### PRODUCE PROFILE: POMEGRANATES

Pomegranates are not only delicious and fun to eat, but they are also a low calorie fruit that is packed with nutrition. Whether you are snacking on the seeds or drinking pomegranate juice, your body reaps the benefits of this nutrient-dense food.

#### NUTRITION

Pomegranates are low in fat, high in vitamin C and potassium, and are a great source of fiber. They are cholesterol and sodium free.

#### SELECTION AND STORAGE

Choose a pomegranate that is round, large, and dense. Look for thin, yet tough, unbroken skin and a dark red color.

A whole pomegranate is usually good for two weeks when stored in a dry, cool place. When refrigerated, they stay good for up to two months.

#### SEEDING A POMEGRANATE

1. Score around the center of the pomegranate, just enough to break through the skin.

2. Pull the pomegranate in half. Loosen each half by slightly pulling the skin away from the seeds.

3. Hold one half of the pomegranate with the cut part touching your hand. Hold over a bowl. Using a wooden spoon, hit the red skin of the pomegranate until most of the arils have fallen out into the bowl.

---

### Did You Know?

- **The name "pomegranate"** derives from the Middle French "pomme garnete" - literally meaning "seeded apple."

- **Ancient cultures used the pomegranate in a variety of ways.** For example, the pomegranate blossom was crushed to make a red dye and the peel was used for dyeing leather.

- The pomegranate is originally a native of Persia.

---

### Recipe

#### Spiced Pears and Pomegranate

- **3 cups** pear, peeled and sliced
- **1 cup** pomegranate seeds
- **1 tablespoon** fresh lemon juice
- **2 tablespoons** light brown sugar
- **1/4 teaspoon** ground nutmeg
- **1/2 teaspoon** ground cinnamon

Place the sliced pears and pomegranate seeds into a bowl. Toss with lemon juice to coat. Combine the brown sugar, nutmeg, and cinnamon in a small cup or bowl, then mix into the fruit. Cover and refrigerate for at least 1 hour before serving to blend the flavors.

Makes 16 servings for 3-5 year olds at lunch/dinner.

- **Vegetables/Fruits**

---

### Nutrition Notes

**SOURCE AND STORAGE**

Pomegranates are a great source of fiber. They are low in fat, high in vitamin C and potassium, and are a low calorie fruit. They are also high in antioxidants and contain many nutrients that are good for your heart.

**SPICE UP YOUR LIFE**

Adding a little spice to your food can help you get more nutrition. Pomegranates are high in antioxidants, which help protect your body from damage caused by free radicals. They are also a great source of fiber, which helps keep you feeling full and prevents constipation.

**DIETARY ADVICE**

Eating a whole pomegranate is usually good for two weeks when stored in a dry, cool place. When refrigerated, they stay good for up to two months.

**SEEDING A POMEGRANATE**

1. Score around the center of the pomegranate, just enough to break through the skin.

2. Pull the pomegranate in half. Loosen each half by slightly pulling the skin away from the seeds.

3. Hold one half of the pomegranate with the cut part touching your hand. Hold over a bowl. Using a wooden spoon, hit the red skin of the pomegranate until most of the arils have fallen out into the bowl.

---

### ON THE COVER

Logan is 9 months old and his favorite activity is eating! He loves pears and sweet potato puffs. His best friend is his big sister, Taylor, and together they find all kinds of trouble to get into.
Super-Human Immunity Boosters

Boost your immune system by eating! These recipes will strengthen your immune system to help prevent flu, colds, and other illnesses.

SLOW-COOKER SWEET POTATO AND BARLEY RISOTTO

The sweet potato in this recipe adds vitamin A to help strengthen your skin, which is your first line of defense against bacteria and germs. The barley is high in a special soluble fiber called beta-glucan. This type of fiber has antimicrobial and antioxidant capabilities.

