

# potpourri

September 2024

Volume 50 | Issue 9



## What's Inside?

Simple Fall Recipes  
Preventing Childhood Obesity  
Importance of Fiber  
GO, SLOW & WHOA Foods  
Creating a Culture of Safety  
& More!

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**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

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As we jump into September, and our kids embark on a new academic year, it's an opportune time to focus on an essential aspect of their well-being: nutrition. September is a month of new beginnings and fresh routines, making this the perfect time to reinforce healthy eating habits that will support our children's growth, learning, and overall health.

On the 21st of this month, Michigan ACD will host their 8th Annual Training Conference, "Little Eaters, Big Impact" in Lansing. We will have speakers specializing in nutrition, social development, farm to table, physical activity, financial strategies for providers, and more. We look forward to seeing all of our Michigan providers there!

Reminder: Providers need to mark "school out" if children are fed meals that they would receive in school.

Let's remember to focus on empowering families, homes, and centers with practical and creative strategies to ensure that every meal counts! Proper nutrition is not just about the food we put on our plates, it's about fostering a positive relationship with food, understanding its impact on our bodies, and making choices that support long-term health.

**Denise Meyer**  
 Executive Director

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# Welcome Fall with These Recipes!

Simple ingredients often make the best meals.

## American Goulash

6 servings  
eatingwell.com

### Ingredients

1 tablespoon extra-virgin olive oil  
1 1/2 cups chopped onion  
1 pound lean ground beef  
2 large cloves garlic, minced  
2 teaspoons paprika  
1 teaspoon Italian seasoning  
1 teaspoon salt  
1/4 teaspoon ground pepper  
1 (14 ounce) can no-salt-added diced tomatoes, undrained  
1 (8 ounce) can no-salt-added tomato sauce  
1 cup low-sodium beef or chicken broth  
1 1/4 cups whole grain elbow macaroni  
2 tablespoons grated Parmesan cheese

- Heat oil in a large pot over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.
- Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute.
- Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes.
- Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.

⊕ Vegetable ⊕ Grain  
⊕ Meat/Meat Alternate

## Broccoli with Creamy Parmesan Sauce

6 servings  
eatingwell.com

### Ingredients

1 pound broccoli  
1 tablespoon all-purpose flour  
1 cup nonfat milk, divided  
1/2 cup freshly grated Parmesan cheese  
1/4 teaspoon salt  
Pinch of ground white pepper  
Pinch of ground nutmeg (optional)

- Trim 1/2 inch off broccoli stalks; remove the tough outer layer with a vegetable peeler. Cut the broccoli lengthwise so the florets attached to the long stalks are 1 to 2 inches wide. Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Steam the broccoli until tender, 5 to 7 minutes.
- Meanwhile, whisk flour and 1/4 cup milk in a small bowl until smooth. Heat the remaining 3/4 cup milk in a saucepan over medium-low heat until steaming. Whisk in the flour mixture; cook, whisking, until thickened, 2 to 4 minutes. Remove from the heat; add cheese, salt, pepper and nutmeg (if using). Drizzle over the broccoli. Serve warm.

⊕ Vegetable

## Maple Roasted Carrots

6 servings  
eatingwell.com

### Ingredients

1 1/2 pounds carrots, sliced 1/4 inch thick on the diagonal  
2 tablespoons melted butter  
2 tablespoons pure maple syrup  
1/2 teaspoon salt  
1/4 teaspoon ground pepper  
2 teaspoons snipped fresh chives (Optional)

- Preheat oven to 400°F.
- Stir carrots, butter, maple syrup, salt and pepper together in a large bowl. Spread evenly on a large rimmed baking sheet and roast, stirring once, until tender, 20 to 25 minutes. Sprinkle with chives, if desired.

