

# potpourri

SEPTEMBER 2021



**FEATURED RECIPES**  
September Soups

**HEALTHY HABITS**  
The RULER Approach

**HEALTH ISSUES**  
Impetigo



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

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## CELEBRATING WHOLE GRAINS IN SEPTEMBER

Throughout the month of September, we celebrate the goodness of whole grains! The annual Whole Grains Month campaign, sponsored by the Whole Grains Council, brings whole grain recipes, health information, cooking tips, and much more to people around the world.

Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all-or-nothing choice. Every little improvement you make in your food and the food you serve children helps.

**HOW YOU CAN CELEBRATE**

- Make a whole grain dinner or treat
- Celebrate Taco Tuesday using whole grain tortillas
- Choose a favorite whole grain ingredient to share with the children
- Donate whole grain products to a local food bank or pantry
- Post your celebrations on social media

To get ideas, access to recipes, videos, and other educational material, visit [www.wholegrainscouncil.org/get-involved](http://www.wholegrainscouncil.org/get-involved).

**ON THE COVER:** Thomas loves to read, play with Legos, and cuddle with his cat. He is active with Scouts and karate. His favorite foods are chicken, Hamburgers, and macaroni and cheese.

# HERBS & SPICES FOR YOU

*The Potpourri's Guide to Kitchen Herbs and Spices*

## TURMERIC

Turmeric is a common spice that comes from the root of *Curcuma longa*. The turmeric root features a dark brown skin exterior and an internal orange-yellow flesh. The taste might be described as a mild peppery and bitter taste, while its fragrance is sweet and pleasant. This natural preservative contains a chemical called curcumin that might reduce pain and swelling and aid in digesting food. One tablespoon of turmeric may protect you against cancers, infectious diseases, high blood pressure, and strokes. It also is used to flavor or add color to curry powders, mustards, butters, and cheeses.

### NUTRITION

Turmeric is rich in essential vitamins including vitamin B6, vitamin C, niacin, and riboflavin. The spice is also a strong supplier of minerals like calcium, iron, potassium, copper and zinc. In fact, one tablespoon serving of turmeric, whether root or powder, provides 26% of one's daily manganese needs.

### SELECTION AND STORAGE

The turmeric plant can be easily grown in the home garden. Fresh roots can be kept in the refrigerator for up to a month. Dry turmeric and turmeric powder can also be readily found in local markets.

### PREPARATION

Wash fresh roots in cold running water and rinse for a few minutes to remove residue. To prepare the root into a powder, first boil the root in water, dry the root under the sun and then ground the root to get the yellow colored powder packed with flavor.

When cooking with turmeric, it is important to remember that the ingredient is typically added at the last moment in the recipe. Prolonged cooking would result in the evaporation of its essential oils, defeating the purpose turmeric offers.

### TURMERIC TIPS

- Add turmeric into spice mixtures like curry or barbecue rub.
- Include turmeric in your homemade salad dressing using part oil, part vinegar, and seasonings.
- Improve your go-to marinades adding turmeric.
- Turmeric mixes well with other spices and herbs. Try adding a mixture of your own to a vegetable or meat.

### MANGO TURMERIC SMOOTHIE

#### INGREDIENTS

1/3 cup plain yogurt  
 1/3 cup almond milk  
 1/2 inch peeled ginger root  
 1/2 inch peeled turmeric root (substitute with 1 teaspoon turmeric powder)  
 1 roasted golden beet (peeled)  
 3/4 cup frozen mango

#### INSTRUCTIONS

1. Place all ingredients into a blender and puree until smooth.



Sources: [www.webmd.com/vitamins/ai/ingredientmono-662/turmeric](http://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric), [www.medicalnewstoday.com/articles/306981#including-turmeric-in-the-diet](http://www.medicalnewstoday.com/articles/306981#including-turmeric-in-the-diet), [www.nutrition-and-you.com/turmeric.html](http://www.nutrition-and-you.com/turmeric.html).

