

potpourri

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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

Planning on being away at a meal time or closing your day care for a full day or longer? Make sure you report your closures!

IN MICHIGAN: CALL 1-800-234-3287 Ext. 3 or EMAIL: mifrontdesk@acdkids.org.

IN ILLINOIS: CALL 1-800-284-5273 Ext. 4 or EMAIL: ilcustomerservice@acdkids.org
 OR ilfrontdesk@acdkids.org.

ON THE COVER

Bryson just had his first birthday in June. He loves playing with his sister Kenna and likes to eat!

Welcome, September

Celebrate National Better Breakfast, Whole Grains and Chicken Month!

Autumn Egg & Ham Bites

Makes 24 servings

Vegetable oil spray

10 large eggs

1/2 cup milk

1/2 tbsp onion powder

1 cup spinach, finely chopped

4 slices Canadian bacon or ham, diced

3/4 cup shredded cheese

1. Preheat oven to 350 F.
2. Spray mini muffin tin with vegetable oil.
3. In a medium bowl, beat the eggs, milk and onion powder.
4. Add the spinach and diced meat into the egg mixture.
5. Pour out evenly, filling about halfway into all 24 mini muffin cups. Add 1/2 tsp of cheese to the top of each muffin cup.
6. Bake for 15 minutes or until egg mixture looks puffed up, the top is golden brown, and the egg is cooked through.



Whole Grain Caterpillar Pancakes

Makes 8 servings

1 cup 100% whole wheat pancake mix

1 cup unflavored milk

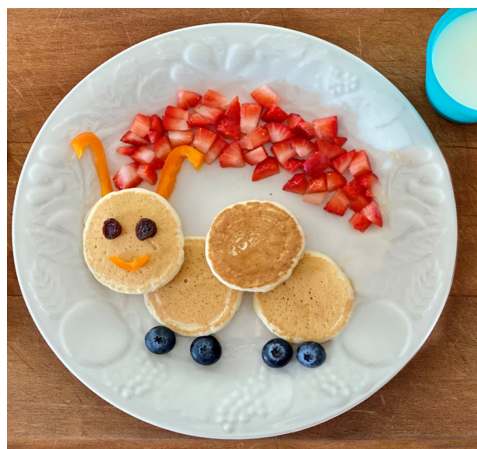
1 large egg

2 cups strawberries, chopped

2 cups blueberries, halved

1/2 bell pepper, sliced

1. Prepare 32 mini pancakes according to the instructions on the pancake mix box. Each mini pancake is 1 tbsp of pancake batter cooked.
2. Assemble 4 mini pancakes for the body of the caterpillar. Add 4 halved blueberries as "caterpillar feet." Place 2 slices of bell pepper on the head for the antennae and 2 blueberry halves for the eyes.
3. Place 1/2 cup mixed strawberries and blueberries on the plate as the caterpillar's food.



- ✔ Grain/Bread Product
- ✔ Fruit

Asian Chicken Wraps

Makes 8 servings

1 cup shredded lettuce

1 cup shredded cabbage

1 cup shredded carrots

2 cooked boneless chicken breasts, cubed (12 oz.)

2 tbsp mayonnaise

1/4 cup Asian toasted sesame dressing

4 - 100% whole wheat flour tortillas, small

1. Mix mayonnaise and dressing together in a large bowl until well blended.
2. Stir in chicken, lettuce, cabbage and carrots. Spread mixture evenly on four tortillas.
3. Roll, cut in half, and serve.