⊕ Vegetable



# Meals & Menus

## CACFP Requirements



| CACFP  | MON   | TUE   | WED   | THU  | FRI  |   |
|--|---|---|---|--|--|---|
| <b>BREAKFAST</b>   | <b>1. GN/BP OR MT**</b><br><b>2. FT OR VG</b><br><b>3. MK</b>                         | 1. Greek Yogurt<br>2. Strawberries<br>3. Milk                                 | 1. WG Cereal<br>2. Banana<br>3. Milk  | 1. Scrambled Eggs<br>2. Hash Brown Patty<br>3. Milk                                    | 1. WG Waffle<br>2. Blueberries***<br>3. Milk   | 1. Oatmeal<br>2. Pears<br>3. Milk   |
| <b>LUNCH/DINNER</b>  | <b>1. MT</b><br><b>2. GN/BP</b><br><b>3. VG</b><br><b>4. FT OR VG</b><br><b>5. MK</b> | 1. Black Bean Bites<br>2. Quinoa<br>3. Avocado<br>4. Pineapple<br>5. Milk     | 1. Turkey Meatballs<br>2. Spaghetti Noodles<br>3. Spaghetti Sauce<br>4. Cauliflower<br>5. Milk          | 1. Meatloaf<br>2. WG Dinner Roll<br>3. Mashed Potatoes<br>4. Cooked Carrots<br>5. Milk | 1. Chickpea Curry<br>2. Brown Rice<br>3. Green Peas***<br>4. Raspberries***<br>5. Milk | 1. Breaded Fish Bites<br>2. Corn Tortilla<br>3. Coleslaw<br>4. Peaches<br>5. Milk   |
| <b>SNACKS*</b>   | <b>1. MT</b><br><b>2. GN/BP</b><br><b>3. FT</b><br><b>4. VG</b><br><b>5. MK</b>       | 1. String Cheese<br>2. WG Pretzels<br>3. Grapes***<br>4. Celery***<br>5. Milk | 1. Hummus<br>2. WG Pita<br>3. Apple Slices<br>4. Cucumber<br>5. Milk                                    | 1. Edamame***<br>2. Rice Patty<br>3. Cantaloupe<br>4. Cherry Tomatoes***<br>5. Milk    | 1. Nut/Seed Butter<br>2. WG Crackers<br>3. Banana<br>4. Baby Carrots***<br>5. Milk     | 1. Yogurt<br>2. WG Pretzels<br>3. Orange Slices<br>4. Sugar Snap Peas***<br>5. Milk |
| (*) Choose two food groups from “Snacks” list.   |   |   | (**) MT may be substituted for GN/BP up to 3x a week.<br>(***) Choking hazard for children under age 4. |  |  |   |
| <b>FT:</b> Fruit <b>VG:</b> Vegetable <b>GN:</b> Grain <b>WG:</b> Whole Grain<br><b>MK:</b> Milk <b>BP:</b> Bread Prdt. <b>MT:</b> Meat/Meat Alternate |   |   |   |  |  |   |



### REMINDERS:

July 2024 final claim due: **September 23 (Mon.)**

- Please remember to submit enrollments/renewals in a timely manner.
- 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

# Preventing Childhood Obesity

Establishing healthy eating habits in children at a young age is critical: According to statistics, approximately 25 percent of school-age children today are obese — a 20 percent increase since 1990. Being overweight or having obesity can increase the chances that your child may develop health problems, such as breathing problems, joint pain, high blood pressure, high cholesterol, nonalcoholic fatty liver disease, or type 2 diabetes.

Some children who are overweight or have obesity may experience weight-related teasing or bullying, which can affect their mental health. Children with overweight or obesity may have a higher risk of developing mental health problems, including low self-esteem, depression, and eating disorders. If a child you care for is struggling with his or her weight, here are nine strategies you can implement right now to keep the numbers on the scale from creeping up.

## 1. Watch what your kids drink.

Sugary beverages can pack on the pounds, so replace soda and juice drinks with water or flavored seltzers. Even nutritious juices can add up: Most experts recommend only 4 to 6 ounces of 100 percent fruit juice for children under age 6 and only 8 to 12 ounces for older children. Drinking eight glasses of juice or soda — which is not particularly uncommon — can add 1,000 calories to your child's diet!

## 2. Think natural.

Make fruits, vegetables, whole grains, and lean meats the majority of the child's diet.

## 3. Skip super-sized portions.

Despite what commercials feed them, kids really need kid-sized servings. Even too much of healthy foods can add up to more calories than they need.

## 4. Healthy eating starts in the grocery store.

Avoid tempting, calorie-laden treats by replacing them with nourishing (but tasty) substitutes. Try popcorn or pretzels instead of chips or chocolate Italian ices rather than full-fat ice cream.

## 5. Don't ban sweets entirely.

Kids who are never allowed the occasional treat often binge when away from their caregivers' watchful eyes. Rather than prohibiting them completely, save indulgences such as ice cream sundaes and potato chips for special occasions so the child doesn't feel deprived.

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

## 6. Don't make a child a member of the "clean-plate club."

While showing empathy for starving children in Africa is important, children pay more attention to their own hunger signals. Allow children to stop eating when they're full; should children become hungry later, cut up an apple or unwrap a cheese stick.

## 7. Incorporate exercise and physical activity into your daily routine.

The U.S. Department of Health & Human Services recommends that children accumulate at least 60 minutes of moderate physical activity most days of the week. Make it fun with a game of soccer in the backyard, walks along a local nature trail or a dance party.