1 teaspoon olive oil
1 1/2 cups onion, chopped
3 garlic cloves, finely chopped
3 1/2 cups sweet potato, peeled, finely chopped
1 1/4 cups uncooked pearl barley
1 teaspoon dried thyme leaves
1/4 teaspoon salt
3 cups low-sodium broth, divided
1 cup frozen shelled edamame, thawed
2 tablespoons shredded Parmesan cheese

In a nonstick skillet, heat oil over medium heat. Add onion; cook, stirring occasionally, until translucent. Add garlic and stir frequently until softened. Spray a 3-4-quart crockpot with cooking spray and mix in sweet potatoes, barley, thyme, salt, and 3 cups broth. Add onion-garlic mixture. Cover; cook on low heat 4-5 hours. In a 2-cup microwavable measuring cup, microwave remaining 1 cup broth for 2-3 minutes or until boiling. Stir thawed edamame and boiling broth into barley mixture in crockpot. Increase heat to high; cover and cook 25-30 minutes or until edamame are tender. Sprinkle with cheese. Makes 20 servings for 3-5 year olds at lunch/dinner.

ROASTED TILAPIA WITH ORANGE-PARSLEY SALSA

Lean protein, such as tilapia, helps maintain healthy body cells and muscles. Protein also helps make antibodies to fight infection and inflammation. Oranges contain vitamin C which may help decrease the duration of the common cold through its antioxidant properties.

4 oranges (2 cups)
2 teaspoon orange zest
1/4 cup green onion
1/4 cup red bell pepper, chopped
1/4 cup fresh parsley, chopped, divided
2 tablespoons olive oil, divided
1/2 teaspoon salt, divided
24 ounces tilapia fillets
1/2 teaspoon black pepper, divided
3 cups hot cooked instant brown rice

To make the salsa, grate 2 teaspoons orange zest. Peel and section oranges over a bowl, and reserve 2 tablespoons juice. Chop sections. Combine zest, orange, green onion, bell pepper, 2 tablespoons parsley, 5 teaspoons oil, and 1/4 teaspoon salt in a bowl; toss well and set aside. Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Place fish in an ovenproof skillet coated with remaining 1 teaspoon oil. Bake at 400° F for 14 minutes or until fish flakes easily when tested with a fork. To make rice, combine 2 tablespoons reserved juice, remaining 2 tablespoons parsley, 1/4 teaspoon salt, 1/4 teaspoon pepper, and rice. Serve with rice and topped with salsa. Makes 11 servings for 3-5 year olds at lunch/dinner.

BERRY YOGURT PARFAIT

These parfaits are made of yogurt, which contains probiotics, or healthy bacteria, to help the gut stay healthy. Berries, such as blueberries, are a good source of antioxidants to help fight infection and strengthen the immune system.

1 cup low-fat plain yogurt
1 teaspoon sugar
1 teaspoon lemon juice
2 cups fresh or frozen berries (e.g. blueberries, blackberries, raspberries)
1/2 cup granola or whole grain dry cereal

Stir together yogurt, sugar, and lemon juice in a small bowl. Layer the yogurt, blueberries, and cereal into 4 parfait glasses. Makes 4 servings for 3-5 year olds at snack.

Super-Human Immunity Boosters

Potpourri • December 2014
## CACFP Requirements and a Week’s Worth of Ideas

<table>
<thead>
<tr>
<th>REQUIREMENTS</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH/DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For each snack, choose one food from two of the following food groups:</td>
<td>1. Egg</td>
<td>1. Ham Chunks</td>
<td>1. Turkey</td>
<td>1. Tuna</td>
<td>1. Apples</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TIPS, TRICKS, &amp; TOOLS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Children's Favorites: Cottage Cheese Snowman

3/8 cup low-fat cottage cheese  
4-5 raisins*  
1 baby carrot  
2 celery sticks

Scoop three circles of cottage cheese onto a plate. Cut the baby carrot in half and add as a nose. Place raisins for eyes and buttons, and finish by using the celery for arms. **Makes 1 serving for 3-5 year olds at lunch/dinner.**

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

Source and photo: www.creativekidsnacks.com

### Money Saving Tip

Buy dried beans over canned. A 1-pound bag of dried beans yields the same amount as three 15-ounce cans and costs less.

### Kitchen Tip

When a recipe calls for room temperature eggs and you don’t have time, place them in a bowl of warm tap water for 10-15 minutes. Eggs beat to a higher volume and incorporate into the batter better at room temperature.
Mind Your Manners: Ways to Improve Manners in Children

Good manners are a necessity for people to live and work together in this world. Teaching children to have good manners can be a challenge, but it is worth the effort as these habits last a lifetime.

Understanding the basics of good manners and how to impart them to children is vital to training a well-mannered child.

1. "DO NOT INTERRUPT"
When teaching children to wait their turn to speak, be sure to give the child your full, undivided attention when it is their turn. Children learn by observing, so show them how to respect you by respecting them.