# September Soups

## TOMATO SOUP

### INGREDIENTS

- 1 1/3 cups onions, diced
- 1 1/2 teaspoon garlic powder
- 2 cups canned plum tomatoes, undrained
- 3 1/4 cups water
- 1/2 teaspoon chicken base, low-sodium
- 2 1/4 teaspoons dried basil
- 1/4 teaspoon ground black pepper
- 1 teaspoon sugar
- 1/4 cup canned tomato paste, no-salt-added
- 2 Tablespoons margarine, trans fat-free

### INSTRUCTIONS

1. In a medium saucepan, add onions, garlic powder, tomatoes, water, chicken base, basil, black pepper, and sugar. Bring to a boil, then reduce heat to medium.
2. Add tomato paste. Simmer uncovered over medium heat for 7 minutes.
3. Remove from heat and transfer all ingredients from saucepan to a high-speed blender and blend at high-speed for 60 seconds or until mixture has a smooth consistency.
4. Return the mixture to the saucepan.
5. Add margarine. Simmer uncovered over medium heat for 2-3 minutes. Stir well.
6. Serve 1 cup.

**Makes 6 servings.**

**1 wrap provides 5/8 cup vegetable.**



TOMATO SOUP

## CHICKEN AND RICE SOUP

### INGREDIENTS

- 1/2 teaspoon Old Bay seasoning
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/3 teaspoon poultry seasoning
- 1/2 cup brown rice
- 3 cups water
- 1 Tablespoon chicken base, low sodium
- 2/3 cup celery, chopped
- 1 cup carrots, sliced
- 3/4 cup onions, chopped
- 1 1/2 cups mushrooms, sliced
- 1 1/3 teaspoons dried parsley
- 1/3 teaspoon ground black pepper
- 1/3 teaspoon dried basil
- 2 cups chicken, cooked, diced

### INSTRUCTIONS

1. Preheat oven: 350°F.
2. In a medium saucepan, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water and chicken base. Stir to combine.
3. Cook uncovered over medium-high heat. Bring to a boil.
4. Simmer uncovered over medium heat for 10-15 minutes or until rice is completely cooked.
5. Using a strainer, remove about 1/3 cup cooked rice. Set aside for step 9.
6. Add celery, carrots, onions, mushrooms, parsley, pepper, and basil to rice.
7. Cook uncovered for 10-15 minutes or until soft.
8. Puree rice and vegetable mixture with a bermixer (immersion blender) for 3-5 minutes until mixture has a smooth consistency.
9. Fold in reserved rice. If soup is a little thick add water, 1/4 cup, at a time until desired consistency is reached. Stir well.
10. On a small baking sheet lightly coated with pan spray, place the 2 cups of chicken on the pan, evenly dispersed.
11. Bake chicken for 5 minutes.
12. Serve in 6 small bowls, place about 1/4 cup cooked chicken into each bowl. Portion 1 cup soup over the chicken.

**Makes 6 servings.**

**1 cup soup and 1/4 cup chicken provides 3/8 cup vegetable, 1 oz equivalent meat, and 0.5 oz equivalent grains.**

Sources: <https://fns-prod.azureedge.net/sites/default/files/resource-files/Chicken%20or%20Turkey%20and%20Rice%20Soup%206%20Servings.pdf>, [https://fns-prod.azureedge.net/sites/default/files/resource-files/Tomato\\_Soup\\_6\\_Servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/Tomato_Soup_6_Servings.pdf)

# A WEEK'S WORTH OF IDEAS



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

BREAKFAST

1. Oatmeal
2. Pears
3. Milk

1. Life Cereal
2. Strawberries
3. Milk

1. WGR Pancakes
2. Blueberries
3. Milk

1. Cheerios
2. Plums
3. Milk

1. Pears
2. WGR Muffin
3. Milk

LUNCH/DINNER

### BREAKFAST SANDWICH

1. Egg
2. WGR English Muffin
3. Hash Browns
4. Clementines
5. Milk

### HOMEMADE CHILI

1. Ground Beef
2. Kidney Beans
3. WGR Cornbread
4. Baked Potato
5. Milk

### PORK SAUSAGE

1. Pork Sausage
2. WGR Hot Dog Bun
3. Baked Sweet Potato Wedges
4. Apple Slices
5. Milk

### SLOPPY JOES

1. Ground Beef
2. WGR Bun
3. Bell Pepper Sticks
4. Peaches
5. Milk

### TOFU & BROCCOLI

1. Tofu
2. Broccoli
3. Brown Rice
4. Canned Pineapple
5. Milk

SNACK

1. Chicken
2. Pita

1. Carrot Sticks
2. Hummus

1. WGR Crackers
2. Orange

1. WGR Pasta Salad
2. Canned Peaches

1. WGR Tortilla Chips
2. Guacamole

1. Grapefruit
2. Cottage Cheese

1. Fried Egg
2. Toast

1. Pretzels
2. Apple Slices

1. Granola
2. Yogurt

1. Peanut Butter\*
2. Banana

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

WGR= Whole Grain-Rich    Box= Part of a Combination Dish

## KIDS IN THE KITCHEN

### PUMPKIN PANCAKES

#### INGREDIENTS

- 2 cups whole wheat flour
- 2 Tablespoons brown sugar
- 1 Tablespoon baking powder
- 1¼ teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1¾ cup milk
- ½ cup pumpkin puree
- 1 egg
- 2 Tablespoons oil

