza into a nutritious option that keeps kids happy and healthy.

CRUST

Start with a whole-grain crust. Whether you're using store-bought dough, pita bread, or making your own, whole grains add fiber and nutrients that help support digestion and provide lasting energy. Not to mention, they are CACFP creditable! For children with gluten sensitivities, look for gluten-free options made with ingredients like brown rice flour or cauliflower.

SAUCE

Next, sauce it up with tomato sauce or even pureed vegetables like carrots, spinach or butternut squash. These can easily be blended into the base and offer added vitamins like A and C without sacrificing flavor. Go easy on the salt and choose sauces with low or no added sugar.

CHEESE

Now for the cheese! Mozzarella is the go-to, but using it in moderation or mixing with low-fat options like part-skim ricotta can help lower saturated fat content. You can also add nutritional yeast for a cheesy flavor with a boost of B vitamins.

TOPPINGS

Toppings are where the real nutrition kicks in! Load your pizza with colorful veggies! Think bell peppers, tomatoes, mushrooms, broccoli, or even pineapple for a sweet twist. Lean proteins like grilled chicken, black beans, or tofu add heartiness and balance.

GET THE KIDS INVOLVED

Finally, get the kids involved! Let them help roll the dough, spread the sauce, and pick their own toppings. Cooking together encourages kids to try new foods and gives them a sense of pride in their creations.

Pizza doesn't have to be a guilty pleasure. With smart swaps and a little creativity, it can be a fun and healthy way to enjoy a delicious, healthy meal. This October, celebrate National Pizza Month by making pizza time both nutritious and delicious!



■ Source: [nih.gov](https://www.nih.gov)
 ■ Images: Adobe Stock Images

Whole Wheat Pizza Crust

Whip up this 100% whole wheat pizza dough recipe in your food processor. It hardly needs kneading or rising time.

Yield: Two 11-inch pizzas

Ingredients:

- 1 cup water, heated to 110 degrees (very warm, almost too hot for comfort)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon honey or sugar
- 1 envelope (2 1/4 teaspoons) rapid-rise or instant yeast
- 2 3/4 cups (345 grams) whole wheat flour
- 1/4 cup grated Parmesan cheese
- 1 teaspoon fine salt
- 1 cup pizza sauce or one 32-ounce can whole tomatoes, drained and crushed by hand
- 2 to 3 cups shredded low-moisture part-skim mozzarella cheese
- Additional toppings, as desired

Instructions:

1. Preheat oven to 500 degrees Fahrenheit with a rack in the upper third of the oven.
2. Whisk water, oil, honey and yeast in a liquid measuring cup or small bowl. Allow yeast to proof for 5 minutes. It should puff up some by then.
3. Pulse flour, Parmesan, and salt in food processor until combined. While running the food processor, slowly pour in the water mixture and process until a shaggy ball forms, about 1 minute.
4. Dump the dough onto a floured work surface and quickly knead dough a few times until it comes together. Halve the dough.
5. On a floured surface, use a rolling pin to roll dough into two rounds about 11 inches in diameter. For best results, roll the dough out about as thin as reasonably possible. Aim for even thickness rather than a perfectly round shape.
6. Carefully lift and transfer one of the rounds onto a baking sheet lined with parchment paper. Brush the outer 1-inch of the dough with a light coating of olive oil. Add half of the pizza sauce or crushed tomatoes (crush the tomatoes over the sink to get out as much liquid as possible). Sprinkle with half of the cheese and any other toppings you'd like to add.
7. Bake on the top rack until the crust and cheese are lightly golden, about 10 minutes for cheese pizza and 12 minutes for pizza with additional toppings. Repeat with the remaining dough, then slice and serve. Leftover pizza will keep well in the refrigerator for about 4 days.



Safety notes: Keep children away from the hot oven.

✪ Grain ✪ Meat Alternate

■ Source: cookieandkate.com ■ Image: Adobe Stock Image

SEASONAL SUPPLY BINS

Create *Seasonal Nature Supply Bins*. Instead of purchasing craft materials throughout the year, gather natural items during each season, like colorful leaves during fall, pine cones and evergreen sprigs in winter, flowers and small stones in spring, and shells or sand in summer.



These items can be stored in labeled bins or containers for easy access. They're perfect for art projects, sensory tables, science exploration, sorting games, and even storytelling prompts! Children get to enjoy working with natural textures and shapes while learning about the seasons and their local environment in the process.