2. PLEASE AND THANK YOU
It is never too soon to begin teaching "please" and "thank you." Although they may not understand the reason behind "please" and "thank you," even two year olds can learn these phrases. By using them yourself, you teach them that "please" is how you get what you want and "thank you" is how you respond once you receive something. Later, the child will learn that the purpose behind these words are to make others feel good about helping them.

When first training a child to say "please" and "thank you," explain the consequences if they choose to not use these words. For example, if they do not say, "please," someone may not help them.

Once children are trained to say "please" and "thank you," avoid embarrassing them by constantly reminding them with phrases such as, "What do you say?"

Encourage children to choose to use these words themselves. Reward their good manners by happily assisting them and praising them for being polite. Rigidly requiring that the child say the "magic word" may cause them to tire of these polite words before they even understand their meaning or purpose.

3. RESPECT
The driving force behind good manners is respect. People need to feel as though they are respected. Teaching a child to respect others comes down to sensitivity. Teaching children to be aware of other's feelings will help them become a well-mannered adult.

TIPS FOR TRAINING

- If they are doing it for attention, ignore it! Children will often use bad manners to get attention. Simply refuse to acknowledge it. Walk away and focus on something other than the child. Later, take the time to reinforce to the child that their behavior was unacceptable.

- Do not allow others to encourage bad behavior. Children often thrive off laughter from others. Do not allow anyone to encourage bad manners with laughter.

- Be consistent. Be sure that your "house rules" are known to the child and that you remain consistent with them. If you expect the child to always say, "please," be sure to remain consistent with saying "please" yourself.

- Practice Manners. Practice makes perfect. Make manners fun by using action figures or dolls to practice. You can use this to teach children how to introduce and be introduced to others, to say "please" and "thank you," and more!

Sources: www.positiveparentingsolutions.com, www.askdrsears.org
**Healthy Recipe: Hoppin' John**

- In a large pot over medium heat, heat oil. Add celery, bell pepper, onion, garlic, and thyme. Cook, stirring occasionally, until vegetables are softened, 5-7 minutes. Add broth to pot. Bring to a boil. Add rice. Reduce heat to simmer. Cover and cook 10 minutes. Stir in ham, black-eyed peas, cayenne pepper, and black pepper. Simmer, uncovered, 5 minutes. Remove from heat. Cover and let stand 5 minutes before serving. **Makes 11 servings for 3-5 year olds at lunch/dinner.**

1 tablespoon olive oil  
1 cup celery, diced  
1 cup red bell pepper, diced  
1 cup onion, diced  
2 cloves garlic, minced  
1 teaspoon dried thyme  
3/4 - 1 3/4 cups low-sodium chicken broth*  
1 cup instant brown rice  
12 ounces diced ham  
1 15-ounce can black-eyed peas, rinsed and drained  
1/4 teaspoon cayenne pepper, or to taste  
Pinch ground black pepper

* The amount of broth needed will vary depending on the type of instant rice you use. Check your package to find out how much you need.

Source and photo: cookingmatters.org

---

**Healthy Habits: Safety Tips for a Happy Season**

**Tree**
When purchasing an artificial tree, look for the label, "fire resistant." When purchasing a live tree, check for freshness. A freshly cut tree is more resistant to ignition. Keep your Christmas tree watered and away from open candles.

**Lights**
Check all tree lights. Make sure all the bulbs work and that there are no frayed wires, broken sockets, or loose connections. Never use electric lights on a metallic tree. Always turn off holiday lights when you leave the house unattended or when going to bed.

**Decorations**
Use only non-combustible of flame-resistant materials to trim a tree or decorate at home. When decorating a fireplace, remember to remove all greens, boughs, papers, and other decorations from the fireplace area before lighting a fire. Remember to open the flue.
Craft Corner

Santa and Reindeer Puppets

- Brown paper lunch bag
- Googly eyes
- Glue
- Brown paper or card stock
- Red construction paper or pom poms
- Cotton balls
- Brown or black paint

Reindeer
1. Trace the children’s hands onto brown paper and cut them out. Have them glue their hand cut outs as “antlers” to the back of the paper bag.
2. Glue on the googly eyes and pom pom nose or use paint to make the reindeer face.