## 8. Show love and acceptance toward kids despite their weight.

Overweight children need support, approval and encouragement from their caregivers to feel secure and self-confident. Don't harp on their tight clothes or pot bellies. Overweight children are usually painfully aware of their own weight problem without parental comments. (In a national survey, 30 percent of students surveyed described themselves as overweight.) Focus on issues of health and well-being rather than appearance.

## 9. In some cases, concentrate on not gaining — rather than losing — weight.

Realize that an appropriate goal for many overweight children is to maintain their current weight while growing normally in height.



# Importance of Fiber

Fiber is well known for helping move food through the digestive tract. But fiber is essential in children's diets for many other reasons. For example, fiber provides fullness and satiety after eating and regulates blood sugar levels.

Recent research also links fiber to a decreased risk of inflammation, the cause of many chronic illnesses such as heart disease, cancer and diabetes. Experts believe this has to do with fiber's positive impact on healthy gut bacteria.

Despite all the benefits of fiber, most Americans (including children) eat only half the fiber health professionals recommend per day.

Consequences of a low-fiber diet:

1. Constipation: fewer than 3 bowel movements per week, pain/difficulty with bowel movements and/or stomach pain
2. Blood sugar spikes
3. Feelings of hunger soon after meals

Providing children with ample fiber in their diet can help prevent these consequences.

Children's daily fiber needs:

12 grams per 1,000 calories

*Ex: 2-3-year-olds need 1,000-1,400 calories/day or 12-17 grams of fiber/day*

Certain foods are higher in fiber than others, such as whole grains, beans, peas, lentils, nuts, seeds, popcorn, berries, apples (with skin), bananas, pears, carrots, potatoes (with skin) and broccoli.

While fiber supplements may also be high in fiber, aim for serving high-fiber foods instead of supplements if possible. Dietary supplements are not regulated by the Food and Drug Administration (FDA). Fiber supplements can also be costly and lack the vitamins and minerals that high-fiber foods provide.

When adding fiber to a child's diet, gradually increase the amount of fiber you provide per day (about 1-2 grams per day). This helps to avoid stomach discomfort. Another tip is to provide more fluid to a child as you provide more fiber.

Serve up more high-fiber foods to improve children's digestive health, keep them full longer to maintain a healthy blood sugar!



## Black Bean & Quinoa Bites with Creamy Salsa Dip

Change up your chicken nugget routine with this fiber-friendly recipe. Kids will recognize familiar flavors found in tacos and love the option to dip! One serving provides 1/2 cup meat/meat alternate, 1/2 oz. grain and 1/8 cup vegetable.

**Yield:** 4 servings

### Ingredients:

1 cup quinoa, cooked  
 1 clove garlic, minced  
 1/4 cup mild salsa  
 15 oz can black beans, rinsed  
 3 tbsp all-purpose flour  
 1/2 tsp salt  
 1/4 tsp black pepper  
 1/2 cup mild salsa  
 1/2 cup Greek yogurt  
 1/2 tsp taco seasoning

### Instructions:

- Preheat the oven to 350 degrees F.
- In a food processor, blend the quinoa, garlic, salsa (first amount) and half the can of rinsed black beans. Transfer to a mixing bowl.
- To the mixing bowl, add the remaining black beans, flour, salt and pepper. Mix to form a cohesive ball.
- Roll into golf ball-sized bites and slightly flatten with a fork onto a parchment-lined sheet pan. Bake for 30 minutes, flipping halfway through cooking.
- To make the creamy salsa dip, process together the salsa (second amount), yogurt and taco seasoning.

**Nutrition Information:** (5 bites + 1/4 c dip): 265 calories, 2 grams fat, 47 grams carbohydrate, 14 grams fiber, 15 grams protein.

**Safety notes:** *Keep children away from the food processor blade. Mash all black beans for children under age 4.*

*Optional: Swap out the quinoa with brown rice or couscous if desired.*

⊕ **Vegetable** ⊕ **Grain**  
 ⊕ **Meat/Meat Alternate**

■ **Images:** Allison Stock



## AUTOMATE YOUR SAVINGS

Setting up an automatic savings plan allows you to save money regularly without thinking about it. It's an effortless way to ensure consistency, allowing savings to grow in the background while you focus on other things.



Many banks allow you to set up auto savings transfers between checking and savings accounts. You can start with a small amount, such as \$5 per week or \$20 per month, and easily adjust the amount as circumstances change.

This can also help you prepare for the unexpected. From a vehicle breakdown to a large medical bill, unexpected expenses can be a dreadful hardship. The automated savings can create an emergency fund for you to tap into if needed.

