

# potpourri

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ACD's fiscal year 2023 ends this month. I'm so proud of the work we've accomplished and the challenges we've overcome this fiscal year! I thank each of you... providers, staff and partners for your continued dedication to our mission!

**A special "thank you" this fiscal year end to our "10 Cents a Meal" grantees for participating in this grant program focused on improving the daily nutrition and eating habits of children through the childcare setting.**

September is "Baby Safety Month" and "Food Safety Education Month." Both are important topics given ACD's work so we've included articles in this issue focused on: "Storing Infant Food Safely" (pg. 6) and "Keep Baby Safe" Tips (pg. 10).

**Lastly, on September 11 – a national day of remembrance – ACD stands with the victims, heroes and survivors of 9/11 in reflection, honor and mourning.**

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

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# “Better Breakfast” Ideas

September 26 is “Better Breakfast Day” – try something new!

## Sweet Potato Toast

2 servings  
feelgoodfoodie.net

### Ingredients

1/2 large sweet potato  
Cooking spray  
Salt and pepper

- Choose large sweet potatoes that are tube-shaped so they will be easier to slice.
- Thoroughly wash and scrub potatoes clean.
- Using a large sharp knife or mandolin slicer, make 4-5 thin slices about 1/4”-1/3” thick by slicing the potato lengthwise down the middle.
- Spray slices with cooking spray and season with salt and pepper.
- Preheat oven to 350°F. Place wire rack on large rimmed baking sheet.
- Bake 15-20 minutes until slices are fork tender but not fully cooked or soft.
- Remove slices from oven and cool on wire rack before adding toppings.
- **Topping Ideas:** fried egg; avocado; cream cheese with strawberry jam and blueberries; or peanut butter with banana slices and maple syrup.
- Refrigerate leftovers 3-4 days in airtight container without toppings. To reheat, place in oven for one minute.

🍌 **Vegetable**

■ **Image:** Layer-Lab/Canva

## Peanut Butter Cheerio Bars

12 servings  
erhardtseat.com

### Ingredients

3-1/2 cups plain Honey Nut Cheerios™ cereal  
1/2 cup honey\*  
1/2 cup creamy peanut butter  
1 tsp. olive oil (optional)

- Add honey and peanut butter to medium size pan along with olive oil (if using). Stir well and place over low heat.
- Once combined and beginning to bubble remove from heat.
- Add cereal to pan and stir until cereal is well coated.
- Once combined, spread mix evenly onto greased 8x8 or 9x9 inch baking pan, pressing the top to ensure everything sticks together.
- Cover and refrigerate for at least one hour or until completely set.
- Once set, slice into bars.
- Store leftovers at room temperature for up to four days or refrigerate up to one week. Bars can be stored in the freezer for one month.
- **Note:** Olive oil helps the peanut butter and honey not stick to the pan.
- **Swaps:** Almond or cashew butter; maple syrup for honey; and other cereals like Multi Grain Cheerios™.

🍌 **Meat/Meat Alternate**

## Kale Banana Breakfast Pops

4 servings  
foodnetwork.com

### Ingredients

1 small banana, cut into chunks  
2 cups packed chopped kale (stems removed)  
1/2 cup 2% plain greek yogurt  
1/4 cup pure maple syrup  
Juice of 2 small oranges  
Juice of 1/2 lemon  
One 1/2” piece fresh ginger, peeled

- Combine banana, kale, yogurt, maple syrup, orange and lemon juices and ginger in blender and puree until smooth.
- Divide mixture evenly among four 3- to 4-ounce ice pop molds.
- Freeze until solid at least 8 hours or preferably overnight
- Let sit at room temperature a few minutes before unmolding.
- Pops can be stored in the freezer for up to two weeks.

🍌 **Fruit**  
🥬 **Vegetable**  
🍖 **Meat/Meat Alternate**

**Safety Note:** (\*) Recipe not intended for infants under one year of age as it contains honey which may contain a bacteria that can cause infant botulism.