Santa
1. Cut out a red Santa hat and have the children glue it to the back of the paper bag.
2. Use cotton balls to decorate the hat and create Santa’s beard.
3. Glue on the googly eyes and pom pom nose or use paint to make santa’s face.

Recommended BOOKS

THEME OF THE MONTH:
Christmas

THE POLAR EXPRESS
By Chris Van Allsburg

For twenty years, The Polar Express has been a worldwide best-seller and Christmas classic. A perfect keepsake for any family, this beautiful edition can be handed down to each new generation of readers.

BEAR STAYS UP FOR CHRISTMAS
By Karma Wilson

Bear’s friends are determined to keep Bear awake for Christmas! So they wake Bear up and have him help them find a Christmas tree, bake cakes, hang up stockings, and sing Christmas songs. Bear stays up -- by discovering that giving is one of the best Christmas presents!

THE PAJAMA ELVES
By Hayden Edwards

“The Pajama Elves” is a delightful, creatively presented holiday tale that shares a family tradition of giving children magic pajamas secretly tailored by Santa’s sewing elves, so they can sleep snug in their beds on Christmas Eve.

THE POKEY LITTLE PUPPY’S FIRST CHRISTMAS
By Justine Korman

It’s the poky little puppy’s first Christmas, and he’s not sure what to expect. When he meets an animal friend who’s lost his home, Poky’s quick to help—and learns all about the spirit of Christmas.

---

Association for Child Development

like us on facebook

ACD invites you to stay connected by liking our Facebook Page.

Each week our followers receive updates on payment release dates, exclusive tips from ACD’s Registered Dietitian, recipes, free training opportunities, pictures, and more!

This is a great way for Child Care Professionals to connect with one another and discuss important topics, share stories, and ask questions.

Have a question regarding licensing? We have a knowledgeable and friendly licensing and compliance department who is ready to answer your questions!

Have a question about nutrition or allowable foods? ACD’s Registered Dietitians would love to provide you with the resources you need!

Want to share an idea, photos of your children, an activity, or a craft with your fellow Child Care Professionals? Post your ideas or photos on our Facebook page!
Online Training Through ACD

Do you need extra training hours? Here is a great way to get them without ever leaving your home!

Earning online training credits from home
Child Care Providers sponsored by the Association for Child Development may now earn training credits working from a computer at home.

To enroll in this online training opportunity, simply log in to the self study website and set up an account using your agency identification code: ACD.

Upon successful completion of each course, you will receive: one training credit for a one-hour class and two training credits for a two-hour class.

Self study topics include the following:
- Ages and Stages
- Anger Management
- Autism
- Avoiding Stress and Burnout
- Bipolar Disease
- Biting
- Communicating with Young Children
- Developing Responsibility and Independence
- Development in Children
- Do’s and Don’t’s of Discipline
- Early Brain Development
- Food and Infant Health
- Food and Allergies
- Helping a Child Grieve

Steps to beginning a self study program
1. Type www.ccdsmetro.org into your web browser.
2. In the orange banner at the top of the page, select "Self Studies."
3. Select "Create An Account/Log In."
4. On the next page, select "Create an account" once more.
5. Using your e-mail address, a password of your choice, and your agency identification code: "ACD," create an account.
6. You may browse a list of topics. If you click on any, you will be directed to buy credits to use toward purchasing classes. Each topic is $10.
7. You may purchase as many credits as you like, after which you can select any topic.

Keep in mind that once you have purchased credits, clicking on a class topic will open it, and a $10 credit will be applied to that topic.

8. After selecting a class, you will be required to read and study the material and then take a test.
9. After completing the test, click submit, and your test will be graded instantly.
10. If you pass with a score of 85% or higher, you will be able to print out your certificate immediately.

Frequently asked questions regarding online training credits

**How much does it cost?** $10 per class

**How many credits will I earn?** One training credit for a one-hour class and two training credits for a two-hour class

**What is my agency identification "number"?** ACD

December 2014 • Potpourri

Association for Child Development
Sickle Cell Anemia

More than 70,000 Americans have sickle cell anemia. About 2 million Americans have sickle cell trait, which means they carry a single gene for the disease and can pass this gene along to their children, but do not have the disease itself.

WHAT IS SICKLE CELL ANEMIA?
Sickle cell anemia is a blood disorder that affects hemoglobin (pronounced: hee-muh-glow-bin), the protein found in red blood cells (RBCs) that helps carry oxygen throughout the body.