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

✔ Meat/Meat Alternate

Source and photos: cacfp.org

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 <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to 3x a week.</i>	1. Whole grain waffles 2. Apples 3. Milk	1. Whole grain grits 2. Strawberries 3. Milk	1. Whole grain oatmeal 2. Blueberries 3. Milk	1. Whole grain bagel 2. Grapes* 3. Milk	1. Whole grain muffin 2. Bananas 3. Milk
LUNCH/DINNER 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Meatloaf 2. Whole grain roll 3. Mashed potatoes 4. Swiss chard 5. Milk	1. Chicken 2. Whole grain tortilla 3. Bell peppers 4. Black beans 5. Milk	1. Tuna 2. Whole grain egg noodles 3. Green peas 4. Mushrooms 5. Milk	1. Cheese 2. Whole grain tortilla 3. Salsa 4. Avocado 5. Milk	1. Ground beef 2. Whole grain barley 3. Mixed vegetables 4. Apples 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Raisins* 2. Cheese 1. Wheat crackers 2. Milk	1. Whole grain tortilla chips 2. Salsa 1. Pineapple 2. Carrots	1. Whole grain cereal 2. Milk 1. Grapes* 2. Cheese	1. Clementines 2. Granola 1. Whole grain muffin 2. Milk	1. Carrots 2. Milk 1. Bell pepper sticks 2. Hummus

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

ANTS ON A LOG

- 6 ribs celery
- 6 Tbsp peanut butter*
- 1/4 cup raisins*

- Rinse and dry celery very well.
- Chop celery into 2 pieces each - 5 to 6 inches in length.
- Spread peanut butter down center, avoiding the edges.
- Top with raisins. If raisins are a bit dry or hard, microwave for a few seconds, or soak in warm water for a minute to plump up. Dry well before adding to peanut butter.
- Serve! Or cover to chill in the fridge for up to a day before serving.



- ✔ Meat/Meat Alternate
- ✔ Vegetable
- ✔ Fruit

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

Source: HealthyHappyLife.com



Money Saving Tip

Try the 50/30/20 budgeting rule popularized by Elizabeth Warren. 50% of your after-tax earnings is spent on needs (things you absolutely must pay), 30% is spent on wants (non-essential things) and 20% goes into savings.

Cooking Tip

Do you dislike peeling potatoes? Try this: use a sharp knife to cut the surface of the potato around the middle (encircling the potato) and then boil the potatoes whole in a pan with the skin on. When the potatoes are cooked, run the potatoes under cold water and then you can easily slide the skins off.



Source and photo: ceramiccookwarehub.com

FIGHTING CHILDHOOD OBESITY

It's a battle we need to win!

September is National Childhood Obesity Awareness Month

According to the CDC, the statistics on childhood obesity are alarming. From 2017-2022, 19.7% of children aged 2-19, that was 14.7 million children, were considered obese. Appearance alone does not mean that a child is obese. The accepted measure to gauge obesity is the Body Mass Index (BMI) which is determined by a physician. A measurement of greater than 85% and less than 95% is considered overweight. A measurement of greater than 95% indicates obesity.

There are many factors that lead to obesity in children. They include:

Diet – Eating high calorie foods such as baked goods, fast and convenience foods. Drinking sugary drinks and consuming candy. Portion size also plays a part; super-sized portions and “all you can eat” buffets encourages over-eating.

Lack of physical activity – Today’s society has developed an overall decrease in physical activity. Time spent sitting in front of computers and video games, along with the decrease of physical education requirements in elementary and high schools, have contributed to this trend.

Family factors – Science shows that genetics play a role in obesity. It has been proven that children with parents affected by obesity are more likely to be affected as well. However, genes alone do not indicate obesity. Learned behaviors from parents are a major contributor.

Psychological factors – Personal, parental and family stress can lead to over-eating.

Socioeconomic factors – Areas with limited access to resources such as major supermarkets or the availability of fresh food, or a safe place to exercise are also contributing factors. Educational levels are also a factor. Parents with little nutritional education have difficulty instilling proper values in their children.

The following methods are suggested for treating childhood obesity:

Diet therapy – While it is generally not recommended to restrict calories in children, cutting back on portions and eating smaller bites at a slower pace is a place to start. Making fresh fruits and vegetables a large part of each meal will also help.

Physical activity – The US Surgeon General recommends 60 minutes per day of physical activity.