#### DIRECTIONS

1. In a mixing bowl blend all ingredients together.
2. Heat griddle or frying pan to a medium-low heat.
3. Pour ¼ cup of biter on the hot surface and when bubbles begin to appear, flip to the other side. Cook until golden brown.

Served great with pumpkin syrup, sprinkled with cinnamon and sugar, or powdered sugar.



Source: [www.kids-cooking-activities.com/autumn-cooking-activities.html/](http://www.kids-cooking-activities.com/autumn-cooking-activities.html/)

# GENDER IDENTITY

As children grow and develop, it's no surprise that they experience various challenges along the way. Gender identity is a subject that many children and caregivers encounter during early childhood, especially in 2021. Did you know that "gender" and "gender identity" are not the same? It's true. Gender, or assigned gender is the "male" or "female" sex given at birth that is based on physical characteristics. Gender Identity, however, refers to an internal sense that someone has of who they are. This sense comes from an interaction of biological traits, developmental influences, and environmental conditions. Like the physical body of a child, gender identity develops over time.

## GENDER IDENTITY DEVELOPMENT IN CHILDREN

- **AGE 2** - A child becomes aware of the physical differences between boys and girls.
- **BEFORE 3<sup>RD</sup> BIRTHDAY** - Child can easily label themselves as either boy or girl.
- **BY AGE 4** - Child has a steady sense of their gender identity.

## EXPRESSING GENDER IDENTITY

A child experiencing the discovery of their gender may convey their gender identity through their clothing or hairstyles, preferred names outside of their given birth name, social behaviors that reflect degrees of aggression, dominance, dependency, and gentleness, and social relationships such as the gender of their friends.

## WHAT CARETAKERS CAN DO

The best thing that any caretaker can do for children in development is to provide an environment full of support, encouragement and acceptance. It's important that a child's environment reflects diversity in gender roles and different styles of play. A diverse environment with different styles of play might look like books or puzzles showing men and women in non-stereotypical and diverse gender roles, a wide range of tools for the child to choose from and having the freedom to make choices regarding their activities and friend groups. Observing a child in a diverse environment can inform any caretaker about their preferences. An ideal, diverse environment is also free of teasing or bullying.

The ability to predict who a child is based on early preferences can have harmful effects that lead to shame, or the suppressing of the child's self, talents, and genuine self. When a child's interests and abilities are against the societal norms, they may be subjected to discrimination and bullying. Parents can play an important role in advocating for safe spaces where their children can feel comfortable about who they are.

Remember gender identity and development is a normal process that all children go through. All children need support, love, and care from family, school, and society. These foster into happy and healthy life skills.



Sources: [www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx](http://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx), [www.naeyc.org/resources/pubs/yc/jul2016/gender-identity](http://www.naeyc.org/resources/pubs/yc/jul2016/gender-identity)

# FALL FUN

## CHILDREN'S FAVORITES: HOMEMADE CINNAMON APPLE CHIPS

### INGREDIENTS

4 McIntosh apples, cored and sliced  
2 teaspoons ground cinnamon  
1 teaspoon granulated sugar  
Cooking spray

### DIRECTIONS

1. Preheat oven to 200°F.
2. Start by coring the apples.
3. Slice the apples into circles about 1/8-inch to 1/4-inch thick. Thin slices will burn in the oven.
4. Add the sliced apples to a large bowl. Coat and toss the apples with the cinnamon and sugar.
5. Spray a baking sheet with cooking spray or line one with parchment paper; then line the apples flat on the pan. Make sure apple slices are not overlapping.
6. Bake 2-3 hours until the chips are dry but still a bit soft. Allow to cool before placing them in an air tight container for up to 4 days.

Makes 4 servings.