Sickle cell anemia occurs when a person inherits two abnormal genes (one from each parent) that cause their RBCs to change shape. Instead of being flexible and disc-shaped, these cells are more stiff and curved in the shape of the old farm tool known as a sickle — where the disease gets its name. The shape is similar to a crescent moon.

Red blood cells with normal hemoglobin (hemoglobin A, or HbA) move easily through the bloodstream, delivering oxygen to all of the cells of the body. Normal RBCs are shaped like discs or doughnuts with the centers partially "scooped out" and are soft and flexible. They can easily "squeeze" through even very small blood vessels.

SIGNS AND SYMPTOMS
People with sickle cell anemia may have bouts of severe pain in the chest, stomach, arms, legs, or other parts of the body. This is caused by sickle cells blocking blood flow through the small blood vessels in those areas. Feeling tired and having trouble fighting infections are also common among teens with sickle cell anemia, and they may grow more slowly and reach puberty later than other teens.

Periods of pain are commonly referred to as pain crises, which vary in their severity, how often they happen, and how long they last. Whereas one person may have only one sickle cell pain crisis a year, another may experience them more often. Crises can be brief or last hours, days, or even weeks. Sometimes pain can be severe enough to require treatment in the hospital. Symptoms can develop in any body organ or tissue and include aching arms, legs, hips, and shoulders.

When people with sickle cell disease get acute chest syndrome, they may have severe chest and abdominal pain, fever, cough, and trouble breathing.

WHAT CAN DOCTORS DO?
To diagnose sickle cell anemia, doctors use a special blood test called a hemoglobin electrophoresis (pronounced: eh-lek-tro-fuh-ree-sis) to look for sickle hemoglobin in a person’s blood.

It is possible for some people to be ill enough to die from the disease (although most young people with sickle cell anemia don’t die). Doctors can provide treatments that help prevent complications from the disease, though. Folic acid, a vitamin that helps the body produce new red blood cells, is often prescribed for teens with sickle cell anemia. Pain medications help relieve the symptoms of crises. Kids and teens who have sickle cell disease should take penicillin or other antibiotics to help prevent infections. Drinking lots of fluids and avoiding extreme cold or heat can help prevent crises.

Some crises can be managed at home with pain medicines, rest, and extra fluids. But if a crisis is especially intense, a teen may need to go to the hospital for intravenous (IV) fluids and stronger pain medications.

Many teens with sickle cell anemia occasionally need to get transfusions of healthy red blood cells to help carry oxygen to the tissues of their bodies more effectively and treat complications. A few may need transfusions regularly.

Scientists are constantly researching ways to help people with sickle cell anemia. Several new treatments, such as the drug hydroxyurea, have helped reduce painful crises and episodes of acute chest syndrome for adults and kids with sickle cell. Bone marrow transplant, a complex and risky procedure, is the only cure for sickle cell anemia. Scientists are also studying gene therapy as a treatment for sickle cell anemia. One day, it’s hoped that doctors may be able to stop the disease by changing or replacing the abnormal gene that causes it.
December is Safe Toys and Gifts Month: 9 Tips to Keep Kids Safe

By The Consumer Product Safety Commission (CPSC)

As the holiday season marches ahead, so does toy shopping for the special children in our lives. There are thousands of toys to choose from and selecting the right one can be a challenge, especially as new toys appear on the shelves every year. Toys are intended to be fun and enjoyable for children, but they can pose serious health risks if they are not properly made and designed.

In 2011, an estimated 262,300 toy-related injuries were treated in U.S. hospital emergency departments — 72 percent of which happened to children 15 years old or younger. Sometimes, choosing the right toy can be difficult, and a typical toy store can easily overwhelm even the shrewdest shopper. When evaluating what toys to buy this year, consider the following:

1. Children under three years old tend to put everything in their mouths, so avoid buying toys that have small parts and may pose a choking danger. Look for quality in design and construction, and follow age and safety recommendations on labels.

2. Consider purchasing a small parts tester to determine whether small toys for children under the age of three might present a choking hazard.

3. Toys with strings, straps, or cords longer than seven inches may pose a risk of strangulation.

4. Toys that are constructed with thin, brittle plastic might easily break into small pieces or leave jagged edges.

5. Avoid cap guns because the caps can be ignited by the slightest friction and cause serious burns.

6. Avoid toys with sharp points or edges, toys that produce loud sounds, or projectiles (such as dart and firing rockets).