Experts recommend keeping a liquid account with a balance equal to 3 to 6 months worth of your normal expenses. If you don't already have an emergency fund, it's an excellent way to create a financial safety net and ensure you're prepared to handle whatever life throws your way.

■ **Source:** [pnc.com](https://www.pnc.com)

# What Are GO, SLOW and WHOA Foods?

This fun catch-phrase is a simple way to teach kids how often they should eat different types of food. Learning the difference between foods they can have every day and foods that should be special treats can help grow healthy kids and help children establish lifelong healthy habits.

## GO Foods

GO foods can be eaten almost anytime and include fruits and vegetables. These are foods that should be featured at every meal, and some examples include fresh, frozen or canned vegetables without any added fats or sauces, fresh frozen or canned fruits, whole grains, lean meats, low fat yogurt or cheese, and egg whites.

## SLOW Foods

SLOW foods can be eaten sometimes. Slow foods may be higher in fat, sugar, sodium, and calories. They can be included one to two times per day in a healthy diet. These foods include vegetables with added fats and sauces, juice, fruit in light syrup, baked fries, baked chicken nuggets, dried fruits, and processed cheese.

## WHOA Foods

WHOA foods should only be eaten occasionally. Whoa foods are those that are highest in unhealthy fat and added sugars. They should only be included one to two times per week. These include pre-fried foods, like fish sticks. Fruit canned in heavy syrup, waffles and pancakes with syrup, processed meats like hot dogs, and muffins.



■ Source: [cacfp.org](http://cacfp.org) ■ Image: [cacfp.org](http://cacfp.org)



## Q: What are the CACFP changes that went into effect this summer?

The USDA released a Final Rule that better aligns meal patterns in the CACFP with the Dietary Guidelines for Americans. These new requirements went into effect July 1, 2024.

1. **Allow nuts and seeds to credit for the full meats/meat alternates component**, removing the 50 percent crediting limit for nuts and seeds at breakfast, lunch, and supper.
2. **Fluid Milk Substitutes must have per 8 fluid ounces:**  
Vitamin A – 150 mcg retinol activity equivalents (RAE)  
Vitamin D – 2.5 mcg
3. Expands the geographic preference option to allow "locally grown," "locally raised," or "locally caught" as procurement specifications for unprocessed or minimally processed food items.
4. Adds in regulation the current definition of whole grain-rich: "the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched."

Post CACFP questions on [facebook.com/acdkidsorg](https://www.facebook.com/acdkidsorg). We'll answer questions monthly in "Potpourri."



## Clothespin & Cotton Ball Paintbrushes Make This Fall Activity EXTRA Fun!

### Autumn Tree Painting with Cotton Balls

#### SUPPLIES:

Construction paper or card stock

Acrylic paint in fall colors

Paintbrushes

Paint palette and water container, recycled containers work great

Cotton balls

Clothespins

#### STEP 1

Mix up your paints. Use a nice bright blue for the sky and gorgeous fall colors in red, orange and yellow for the leaves.

#### STEP 2

Paint the entire canvas with blue for the sky. Let the sky dry completely, or if you are wanting to move on quickly, you can use a hairdryer to help speed things up.



#### STEP 3

Draw in a branch with a pencil. Depending on the age of the child, they may need some help to do this. Using my free printable branch template makes this easier, especially for younger kids, while older kids might prefer to draw their own.

Paint the branch black and let it dry before moving on.

#### STEP 4

Now the fun part! Make your cotton ball paintbrushes and start painting.



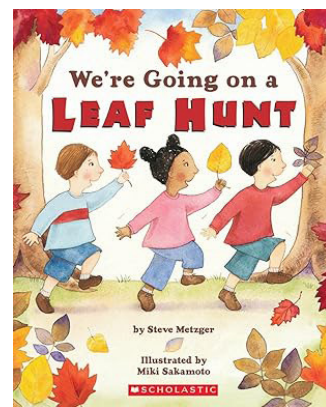
■ Sources: [projectswithkids.com](http://projectswithkids.com) ■ Images: [projectswithkids.com](http://projectswithkids.com)

It's September and time to welcome fall! Get them in the seasonal mood with these selections.