## CRAFT CORNER: AUTUMN HANDPRINT TREE

### WHAT YOU'LL NEED

White card or paper  
Paint (primary colors, white and black paints)  
Cotton swabs

### DIRECTIONS

1. Using a pencil, draw or trace a faint line around the hand and arm of the child on the card or paper or have the child attempt tracing their own arm/hand.
2. Fill in the outline of the arm/hand with brown paint.
3. Using a cotton swab, or even the children's fingers, begin adding dots with different colors of paint around the tree to display the autumn leaves.



Sources: [www.carriesexperimentalkitchen.com/cinnamon-apple-chips/](http://www.carriesexperimentalkitchen.com/cinnamon-apple-chips/), [www.artycraftykids.com/art/autumn-handprint-tree/](http://www.artycraftykids.com/art/autumn-handprint-tree/)

# THE RULER APPROACH

## TO EMOTIONAL INTELLIGENCE

As a member of the early education field, the term emotional intelligence is not unfamiliar. Emotional intelligence is critical in a child's development and setting them up for success in school, work and life. What is emotional intelligence? Emotional intelligence is a set of skills related to the monitoring of one's own emotions and the emotions of others. Emotional intelligence is the ability to use emotions to guide one's thinking and actions. Understanding, developing, and practicing emotional intelligence enables children to avoid being overtaken by negative emotions due to a lack of understanding and communication of their true feelings. Developed emotional intelligence in children leads to regulation in behavior, positive relationships and an increase in engagement during school.

Now that we know what emotional intelligence is, let's look at how we can welcome the development of emotional intelligence in the classroom.

### THE RULER APPROACH

This range of tools and instructional strategies, known as the RULER approach, is comprised of the following:

#### RECOGNIZE

Our bodies help us identify levels of emotions through posture, energy level, breathing and heart rate. Recognizing emotions in oneself and others begins by asking the question, "How am I feeling?"

#### UNDERSTAND

Understanding what you are feeling starts with identification. Ask yourself, "What happened that led me to feel this way?" Identify the people, thoughts, and events that lead to uncomfortable feelings. This not only helps manage emotions, but anticipates responses to people, thoughts, and events in the moment.

#### LABEL

Accurately labeling emotions encourages the identification of appropriate responses. It also cultivates a richer vocabulary for describing the many emotions we as humans experience and helps us communicate more effectively.

#### EXPRESS

As a child care provider, teacher, parent or guardian, ask yourself this question, "How can I express what I am feeling for this time and place in an appropriate way?" It is important to not only model this behavior, but to carefully explain to children what you are doing and why. Some emotional responses are more effective than others and it's important for children to understand the difference.

#### REGULATE

Regulating one's emotions is about having the proper strategies to manage emotions over both short and long periods of time. Ask yourself the question, "What can I do to maintain my (positive) feeling or shift my (negative) feeling?" Proper strategies for regulating emotions may look like deep breathing, engaging in self-talk, seeking social support, taking a step back – literally, and reframing negative situations.

The RULER approach is just one of many techniques we can utilize to learn how to engage emotional intelligence in everyday life. There are numerous strategies for each that you may or may not find success in. Begin by adopting the RULER approach into your daily life before fully adapting it into the classroom.

Source: [www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence](http://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence)



# IMPETIGO

School sores, or impetigo, is a highly contagious skin condition that is common during the first six years of life. The skin infection is caused by bacteria that enter the body through broken skin such as a cut, scratch, or sore. The bacteria grows in the sore, keeping it from healing normally. This can then cause significant itching and irritation on the skin. It is common that impetigo occurs on top of other skin conditions including eczema, insect bites, and even chickenpox.

## SIGNS & SYMPTOMS

If you suspect that a child has impetigo, it is important that their doctor is notified and that they are removed from child care as impetigo is highly contagious through physical touch. Signs of impetigo include flat red spots or small blisters on any part of the body. Common breakout areas include the mouth, nose, hands, and legs. It is not uncommon for the infected spots to fill up with yellow or even green-colored pus, burst or crust over.

Untreated sores could enlarge and spread becoming tender and itchy. Complications from impetigo can develop into staphylococcal scalded skin syndrome; serious blistering on the face, underarms, groin and body in general. Complications may include the child experiencing significant pain from the sores and in some cases, a fever.