	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. Muffin 2. Blueberries*** 3. Milk	1. Egg Sandwich 2. Hashbrown Patty 3. Milk	1. Waffles & Syrup 2. Orange Wedges 3. Milk	1. Toast with Nut/Seed Butter 2. Banana 3. Milk	1. Yogurt & Granola 2. Strawberries 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. Chicken Curry 2. Brown Rice 3. Peas*** 4. Cantaloupe 5. Milk	1. Beef Hot Dog 2. WG Bun 3. Corn 4. Watermelon 5. Milk	1. Cheese Ravioli 2. WG Breadstick 3. Tossed Salad/Dressing 4. Applesauce 5. Milk	1. Breaded Shrimp 2. Corn Tortilla 3. Cole Slaw 4. Avocado 5. Milk	1. Honey Ham 2. WG Dinner Roll 3. Mashed Potatoes 4. Green Beans 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. Nut/Seed Butter 2. WG Crackers 3. Apple Slices 4. Baby Carrots*** 5. Milk	1. Cottage Cheese 2. Pretzels 3. Peaches 4. Cucumber 5. Milk	1. Edamame*** 2. Rice Cake 3. Pears 4. Cherry Tomatoes*** 5. Milk	1. Hummus 2. WG Pita Bread 3. Raspberries*** 4. Celery 5. Milk	1. String Cheese 2. WG Crackers 3. Grapes*** 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.

**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:**

- Check expiring enrollments & submit new enrollments by **Sep. 8 (MI) & Sep. 15 (IL)**
- August first claim due: **Sep. 12 (MI) & Sep. 18 (IL)**
- July final claim due: **Sep. 28 (IL/MI)**
- Mark school-age children **“out-of-school/sick”** (when applicable) in KidKare if caring for children during school days.
- Complete **“Holiday Note” form** with required signatures if caring for children on a holiday.



# Obesity

Childhood obesity is a public health issue

Given ACD's mission to establish healthy eating habits to last a lifetime and the observance in September of "Childhood Obesity Month;" we focus this month's childhood health issue on obesity.

According to the CDC, 1 in 5 American children has obesity which puts them at greater risk for asthma, sleep apnea, bone and joint problems, Type 2 diabetes and heart disease.

Because many factors contribute to obesity including genetics, eating patterns and physical activity levels; there is no "silver bullet" solution to addressing obesity.

As a childcare provider (or parent/caregiver), there are many ways you can support a child's healthy growth and weight:



- **Model healthy eating.** Eat a variety of vegetables, fruits, whole grains, lean protein and low-fat/fat-free dairy foods; fill half of a child's plates with fruits and vegetables; and turn the TV off during meals.
- **Eat breakfast.** Skipping meals, especially breakfast, has been associated with obesity.
- **Watch portion sizes.** Use a smaller sized serving spoon and smaller plates to help children take appropriate servings.
- **Make healthy food accessible.** Replace the cookie jar with a fruit bowl; and place water, fruits and low-calorie snacks in front of the refrigerator or on the kitchen counter or table.
- **Help children stay active.** Make physical activity or active play part of a child's daily routine by taking walks, playing active games together or going places where they can be active (parks, playgrounds, pools or basketball courts).
- **Don't eat from the package.** Repackage high-calorie snacks at home in smaller bags or containers.
- **Utilize weight management resources.** The CDC's Division of Nutrition, Physical Activity, and Obesity ([cdc.gov/obesity](https://www.cdc.gov/obesity)) and We Can!® – a national education program designed for adults to help children 8-13 years old stay at a healthy weight ([nhlbi.nih.gov/health/educational/wecan](https://www.nhlbi.nih.gov/health/educational/wecan)) – are options.

■ Image (pg. 4): Billion Photos/Canva ■ Graphic (pg. 4): Chanakarn Kwang  
 ■ Source: [cdc.gov](https://www.cdc.gov) | [healthychildren.org](https://www.healthychildren.org) | ■ Image: Canva Pro

## Happy Retirement Cindy!

“

I've had the pleasure of working for ACD for 24 years. Before working as a field monitor, I was a provider for 11 years. The best thing about these years have been the caring, hardworking providers I've been privileged to work with. I also found my passion which is helping providers provide nutritious, healthy meals for the children in their care.”