7. If you buy a bicycle for a child, buy a helmet too and make sure the child wears it.

8. Make recommendations to family members and friends about gifts that you feel are appropriate for your child.

9. Inspect all toys as much as possible before taking them out of the box. Once opened, go through each part of the toy to make sure there are no small parts that could be choking hazards.

The Consumer Product Safety Commission (CPSC) oversees the safety of toys and many other consumer products, and requires toy manufacturers to meet stringent safety standards. For more information about purchasing safe toys and gifts, call the U.S. Consumer Product Safety Commission Hot Line at (800) 638-2772.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yoga Day</td>
<td>Bingo Day</td>
<td>Nursery Rhyme Day</td>
<td>Winter Treasure Hunt</td>
</tr>
<tr>
<td>Practice a yoga routine with the children.</td>
<td>Play a winter-themed bingo game with the children.</td>
<td>Recite nursery rhymes with the children.</td>
<td>Hide toys in the snow, and help children find them.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Foreign Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach the children a few words in a different language.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Bingo Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Nursery Rhyme Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Winter Treasure Hunt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Humor Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ask the children to tell their favorite joke.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Movie Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watch a movie with the children.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Hibernation Day</td>
<td></td>
<td>National Cocoa Day</td>
<td></td>
</tr>
<tr>
<td>Discuss how different animals prepare for hibernation.</td>
<td></td>
<td>Help the children make their favorite cup of cocoa.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>National Cocoa Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Draw</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help the children draw their favorite winter activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Snowflake Day</td>
<td>Hanukkah Begins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help children draw and cut out snowflakes.</td>
<td>Beginnings of Hanukkah</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Hanukkah</td>
<td>Wright Brothers Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Wright Brothers Day</td>
<td></td>
<td>Help children make and fly paper airplanes.</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Stocking Day</td>
<td></td>
<td>HELP CHIL  DREN</td>
<td></td>
</tr>
<tr>
<td>Help children decorate holiday stockings.</td>
<td></td>
<td>make and fly paper airplanes.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Thermometer Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help children make paper thermometers.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Joke of the Day</td>
<td>Holiday Trivia</td>
<td>Christmas Day</td>
<td></td>
</tr>
<tr>
<td>Q: Why did the student eat his homework? A: The teacher said it was a piece of cake.</td>
<td>Q: What did Frosty The Snowman have for a nose? A: Frosty the snowman was a jolly happy soul With a corncob pipe and a button nose...</td>
<td>If claiming meals today, you must submit notes of explanation written and signed by parents/guardians.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Holiday Trivia</td>
<td>Christmas Eve (Hanukkah ends)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Christmas Eve (Hanukkah ends)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Christmas Eve</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Kwanzaa Begins</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Holiday Reminder

Please note that ACD’s offices will be closed for the Christmas Holiday on the following days:

- Wednesday, December 24
- Thursday, December 25

The office will reopen on Friday, December 26.

ACD’s offices will also be closed for New Years on the following days:

- Wednesday, December 31
- Thursday, January 1

The office will reopen on Friday, January 2.

If you claim meals/snacks served on Christmas Day—Thursday, December 25 or New Years Day—Thursday, January 1—you MUST submit a holiday note of explanation signed by the parents/guardians of attending children with your corresponding month’s claim.

Direct Deposit

Interested in receiving your reimbursements sooner? Sign up for Direct Deposit today! Call the office or visit acdkids.org for a Direct Deposit Authorization Form. Simply fill out the form and attach a voided check.

Questions or concerns?

Give us a call! (800) 284-5273. We would love to help!

Have an idea for Potpourri?

One of the greatest things about ACD Providers is their willingness to share incredible ideas with their fellow childcare professionals. To better serve you through Potpourri, we would love to hear what topics affect you most as a day care provider. Send your topic ideas or suggestions to acdpublications@acdkids.org or call (800) 234-3287 (ext. 102).

Monthly Reimbursement Reminders

- The last day to accept October 2014 claims for reimbursement is December 26, 2014.
- The last day to accept November 2014 claims for reimbursement is January 27, 2014.