## TREATMENT & PREVENTION

In mild cases of impetigo, over-the-counter antiseptic cream from the local pharmacy may be applied 2-3 times a day to soothe the condition. Other treatment might include soaking in a bath for 20-30 minutes to soften the scabs. Once softened, gently wipe away the crusts with a towel. Removing those crusts can prevent spreading. Most cases however, need a prescribed medication such as an antibiotic ointment, tablet, or liquid.



Children with impetigo should be removed from the child care program until treatment has been received. Preventing impetigo includes using separate towels for different areas of the body affected by impetigo (i.e., a towel for the face and a different towel for the arms). Impetigo can cause itching and uncomfortableness on the skin. Avoid the spreading of sores by keeping the child's fingernails short and encourage the child not to pick the sores. Lastly, always wash hands after touching any sores, and wash any and all cuts, scratches, and sores to avoid infection and bacteria growth.

Source: <https://raisingchildren.net.au/guides/a-z-health-reference/impetigo>, [www.mayoclinic.org/diseases-conditions/impetigo/symptoms-causes/syc-20352352](http://www.mayoclinic.org/diseases-conditions/impetigo/symptoms-causes/syc-20352352), [www.cdc.gov/groupastrep/diseases-public/impetigo.html](http://www.cdc.gov/groupastrep/diseases-public/impetigo.html)

## how to: avoid foodborne illness during temporary power outages

Power outages, aging infrastructure, and climate change are no stranger to residents living in Illinois and Michigan. As temperatures rise this summer, so will the consumption of electricity. This, and along with other uncontrollable outcomes such as storms, may cause some power grids to experience blackouts, an unexpected loss of power lasting minutes, hours or in some cases days.

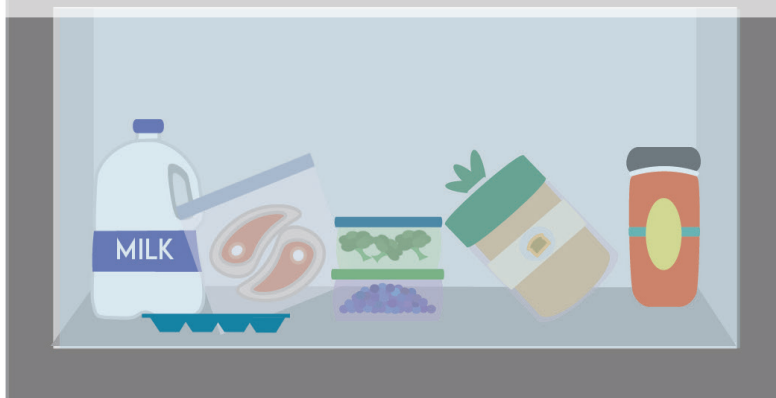
Electricity providers may ask customers to voluntarily conserve energy at home. They may even schedule a reduced flow of electricity – a brownout – to certain areas of the grid to prevent a complete blackout.

If your home or center experiences a temporary power outage, here are some key reminders to reduce the risk of foodborne illness of your food:

- **MONITOR TEMPERATURES:** Keep an appliance thermometer in both the refrigerator and freezer. Make sure the refrigerator temperature is at 40°F or below and the freezer is at 0°F or below.
- **4-HOUR WINDOW:** Your refrigerator will keep food safe for up to 4 hours during a power outage. After 4 hours without power, discard refrigerated perishable food. Meat, poultry, fish, eggs, and leftovers must be thrown out.
- **WHEN IN DOUBT, THROW IT OUT:** Never taste food to determine its safety. If you are unsure of the safety of the food after 4 hours, throw it out.
- **FOOD KEEPS LONGER IN A FREEZER:** If the doors stay closed, food will stay safe for up to 48 hours in a full freezer and 24 hours in a half-full freezer.
- **USE A COOLER:** Transfer food to a cooler and fill with ice or frozen gel packs. Make sure there is enough ice to keep food in the cooler at 40°F or below. Add more ice to the cooler as it begins to melt.
- **PLAN AHEAD:** Obtain dry ice or block ice if your power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days. (Caution: do not touch dry ice with bare hands or place it in direct contact with food).

For more questions about food safety, contact the USDA's Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to food safety expert at [ask.usda.gov](http://ask.usda.gov) from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Source: [www.usda.gov/media/blog/2021/08/18/avoid-foodborne-illness-during-temporary-power-outages](http://www.usda.gov/media/blog/2021/08/18/avoid-foodborne-illness-during-temporary-power-outages)



# September 2021 Potpourri Quiz





Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit [www.acdkids.org](http://www.acdkids.org), and click on the Training tab then "Potpourri Newsletter."