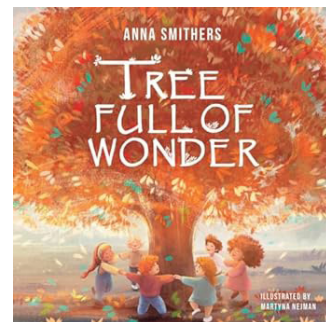
#### The Leaf Thief

by Alice Hemming (Author),  
Nicola Slater (Illustrator)



#### We're Going on a Leaf Hunt

by Steve Metzger (Author),  
Miki Sakamoto (Illustrator)



#### Tree Full of Wonder

Anna Smithers (Author),  
Martyna Neiman (Illustrator)

■ Books: [amazon.com](http://amazon.com)

# Creating a Culture of Safety

## WHAT IS A CULTURE OF SAFETY?

According to the Department of Health and Human Services (HHS) a culture of safety exists when everyone contributes to an environment that allows people to speak up about safety concerns. In this environment, it's alright to talk about mistakes and errors to encourage learning. A culture of safety in childcare is rooted in the idea that all children have the right to be safe. Most injuries are preventable, and early childhood education programs and family child care homes are expected to prevent them.

## WHY IS A CULTURE OF SAFETY IMPORTANT?

Young children develop rapidly, exploring and experimenting to build new skills and learn what is safe. This naturally puts them at high risk for several types of injuries. Falls are the most frequent cause of injuries to young children. Children in this age group are also more likely to be hit by objects, stung or bitten, and choke on objects. Unintentional injuries are the primary cause of fatalities for young children. Of these, drowning is the leading cause of death. Traumatic brain injury rates for children ages 0-4 are higher than rates for any other age group and almost twice the rate for the next highest age group (ages 15 – 24).

## HOW CAN WE CREATE A CULTURE OF SAFETY?

According to HHS, there are 10 actions that can create an injury prevention strategy.

- 1. Use Data to Make Decisions:** Provider and incident data serve as an important resource to help managers and staff evaluate children's safety.
- 2. Actively Supervise:** Children are never alone or unsupervised. Staff position themselves so that they can observe, count, and listen at all times.
- 3. Keep Environments Safe and Secure:** Providers create, monitor, and maintain hazard-free spaces.
- 4. Make Playgrounds Safe:** Regularly inspected, well-maintained, age-appropriate and actively supervised outdoor play spaces allow children to engage in active play, explore the outdoors, and develop healthy habits.
- 5. Transport Children Safely:** If it applies, providers implement and enforce policies and procedures for drivers, monitors, children, and families using school buses, driving to and from the program, or walking.
- 6. Report Child Abuse and Neglect:** Managers and staff follow mandated reporting statutes and procedures for reporting suspected child abuse and neglect.
- 7. Be Aware of Changes that Impact Safety:** Staff anticipate and prepare for children's reactions to transitions and changes in daily routine, within and outside of the provider facility.
- 8. Model Safe Behaviors:** Staff establish nurturing, positive relationships by demonstrating safe behaviors and encouraging other adults and children to try them.
- 9. Teach Families about Safety:** Staff engage families about safety issues and partner with them about how to reduce risks to prevent injuries that occur in the home.
- 10. Know Your Children and Families:** Staff plan activities with an understanding of each child's developmental level and abilities, and the preferences, culture, and traditions of their families. This includes everything from maintaining current emergency contact information to understanding families' perceptions about safety and injury prevention.



# September 2024

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

**1. Which food is a WHOA food?**

- a. Oatmeal
- b. Strawberries
- c. Hot dogs
- d. Carrots

**2. Children's daily fiber needs are 12 grams per 1,000 calories:**

- a. True
- b. False

**3. The most frequent cause of injuries to young children is:**

- a. Choking
- b. Falling
- c. Swimming
- d. Pets

**4. What percentage of school age children are obese?**

- a. 50 percent
- b. 25 percent
- c. 80 percent
- d. 10 percent

**5. An emergency fund should contain how many months of your monthly expenses?**

- a. 36 months
- b. 1-3 months
- c. 12-18 months
- d. 3-6 months

**6. A child should be a member of the "Clean Plate Club."**

- a. True
- b. False

**7. Most Americans eat 100 percent of their daily recommended fiber:**

- a. True
- b. False

**8. Most injuries are preventable:**

- a. True
- b. False

**9. Which food is a SLOW food?**

- a. Baked chicken nuggets
- b. Muffins
- c. Broccoli
- d. Blueberries

**10. Inflammation can cause many chronic illnesses.**

- a. True
- b. False

**11. Dietary supplements are not regulated by the Food and Drug Administration (FDA):**

- a. True
- b. False

**12. Even too much of healthy foods can add up to more calories than kids need:**

- a. True
- b. False

**13. Constipation is not a symptom of a low-fiber diet:**

- a. True
- b. False

**14. Which food is a GO food?**

- a. Bananas
- b. Processed cheese
- c. French fries
- d. Fruit juice

**15. Making fruits, vegetables, whole grains, and lean meats the majority of the child's diet can help avoid childhood obesity:**

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