Welcome, New Providers

- Faith Arnold
- Darlene Gaddy
- Christa Hill
- Vicki Hutsler
- Bernice Mahan
- Passion Moss
- Tashana Walsh
- Enola Williams
- Katie Braxton
- Dinah Jones
- Pat Kennedy
- Flozetta Taylor
- Alice Zollicoffer-Dixon
- Martha Bello
- Maria Beltran
- Latonya Carter
- Erica Green
- Tina Joiner
- Jerilyn LaFlora
- Mildred McFarland
- Rosa Morales
**Holiday Reminder**

Please note that ACD’s offices will be closed for the Christmas Holiday on the following days:

- Wednesday, December 24
- Thursday, December 25

The office will reopen on Friday, December 26.

ACD’s offices will also be closed for New Years on the following days:

- Wednesday, December 31
- Thursday, January 1

The office will reopen on Friday, January 2.

If you claim meals/snacks served on Christmas Day—Thursday, December 25 or New Years Day—Thursday, January 1—you MUST submit a holiday note of explanation signed by the parents/guardians of attending children with your corresponding month’s claim.

---

**Direct Deposit**

Interested in receiving your reimbursements sooner? Sign up for Direct Deposit today! Call the office or visit acdkids.org for a Direct Deposit Authorization Form. Simply fill out the form and attach a voided check.

**Questions or concerns?**

Give us a call! (800) 284-5273.

We would love to help!

**Have an idea for Potpourri?**

One of the greatest things about ACD Providers is their willingness to share incredible ideas with their fellow childcare professionals. To better serve you through Potpourri, we would love to hear what topics affect you most as a day care provider. Send your topic ideas or suggestions to acdpublications@acdkids.org or call (800) 234-3287 (ext. 102).

---

**Monthly Reimbursement Reminders**

- The last day to accept October 2014 claims for reimbursement is December 26, 2014.
- The last day to accept November 2014 claims for reimbursement is January 27, 2014.

---

**Welcome, New Providers**

- Gabriell Patterson
- Ashli Sprague
- Melissa Hessey
- Cheryl Tennihill
- Curtis Lee
- Kimberly Albashir
- Alisa Smith
- Robin Wilson
- Katrina Berger
- Tammy Rule
- Kelly Treganowan
- Yvette Dopp
- Anne Mell
- Lisa Tobel
- Larrita Usher
- Tammy Nelson
- Jennifer Williams
- Beth Robinson
- Alysee Crum
- Criselle Mann
- Debra Burnet
December 2014 Nutrition Quiz

1. Pomegranates are a low calorie fruit.
   a. TRUE
   b. FALSE

2. Pomegranates are a great source of which of the following?
   a. Phosphate
   b. Vitamin C
   c. Protein

3. Which of the following is a good tip to select a pomegranate?
   a. Look for thin, unbroken skin
   b. Look for a dark red color
   c. Both A and B

4. The pomegranate is an original native to the United States.
   a. TRUE
   b. FALSE

5. How long is a pomegranate usually good for when stored in a dry, cool place?
   a. Two weeks
   b. Two months
   c. Two days

6. Good manners are a necessity for people to live and work together.
   a. TRUE
   b. FALSE

7. What is a good way to teach children to be respectful?
   a. They will learn on their own
   b. Tell them to respect you
   c. Respect them

8. Even toddlers can begin learning to say “please” and “thank you”.
   a. TRUE
   b. FALSE

9. When purchasing an artificial tree it is important to look for which of the following?
   a. Scent
   b. Fire resistant
   c. A deep green color

10. What is sickle cell anemia?
    a. A blood disorder
    b. A disorder that causes red blood cells change shape
    c. Both A and B

11. More than 70,000 Americans have sickle cell anemia.
    a. TRUE
    b. FALSE

12. How do doctors diagnose sickle cell anemia?
    a. By taking the patient’s blood pressure
    b. It is not diagnosable
    c. By using a special blood test

13. What is a good tip to keep kids safe this Christmas when shopping for gifts?
    a. Avoid buying toys that have small parts
    b. Inspect toys as much as possible before taking them out of the box
    c. Both A and B

14. Toys that are constructed with thin, brittle plastic might easily break into small pieces or leave jagged edges.
    a. TRUE
    b. FALSE

15. Who oversees the safety of toys and requires toy manufacturers to meet stringent safety standards?
    a. Centers for Disease Control and Prevention
    b. Consumer Product Safety Commission (CPSC)
    c. The store that sells the product

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. (Rev. 6/2013)