Behavior modification – Changing eating habits, increasing physical activity, becoming educated about how food works in the body, and even trying a support group are ways to foster better habits.

The meal pattern in the CACFP definitely meets the food goals above. These are other preventative measures to take:

Offer new foods – It may take several tries before a child will accept a new healthy food. Don’t give up after the first attempt.

Non-food rewards – Don’t use food as a reward for good behavior. Gold stars on a chart, sincere praise, or a small trinket are better so as not to associate food with behavior.

Enough sleep – Ensure a child is getting enough sleep for optimal health.

- 0–3 months 14–17 hours
- 4–12 months 12–16 hours
- 1–2 years 11–14 hours
- 3–5 years 10–13 hours
- 6–12 years 9–12 hours
- 13–18 years 8–10 hours

Sources: cdc.gov, mayoclinic.org

ACD'S Guide to Physical Activities for Kids

Let's get them moving and fight childhood obesity!

As science shows, increasing physical activity is key in helping to combat childhood obesity.

Here are some easy ways to get the kids up and moving!

JUMPING JACKS:

Simple but great for coordination and getting the heart moving.



HEADSTANDS:

A great activity for the core muscles and getting blood to the head.

DANCE PARTY:

Turn on the music and shake your booty!



JUMP ROPE GAMES:

Really gets them moving!

BALLOON BALL:

There are endless ways to use a balloon. Try to keep it off the ground or play catch.

ANIMAL RACES:

Hop like a bunny or a frog and squat and waddle like a duck.

FOLLOW THE LEADER:

Add energetic movements.

HOPSCOTCH:

A childhood favorite.



Almost anything can incorporate physical activity. Picking up toys, yoga, dancing around in your socks, raking leaves and setting up an obstacle course are just a few ideas. Make it a game to see how much physical activity you can add into the day.

Have fun!!

FELT HAT



- Square piece of felt (10 - 12 inches square)
- Scissors
- Fabric glue
- Stickers
- Buttons*
- Pom Poms
- Other decorative items as desired*

Cut piece of felt in half on the diagonal.
 Glue pieces together on the two long sides to make a triangle.
 Glue a pom pom on the point at the top of the hat.
 Glue buttons, place stickers and decorate the hat with other decorative items.

Wear your hat on Felt Hat Day - Thursday, September 15, 2022.

* Small items can be a choking hazard for children under the age of 4 years.



Running a Small Business Why Business Fail

There are many reasons why small businesses fail. Take a look at how your business performs in the following areas to pin point where you might need to make adjustments:

No Marketing

A strong marketing strategy is essential for success.

Poor Customer Service

How you treat your customers is what sets you apart from the competition.

Inaccurate Pricing

If your prices are too high, you limit your customer base. If they are too low, you won't have enough revenue to stay afloat.

Source: blog.hubsopt.com

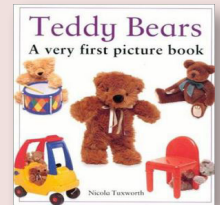
ACD's BOOK CLUB

There is no such thing as being too grown up for a teddy bear.

English-Language Books

PICTURE BOOK

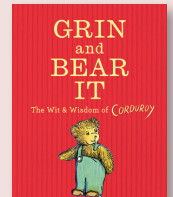
Teddy Bears
A Very First Picture Book
by Nicola Tuxworth



The comfort and friendship of teddy bears.

EASY READER

Grin and Bear It
The Wit and Wisdom of
Corduroy
by Don Freeman

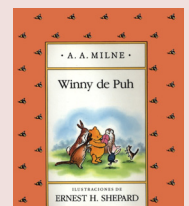


A little bit of sunshine for readers of all ages.

Spanish-Language Books

PICTURE BOOK

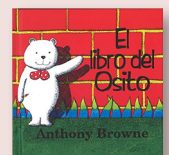
Winnie de Puh
By A. A. Milne, translated by
Isabel Gortazar



A beautiful translation of Winnie-the-Pooh, a children's classic that has captured readers' hearts for generations.