Cindy Matigan  
 ACD Field Monitor  
 24 years

# Storing Infant Food Safely

It's “Baby Safety Month” – follow these guidelines to prevent foodborne illness

Infants and children are at a high risk for developing foodborne illnesses. Infants in particular, due to underdeveloped immune systems, are at an increased risk as they are not as capable of fighting off bacteria and viruses in food that has not been stored safely.

Whether an infant is receiving breast milk, infant formula, baby food or a combination of these, it's important to understand how to store food safely to prevent foodborne illness.

## Breast milk and infant formula storage guidelines:

Food	Storage	Maximum Use Time
Infant formula, unopened	Room temperature	Follow “use by” date
Expressed breast milk, thawed & previously frozen*	Refrigeration (40°F or lower)	1 day
Leftover breast milk from a feeding (baby did not finish bottle)	Room temperature	2 hours
Infant formula, prepared**	Refrigeration (40°F or lower)	3-8 days

## Once an infant is eating solid foods, follow these storage guidelines:

Food	Storage	Time
Commercial baby food (unopened)	Room temperature	Follow “use by” date
Commercial baby food (open)	Room temperature	2 hours
Commercial fruit or vegetable baby food (open)	Refrigeration (40°F or lower)	2-3 days
Commercial meat and vegetable combination baby food (open)	Refrigeration (40°F or lower)	1-2 days
Commercial meat, poultry or egg baby food (open)	Refrigeration (40°F or lower)	1 day
Homemade baby food (any kind)	Refrigeration (40°F or lower)	1-2 days

**Do not feed a baby directly from a baby food container, since saliva can introduce bacteria if the baby food is not finished and saved for later.** Instead, remove a portion of baby food from the container with a clean spoon and place it in a separate bowl. If more is needed, dish out more baby food with a clean spoon.

By storing food safely for infants, you are doing your part to protect infants from developing a foodborne illness.

(\*) Never freeze breast milk after it has been thawed.

(\*\*) Do not freeze prepared infant formula.

■ Image: Freepik



## Quinoa Fried Rice

7 servings

By using quinoa, you gain additional fiber & protein compared to traditional fried rice. One serving provides one ounce equivalent grain, 1/4 cup vegetable and two ounce equivalent meat/meat alternate.



### Ingredients

4 cups quinoa, cooked  
14 oz. tofu, extra firm  
3 tablespoons olive oil, divided  
2 tablespoons cornstarch  
2 eggs  
1 tablespoon butter  
1/2 cup onion, diced  
2 cloves garlic, minced  
2-1/2 cups frozen carrots and peas  
4 tablespoons soy sauce

- Cook quinoa according to package directions and set aside.
- Cube tofu and toss in a bowl with one tablespoon of olive oil.
- Sprinkle with cornstarch and fry in air fryer at 400°F for 15 minutes, flipping halfway through.
- While tofu is cooking, scramble eggs and cook in butter.
- Remove tofu from air fryer and allow to cool slightly. Cut into small pieces about 1/4 -1/2 inches in diameter and set aside.
- In large frying pan or wok, heat one tablespoon olive oil. Add onion and garlic and saute until onions are translucent, about 2-3 minutes. Add frozen carrots and peas and cook until tender, about 5-7 minutes.
- Add quinoa, tofu, scrambled egg and remaining olive oil to fry pan or wok and mix together thoroughly.
- Add soy sauce and mix together – serve and enjoy!
- **Optional:** Use low sodium soy sauce to decrease the sodium content.
- **Nutrition Information (one cup):** 340 calories, 16 grams fat, 34 grams carbohydrate, 6 grams fiber, 0 grams added sugar, 19 grams protein.

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

**Safety Note:** Peas and carrots should be smashed or pureed before serving to children under 12 months old.

■ **Image: (top)** slenderkitchen.com | **(bottom)** Fascinadora/Canva  
**(right)** Billion Photos/Canva

## HOME & GET-TOGETHERS



**Prepare now for the busy fall season.** Consider these tips to save money while staying comfortable & on budget when temps run cooler and family get-togethers increase.