1. Turmeric provides \_\_\_\_\_ of one's daily manganese needs.
  - a. 5%
  - b. 26%
  - c. 5/8
  - d. 62%
2. Turmeric comes from the root of \_\_\_\_\_.
  - a. Carym carvi
  - b. Cinnamomum tree
  - c. Curcuma longa
  - d. Zingiber officinale
3. Turmeric is a natural preservative that contains chemicals to reduce pain and swelling.
  - a. True
  - b. False
4. What color does turmeric infuses?
  - a. Red-Orange
  - b. Orange-Yellow
  - c. Yellow-Tan
  - d. Brown
5. \_\_\_\_\_ is the sex given at birth based on physical characteristics.
  - a. Pronouns
  - b. Sex
  - c. Gender Identity
  - d. Assigned Gender
6. The internal sense that someone has of who they are is:
  - a. Gender
  - b. Identity
  - c. Gender Identity
  - d. Confidence
7. A diverse environment with different styles of play includes:
  - a. Books or puzzles with non-stereotypical gender roles
  - b. Wide range of tools
  - c. Freedom to make choices
  - d. All of the above
8. Predicting who a child is based on early preference is not harmful to the child.
  - a. True
  - b. False
9. The set of skills related to the monitoring of one or other's emotions is:
  - a. Emotional Intelligence
  - b. Emotional Maturity
  - c. Emotional Monitoring
  - d. None of the above
10. What is the RULER approach?
  - a. Research, Understand, Label, Express Recognize
  - b. Recognize, Underplay, Label, Entertain, Regulate
  - c. Recognize, Understand, Label, Express, Regulate
  - d. Regulate, Underplay, Label, Entertain, Recognize
11. Understanding one's emotions can help them anticipate responses to \_\_\_\_\_.
  - a. People
  - b. Thoughts
  - c. Events
  - d. All of the above
12. What is impetigo?
  - a. Vertigo
  - b. Skin infection
  - c. Allergy
  - d. None of the above
13. Staphylococcal scalded skin syndrome is a complication from impetigo.
  - a. True
  - b. False
14. Infected impetigo spots can fill with what colored pus?
  - a. Yellow or Green
  - b. Clear
  - c. Red
  - d. Orange-Yellow
15. Common breakout areas of impetigo include:
  - a. Mouth
  - b. Feet
  - c. Elbows
  - d. Neck

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This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Cherries Enjoy cherries today with a meal or snack. 	<b>2</b> Picnic Weather permitting, enjoy a meal or snack outside and have a picnic. 	<b>3</b> Chicken & Rice Soup Treat the children to a bowl of chicken and rice soup. You can find the recipe on page 4.
<b>6</b> Labor Day ACD offices are closed for the holiday. If caring for children, please submit a holiday note.	<b>7</b> Charades Enjoy a game of charades with the children.	<b>8</b> Literacy Day Practice literacy day with 15 minutes of reading. 	<b>9</b> Animal Pictionary Give the children each an animal to draw and have the other children try to guess what the animal is.	<b>10</b> Craft Day Choose a few fall themed crafts to do with the children.
<b>13</b> Grandparent's Day Have the children write letters and draw pictures for their grandparents. If possible, send them in the mail.	<b>14</b> Mango Turmeric Smoothie Test out the Mano Turmeric Smoothie recipe found on page 3.	<b>15</b> Make a Hat Day With craft supplies, make fun hats.	<b>16</b> Rocks Have the children gather and paint rocks, then gift the rock to a friend.	<b>17</b> Relay Race Set up a relay race for the children.
<b>20</b> Hike Weather permitting, take the children on a hike.	<b>21</b> Gratitude Practice gratitude and what it means to be grateful today.	<b>22</b> Celebrate Fall Celebrate the Autumn Equinox with the Autumn activities found on page 7.	<b>23</b> Comic Strip Color in or draw your very own comic strip.	<b>24</b> Native American Day Read a book about the true history of the Native Americans.
<b>27</b> Johnny Appleseed Snack on apples while reading a book about Johnny Appleseed. 	<b>28</b> Fallen Leaves Gather fallen leaves from outside and create a collage out of them.	<b>29</b> Tomato Soup Get in the kitchen and test out the tomato soup recipe found on page 4.	<b>30</b> Board Game Play a few board games.	