EASY READER

El libro del Oso
By Anthony Browne



Walking in the jungle, a bear armed with a pencil encounters scary animals and draws things to make them happy.



ABOUT JESSICA

BUSINESS:

Jessica's Day Care - "Crazytown"

LOCATION:

Freeland, MI

ESTABLISHED:

2018

ACD FIELD MONITOR:

Michelle Stickley

CLIENTS:

6 children, from birth to 5 years and Jeorgia the puppy

OWN CHILDREN:

Son Jase - 8
Daughter Jordan - 6

HOBBIES & INTERESTS:

Gardening and family time

WORD OF ADVICE:

Even though it is not enjoyable, you have to do the paperwork

Her Favorites

SNACK OR MEAL FOR CHILDREN:

Popcorn
Cinnamon apples

GAME OR ACTIVITY:

Anything outside, especially water-based

CHILDREN'S BOOKS:

Jase recommends:
Pete the Cat and the Perfect Pizza Party by Kimberly & James Dean

Llama Llama Red Pajama by Anna Dewdney



ACD Provider Spotlight: Meet Jessica Stewart

Welcome to Crazytown, where there are three rules:

1. Be nice or go home.
2. Never leave a friend behind.
3. Be crazy!

Crazytown, as it is known affectionately by the kids and parents, is technically Jessica's Day Care. Opening in 2018, just one day after her husband was diagnosed with cancer; it has been a wild few years for Jess.

Her decision to open her own day care came after she worked as an assistant for eleven years. Everyone that knows her, says she is a natural at caring for children. Jess feels that her talent and passion for this work comes from caring for her special needs cousin when she was a child herself. Jess's cousin was born when she was five years old and helping care for him seemed to come as second nature. Jess loves seeing the kids advance and grow, especially when one masters a task or overcomes a fear.

Some very important life lessons are learned in Crazytown. Last year, during a walk around the neighborhood, the kids spied an inflatable waterslide in a backyard. They immediately decided they wanted one for their day care. Jess explained that the slide cost over \$500.00, and if they wanted one, "you have to work for what you want." They decided to raise the money for the slide, so the idea for the Crazytown Lemonade Stand was born. They built the stand, sprayed the grass in the yard, made and wore tie-dyed shirts, sold lemonade and baked goods, and raised \$506.00 in two hours!!

In another activity, they learned to get involved and give back by participating in an underwear and sock drive for an organization serving underprivileged families. They collected and donated 400 pairs of underwear and 300 pairs of socks.

This year they are having the Popping Art Exhibition. The kids will be selling popcorn and their own original art work, and donating the money raised to an animal rescue shelter. Each child is making eight pieces of art including a traditional painting, an abstract, a painting using their feet, one made with paint in squirt guns, and a glitter painting. Each child gets to set their own price for their art work, which Jess says has been very interesting. One little girl, Charlee, is asking \$100,000.00 for one of hers. They will be having a discussion about negotiation before the exhibition takes place!

Jess uses her love of the outdoors and gardening not only to incorporate into her day care, but her neighborhood as well. She planted a garden by the sidewalk in front of her house so passers-by are able to pick fresh vegetables. Healthy eating is very important in her household, as her husband wanted to eliminate sugar and processed food as a result of his health issues. Since the CACFP meal plan already encompasses healthy food, Jess has added to this by researching and experimenting with recipes.

It's clear that the kids of Crazytown have a lot of fun and learn wonderful lessons in the meantime. When asked what their favorite thing about coming here is, Graham replied that it is the puzzles. Charlee said her favorite thing is Jess herself, to which Graham readily agreed!