- Electric bills are typically lower during fall but take it a few steps further by turning down thermostats & opening windows to enjoy the outside air.
- Change furnace & HVAC filters or professionally service them now so they don't work overtime during the winter which drives up heating costs.
- Eat seasonally. Squash, sweet potatoes, apples & pumpkin are plentiful – base meal plans around these and other in-season foods.
- Buy non-perishables or frozen food items now to spread out expenses over holiday months.
- Plan your holiday budget now. Make a budget, list of gift recipients, gift ideas & actual gifts purchased to prevent duplicate purchases and waste.

■ **Source:** [hbtbank.com](http://hbtbank.com)  
[broadway.bank](http://broadway.bank)  
[money.usnews.com](http://money.usnews.com)  
[bosssinglemama.com](http://bosssinglemama.com)  
[dominionenergy.com](http://dominionenergy.com)



# Whole Grains

Jump on the whole grains bandwagon during “Whole Grains Month”

Whole grains are a vital part of a healthy diet. Known to help reduce heart disease and diabetes; whole grains include the entire seed of a plant which consist of minerals, antioxidants, vitamins and fiber.

Incorporating whole grains into your diet is easy. In addition to the ideas below, try the “Quinoa Fried Rice” recipe on page 7.

- Add quinoa or oats to smoothies.
- Use brown rice or sorghum in your next stir fry.
- Use whole rye flour in cookies and pie crusts - rye makes the tastiest baked goods.
- Try an open-faced sandwich on a crispbread cracker.
- Pop sorghum like you would popcorn & toss with your favorite seasoning – it looks like miniature popcorn!
- Swap buttermilk pancakes for buckwheat pancakes.
- Toast buckwheat in a frying pan & toss in your salad for a crispy, crunchy topping.
- Look for sprouted grain chips or pretzels the next time you get the munchies.
- Make tacos using whole grain shells or tortillas.
- Make a grain bowl using quinoa, brown rice, farro, barley or freekeh as the base.
- Make spaghetti or mac & cheese using whole grain pasta.
- Make homemade Mediterranean tabouleh with bulgur.
- When serving a grain side, use brown, red or black rice instead of white or try a blend.

■ **Source:** [wholegrainscouncil.org](http://wholegrainscouncil.org) | [nationaldaycalendar.com](http://nationaldaycalendar.com)  
 ■ **Image:** Danny Smythe/Canva



**Q:** I'm hearing alot about the “10 Cents a Meal” program. What is it and how can I learn more if I want to participate?

“10 Cents a Meal” 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.

With a goal to improve the daily nutrition and eating habits of Michigan children; participants have seen an increase in fruit and vegetable consumption among the children and students they serve.

Visit [tencentsmichigan.org](http://tencentsmichigan.org) to learn more and signup!



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.”



## Hello Kitty Hidden Vegetable Cream Cheese Bagel

It's "Fruit & Vegetables Month." Ensuring little ones eat enough fruits and vegetables can be challenging. Try this fun and healthy recipe with fruit and "hidden" vegetables.



- 3-4 baby carrots
- 1 stalk celery, chopped
- 3-4 oz. cream cheese, softened
- 3 raisins\*\*\*
- 1 strawberry
- 6 small pretzel sticks\*\*\*, broken in half
- 1 bagel, cut in half

- In a food processor, chop carrots and celery.
- Once chopped into fine bits, fold into cream cheese.
- Spread cream cheese mixture on each bagel half.
- Decorate bagel to look like a kitty's face.
- Raisins will act as the kitty's eyes and nose.
- Pretzels will act as the kitty's whiskers.
- Cut strawberry into slices – these will act as the kitty's ears.
- Serve and bon appetite!
- **Note:** Blueberries can be swapped for raisins. However, due to their round shape, blueberries are also a choking hazard so flatten them into a disc between your fingers or quarter them to minimize choking risk.