You can involve families by asking them to bring in items from nature walks or vacations, creating a sense of community and shared purpose. It's a way to cut back on expenses for pom poms, pipe cleaners, and other store-bought supplies while offering meaningful, hands-on learning opportunities.

Seasonal nature bins are budget-friendly, eco-conscious, and full of creative potential!



■ Source: klaschools.com

New CACFP Added Sugar Regulations Start This October

Beginning October 1, 2025, new USDA regulations for the Child and Adult Food Care Program (CACFP) will go into effect, setting limits on **added sugars** in meals and snacks served to children. These changes are part of the USDA's ongoing effort to support healthier eating habits and reduce the risk of chronic diseases linked to excessive sugar consumption. Now that food labels must list added sugars separately, CACFP is shifting to regulate based on that clearer metric.

What Are Added Sugars?

Added sugars are sugars and syrups added to foods during processing or preparation, sugars in syrups and honey, and sugars from concentrated fruit or vegetable juices. They **DO NOT INCLUDE** naturally occurring sugars found in fruits, vegetables, and dairy products.

What's Changing?

The previous rule did not distinguish between added sugars and natural sugars. The new rule sets a limit on added sugar instead of total sugar. Nutrition labels are now required to list added sugars in a product making it easier to check compliance directly from the label.

Here is a simple breakdown of the new CACFP added sugar limits.

Food Item	New Rule (Effective October 1, 2025)
Breakfast Cereals	Must contain no more than 6 grams of added sugar per dry ounce
Yogurt	Must contain no more than 12 grams of added sugar per 6 ounces
Flavored Milk (if served)	Must meet existing CACFP sugar limits; no added changes at this time
Snack Items/Desserts	Strongly encouraged to limit or eliminate products high in added sugar

What Providers Need to Do

- Review product labels for added sugar content, especially cereals and yogurts.
- Update menus to ensure all cereals and yogurts meet the new sugar limits.
- Switch to lower-sugar alternatives such as plain yogurt with fruit or low-sugar cereals.
- Educate staff and families about the changes and the importance of reducing added sugar in children's diets.

See the label to the left. Number one is the amount of total sugars in the serving size (8 fl. oz.) Number two is the amount of added sugars in the serving size.

Why It Matters

Reducing added sugars early in life helps:

- Prevent obesity
- Lower risk of diabetes and heart disease
- Promote healthier lifelong eating habits

These changes support CACFP's mission to serve nutritious, balanced meals. The new rule is meant to make it easier for providers to check compliance directly on the label without having to use a formula.

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

■ Source: usda.gov | fda.gov ■ Images: fda.gov

Paper Plate Scarecrow

- Paper plate
- Brown construction paper
- Orange construction paper
- Yellow yarn
- Marker
- Googly eyes
- Craft glue

STEP 1

Cut out your scarecrow hat from brown paper.

STEP 2

Cut out approximately 10-20 strips of yellow yarn. The strips should be approximately an inch and half to two inches long.

STEP 3

Glue the yarn strips to the bottom of the scarecrow hat with the longer strips towards the outside of the scarecrow's face.

STEP 4

Glue the hat to the top of the paper plate.

STEP 5

Next, glue the googly eyes to the paper plate right below the hair.

STEP 6

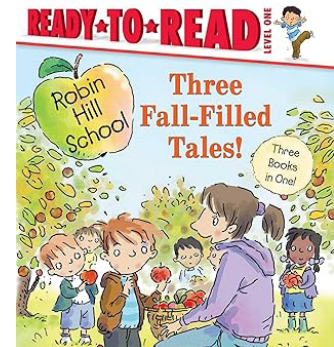
Cut out a small triangle for the scarecrow's nose. Attach the scarecrow nose to the face right between the eyes.

STEP 7

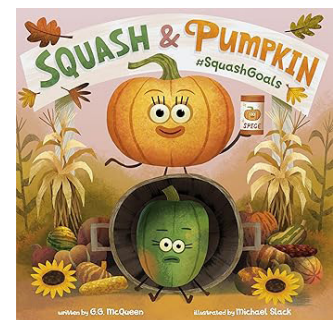
The last step is to use a black marker and draw on a big smile. The key is to add small marks along the smile to resemble stitches. Add a small curved line to the top of the scarecrow's silly hat along with stitches.



It may be spooky season, but there's more to October than Halloween! Check out these titles new in 2025.