BREAKFAST QUESADILLA

Ingredients:

1 tsp avocado oil
½ cup yellow onion, diced
¼ cup red pepper, diced
14 oz. tofu, firm
1 tsp ground turmeric
15 oz. canned black beans, drained and rinsed
3 avocados, peeled, seeded, and diced
12- 8 inch whole wheat tortillas
Salt and pepper, to taste



Yield: 6 quesadillas (24 wedges after cutting into quarters)

1. Add oil to a large pan. Add the onion and red pepper and sauté on medium heat for 3-5 minutes until peppers are soft and onions are translucent.
2. Crumble the tofu into the pan with onions and peppers. Sprinkle the turmeric on top and stir together. *(Turmeric will give the tofu a yellow egg-like appearance)*
3. Add the black beans, stirring to combine. Continue cooking for 2-3 minutes.
4. Turn off the heat, and scoop the contents of the pan into a large bowl.
5. Start assembling the quesadilla by spreading ½ of a diced avocado (about ¼ cup) onto the tortilla.
6. Place the tortilla in a frying pan with the avocado side up. *(Depending on your pan, you may need additional oil in the pan before cooking the quesadillas)*
7. Scoop ½ cup of the tofu mixture onto the tortilla, and top with a second tortilla. Press down slightly to seal the edges together.
8. Cook on medium-high heat for 1-2 minutes per side, taking care when flipping the quesadilla.
9. Cut each quesadilla into 4 wedges before serving.

Optional: serve with salsa and sour cream

Breakfast is a meal that can be challenging to fit vegetables into, but this recipe makes it easy! Filled with fiber, protein, and fat, this is a great balanced breakfast option that is also vegetarian. You can easily modify the recipe into a breakfast taco or a breakfast burrito, and swap the tofu for eggs if preferred.

Nutrition Information (2 wedges): 334 calories, 14 grams fat, 29 grams carbohydrate, 12 grams fiber, 15 grams protein.



September is National Better Breakfast Month

It's true what they say, breakfast is the most important meal of the day. But why?

Breakfast, as its name implies, is your body's way to "break the fast" you naturally experience while sleeping at night. When it comes to children, research has proven that regular breakfast eaters experience:

- Less behavioral problems
- Better concentration
- Maintain a healthy weight

Not all breakfasts are created equal, however. A balanced breakfast is one that contains carbohydrates, protein, and fat.

Carbohydrates provide energy to run, jump and play. By choosing carbohydrates containing fiber, such as fruits, vegetables, and whole grains, your body gets a sustained dose of energy over a long period of time. On the other hand, carbohydrates low in fiber and high in sugar (think certain cereals or a breakfast pastry) will provide energy, but often lead to a blood sugar crash later.

Protein is key for a balanced breakfast as well, since it helps keep us full and supports our muscles and bones. Fat is essential for brain development in young children, especially those under the age of 2. Healthy fat options at breakfast include avocado, nut or seed butter, and whole milk for children ages 1-2.

Balanced breakfasts don't need to be complicated. Consider these simple swaps for example:

Instead of a frozen breakfast pastry, serve whole grain toast (carbohydrate with fiber) topped with peanut butter (protein + fat) and apple slices (carbohydrate with fiber)

Instead of sugary cereal, serve plain Greek yogurt (protein + fat) with berries (carbohydrate with fiber) and 1 tsp of honey (for children older than 1 year)

Instead of a waffle and syrup, serve eggs (protein +fat) with whole grain banana muffin (carbohydrate with fiber)

None of us wake up knowing what the day will bring. But one thing is certain: a balanced breakfast is key to starting the day with the energy and strength for what lies ahead.