- ✦ **Fruit**
- ✦ **Vegetable**
- ✦ **Grain/Bread Product**

**Safety Note:** (\*\*\*) Choking hazard for children under age 4.

- **Craft/Image:** [theinspirationedit.com](https://theinspirationedit.com)
- **Source:** [solidstarts.com](https://solidstarts.com)

**September focuses on baby safety – here are books written just for little ones!**



**Welcome To The World**  
by Lucy Tapper & Steve Wilson

This award-winning book celebrates the arrival of a new baby with illustrations, messages of wellbeing and space for a handwritten personal message.



**Estrellita, ¿dónde estás?**  
by Cottage Door Press

This classic rhyme admiring the stars in the sky features a fun finger puppet toy built into the book, encouraging interactive play, hand-eye coordination, and language development.

- **Books:** [amazon.com](https://amazon.com)

# “Keep Baby Safe” Tips

At home or on-the-go, prioritize safety when caring for little ones

Babies...they're cute and cuddly! From the moment they enter the world, their health and safety are top priority for parents/caregivers...and of course grandparents.

If you're a provider (or parent/caregiver) caring for a little one, September is dedicated to baby safety education – a perfect time to brush up on baby safety recommendations.

**Below are a few tips and guidelines to help you create a safe space for babies:**

- Never leave a baby unattended. Direct supervision is the best way to prevent injury – watch, listen and stay near your child.
- Consider “babyproofing” an ongoing process and always stay a step ahead.
- Register baby products with the manufacturer in case a problem arises.
- Use a new crib that has not been recalled.
- Properly install a car seat from the moment you bring baby home to every car ride after that.
- Secondhand products should not be used for babies as they may not meet current safety standards.
- Do not overdress a baby.
- Consider using a sleeper, wearable blanket or other sleep clothing as an alternative to any covering.
- Play yards, including side rails, should be fully erected with all latching features in place and secure prior to use.
- Do not use portable hook-on chairs on a glass or loose tabletop or on a table with a single pedestal, leaf, tablecloth or placemat.
- Choose and use age and developmentally appropriate products.
- Read and follow all manufacturer’s instructions, recommendations for use and warning labels.
- Frequently inspect products for missing hardware, loose threads, screws and strings, holes and tears.
- Monitor your baby's growth and development and discontinue use of a product(s) when needed.



**For additional baby safety tips and resources, visit:**

- [jpma.org/page/bsm\\_toolkit](https://jpma.org/page/bsm_toolkit)
- [jpma.org/page/baby\\_safety\\_month#](https://jpma.org/page/baby_safety_month#)

■ **Source:** [jpma.org](https://jpma.org) | [nationaltoday.com](https://nationaltoday.com)

■ **Image:** [Interstid/Canva](#)



# September 2023

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

**1. Safely storing food prevents foodborne illness:**

- a. True
- b. False

**2. Freekeh is a whole grain:**

- a. True
- b. False

**3. Prepared infant formula has a maximum use time of:**

- a. 13-18 days
- b. 3-8 hours
- c. 3-8 days
- d. 3-18 months

**4. Whole grains can help reduce (select all that apply):**

- a. Diabetes
- b. Flatulence
- c. Heart disease
- d. Thirst

**5. Secondhand products are recommended for babies:**

- a. True
- b. False

**6. What percentage of U.S. children have obesity?**

- a. 5 in 1
- b. 11 in 50
- c. 1 in 500
- d. 1 in 5

**7. Whole grain plant seeds contain (select all that apply):**

- a. Milk
- b. Fiber
- c. Vitamins
- d. Minerals

**8. “Babyproofing” is a one-time process:**

- a. True
- b. False

**9. Changing HVAC filters in the fall is a good idea:**

- a. True
- b. False

**10. It is OK to feed a baby directly from a baby food container:**

- a. True
- b. False

**11. There is a “silver bullet” solution to obesity:**

- a. True
- b. False

**12. Which of the following can be a choking hazard for children under age 4 (select all that apply):**

- a. Blueberries
- b. Raisins
- c. Water
- d. Pretzels

**13. Baby Safety Month is observed in:**

- a. October
- b. September
- c. January
- d. May

**14. Eating breakfast has been associated with obesity:**

- a. True
- b. False

**15. “Better Breakfast Day” is observed:**

- a. September 26
- b. September 6
- c. September 20
- d. September 16



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](http://www.acdkids.org).**