Three Fall-Filled Tales!: The Pumpkin Patch; Fall Leaf Project; Picking Apples
by Margaret McNamara (Author), Mike Gordon (Illustrator)



Squash & Pumpkin: #SquashGoals
by G.G. McQueen (Author), Michael Slack (Illustrator)



Pumpkin Mash (Mix and Match)
by Happy Yak (Author), Spencer Wilson (Illustrator)

Charge into Fire Safety!

Lithium-Ion Batteries in the Home

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage.

Fire departments worldwide continue to face increased fire incidents caused by lithium-ion (Li-ion) battery-powered devices. The unique characteristics of this relatively new technology can mean that the failure of a single cell can trigger thermal runaway, resulting in a fire or even gas explosions. **The rapid growth of thermal runaway in these batteries outpaces that of a typical fire. Occupants may have as little as three minutes to escape a home fire. With incidents involving Li-ion batteries, that escape time can be reduced to less than one minute.**

What Can You Do to Prevent a Li-ion Fire?

- When purchasing devices, look for the Underwriter Laboratories (UL) Mark. The UL mark shows that the product has been tested to nationally recognized safety standards.
- Follow the device manufacturer's instructions for charging and storage. Always use the manufacturer's cord and power adapter made specifically for the device.
- When purchasing a new battery, buy the manufacturer's battery that is compatible with your device. Do not seek alternative battery options.

Battery & Device Dos:

- If possible, charge your device outside.
- Keep your batteries and device at room temperature.
- Plug your device charger directly into a wall outlet.
- Store and charge batteries away from anything flammable.
- Monitor your battery for any odors, changes in shape or color, leaking, or odd noises.
- If you notice any of these conditions, discontinue use immediately. If it is safe to do so, move the device away from anything that can catch fire and call 9-1-1.



Battery & Device Don'ts:

- Do not charge your device near exits and points of egress, including your apartment door, bedrooms door, and windows (particularly near a window with a fire escape).
- Do not charge your device in your bedroom.
- Do not charge your device on any surface other than the floor.
- Do not place your battery or charge in direct sunlight.
- Do not charge using an extension cord.

Battery Disposal:

- Putting lithium-ion batteries in the trash or recycling at home is illegal.
- Recycle batteries by taking them to a Special Waste Drop-Off Site.
- Individually bag batteries or tape ends before disposing of them.

October 2025

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

1. Which president proclaimed Fire Prevention Week a national observance?

- a. Franklin Roosevelt
- b. Ronald Reagan
- c. Calvin Coolidge
- d. John Kennedy

2. As of October 1, breakfast cereals may contain no more than ____ grams of added sugar per dry ounce.

- a. 3
- b. 6
- c. 9
- d. 12

3. Seafood is a top source of omega-3 fatty acids.

- a. True
- b. False

4. You can throw lithium-ion batteries in the trash.

- a. True
- b. False

5. What nutrient is essential for healthy thyroid function?

- a. Sodium
- b. Iodine
- c. Selenium
- d. Magnesium

6. Pizza can be a healthy meal.

- a. True
- b. False

7. Introducing seafood early is dangerous.

- a. True
- b. False

8. Reducing added sugars early in life helps:

- a. Prevent obesity
- b. Lower risk of diabetes
- c. Promote healthier eating habits
- d. All of the above

9. You should charge your devices next to your bed.

- a. True
- b. False

10. Where should you keep your battery and device?

- a. In the refrigerator
- b. Outside in the sun
- c. By a window
- d. At room temperature

11. As of October 1, yogurt may contain no more than 12 grams of added sugar per ____ ounces.

- a. 3
- b. 6
- c. 9
- d. 12

12. Nutrition labels are now required to list added sugars in a product.

- a. True
- b. False

13. Zinc and Selenium support metabolism and immune strength.

- a. True
- b. False

14. You can make a pizza a healthy meal by:

- a. Reducing salt
- b. Using a whole-grain crust
- c. Adding vegetables
- d. All of the above

15. You should plug your device charger into an extension cord.

- a. True
- b. False



The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.



As a nonprofit, ACD has been operating for more than 45 years in Illinois and Michigan. A large part of our work involves serving more than 36,000 children through the Child and Adult Care Food Program (CACFP) – a program ensuring children have access to nutritious meals.

Alongside this critical work, ACD looks to make a greater impact by expanding our mission to include a safety component focused on decreasing the risk of harm or injury in homes children are cared for through outreach, education and safety products.

Support ACD's efforts to prevent child injury.

Donate today at www.acdkids.org.