REMINDER:

ACD OFFICES WILL BE CLOSED ON MONDAY, SEPTEMBER 5, 2022
IN OBSERVANCE OF LABOR DAY



Photo credit: stock.adobe.com



September 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. What percentage of children were considered obese in the years 2017-2022?
 - a. 15.6%
 - b. 19.7%
 - c. 21.3%
 - d. 22.4%
2. Lack of physical activity does not lead to obesity.
 - a. True
 - b. False
3. Which factor does not lead to obesity?
 - a. Diet
 - b. Height
 - c. Family factors
 - d. Socioeconomic factors
4. It is not generally recommended to restrict calories in children.
 - a. True
 - b. False
5. How much sleep does a child aged 3-5 years need for optimum health?
 - a. 14-17 hours
 - b. 12-16 hours
 - c. 10-13 hours
 - d. 9-12 hours
6. Who popularized the 50/30/20 budgeting rule?
 - a. Elizabeth Taylor
 - b. Elizabeth Warren
 - c. Elizabeth Bader Ginsburg
 - d. Elizabeth Bush
7. Regular breakfast eaters experience which two things?
 - a. Better concentration and fewer behavioral problems
 - b. Maintain a healthy weight and have less accidents
 - c. Fewer behavioral problems and increased sleep
 - d. Positive attitude and better concentration
8. A balanced breakfast includes carbohydrates, protein and fat.
 - a. True
 - b. False
9. Which of the following provides energy to the body?
 - a. Fat
 - b. Protein
 - c. Carbohydrates
 - d. Enzymes
10. A BMI greater than 80% indicates obesity.
 - a. True
 - b. False
11. BMI stands for:
 - a. Body Mass Indicator
 - b. Body Measurement Index
 - c. Body Mass Index
 - d. Body Measuring Index
12. Which encourages over eating?
 - a. A sweet tooth
 - b. Lots of physical activity
 - c. Personal, parental and family stress
 - d. Boredom
13. Which activity gets blood to the head?
 - a. Jumping jacks
 - b. Follow the leader
 - c. Headstands
 - d. Balloon Ball
14. Fat is essential for:
 - a. Thick hair
 - b. Brain development
 - c. Supporting muscles and bones
 - d. Energy
15. A small business will thrive if the prices are too low.
 - a. True
 - b. False



CHANGE SERVICE REQUESTED

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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.



September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 NO RHYME (NOR REASON) DAY Some words that can't be rhymed: orange, spirit, purple and chimney.	2 WORLD COCONUT DAY Coconuts are so versatile. They are used in many recipes in addition to many non cooking purposes.
5 LABOR DAY ACD offices are closed.	6 READ A BOOK DAY Pick one of the recommendations on Page 7.	7 NEW HAMPSHIRE DAY New Hampshire was the 9th state to join the union. The pumpkin is the state fruit.	8 FUN FOOD FACT Strawberries hold their seeds on the outside.	9 TEDDY BEAR DAY The teddy bear was inspired by a cartoon in 1902.
12 DAY OF ENCOURAGEMENT Give someone a high five for a job well done!	13 ANTS ON A LOG DAY Use our recipe on page 4.	14 VIRGINIA DAY Virginia was one of the original 13 colonies. Virginia does not have a state fruit.	15 FELT HAT DAY Make your own felt hat using the directions on page 7.	16 GUACAMOLE DAY The main ingredient in guacamole is the avocado, which is a super food!
19 TALK LIKE A PIRATE DAY Ahoy Matey! Aye, Aye, Cap'n! Land ho! Aaaaaaaaaarrrrrrgh!	20 STRING CHEESE DAY What's your favorite way to eat string cheese - peel it down, or bite into it?	21 NEW YORK DAY New York was the 11th state to join the union. The apple is its state fruit.	22 ELEPHANT APPRECIATION DAY Elephants are spirited and playful animals. They also have excellent memories.	23 SEPTEMBER BIRTHSTONE The sapphire is the birthstone for September.
26 JOHNNY APPLESEED DAY Eat a sweet apple to honor the man who planted apple trees all over the country.	27 CRUSH A CAN DAY Recycling is good for the country. If you laid all the cans recycled in 2010 end to end, they would circle the earth 169 times.	28 NORTH CAROLINA DAY North Carolina was the 12th state to join the union. The state fruit is the scuppernong grape.	29 SEPTEMBER FLOWER The flowers for September are the aster and the morning glory.	30 FUN FOOD FACT Lemons float but limes sink.