



The Good News

October Volume 8/ Issue 1

JC Family Home Association

Director: Janet Dozier 785-307-4370, Office Manager: Barbara Gabriel 785-762-2623, and Consultant: Chris Moravec 785-579-5945. Email: jcfha5@gmail.com

This newsletter will be posted on our website www.JCfamilyhomeassociation.com

Please add our phone numbers to your contacts so you know who is calling you.

October is . . .

- Child Health Day - Monday, October 3, 2022 (1st Monday in October)*
- Walk to School Day - Wednesday, October 5, 2022 (1st Wednesday in October)*
- Global Handwashing Day - Saturday, October 15, 2022
- Chocolate Day - Friday, October 28, 2022
- Oatmeal Day - Saturday, October 29, 2022
- Halloween - Monday, October 31, 2022
- National Food Weeks
- National School Lunch Week - Monday, October 10, 2022 to Friday, October 14, 2022 (2nd full week in October)*
- Bone and Joint Health National Action Week - Wednesday, October 12, 2022 to Thursday, October 20, 2022
- National Food Months
- Apple Month
- Cranberry Month
- Eat Better, Eat Together Month
- Farm to School Month
- Pasta Month
- Popcorn Poppin' Month
- Pork Month
- Pumpkin Month
- Vegetarian Awareness Month

[October Food Calendar](#)

Reimbursement table to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
September	October 18, 2022	October 28, 2022
October	November 14, 2022	November 22, 2022

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.

JC Family Home Association is an equal opportunity provider, employer, and lender.

It's October! What! Just saying the year is coming to an end already. Ok, in this packet you were holding you will have a letter from me - read and file, Appeal process information - read and file, Civil rights information - read the info pages and SIGN and DATE the 1/2 sheet and return to us. Electronic Submission Form - fill out, sign, date and return. What labels to keep - a reminder for most of you.

CN label products information packet - file (you need to be able to find this if the state office does a home visit with you). October Newsletter, (this paper) read and text “I need a nap” to 785-307-4370.

A recommended recipe from one of the providers in Clay Center

Healthy Banana Oatmeal Pancakes <https://www.ambitiouskitchen.com/banana-oatmeal-pancakes/>

These gluten free banana pancakes are easy to make, SO delicious and happen to be an awesome post-workout breakfast because they’re packed with healthy complex carbs and 12g protein per serving.

Here’s what you’ll need to make them:

Bananas: super ripe bananas give the pancakes their natural sweetness. Make sure they have lots of brown spots!

Eggs: you’ll need 2 eggs in this pancake recipe.

Milk: add moisture with any milk you’d like. I typically use unsweetened almond milk.

Oats: instead of using regular flour, these healthy banana pancakes are made with rolled oats! Feel free to use gluten free rolled oats.

Pancake staples: you’ll also need baking powder to allow the pancakes to get nice and fluffy, plus some cinnamon, vanilla extract & salt for flavor. Learn how to make your own vanilla here!

Blend the ingredients. Yes, you’ll literally add all of the ingredients to a blender, and blend on high until smooth!

Let the batter sit. You’ll then want to let the batter sit in your blender for about 2 minutes while you heat up your pan.

Cook & flip. Add olive oil or coconut oil to a griddle or large nonstick pan and place over medium heat. Add pancake batter 1/3 cup at a time and cook for about 2-3 minutes or until golden brown and tiny bubbles appear around the edges. Flip and cook 2 minutes more.

Serve & devour. Serve pancakes with fresh fruit and a drizzle of pure maple syrup if you’d like!

Mountain Plains Crunch Off - October 2022

What: The Midwest states will be crunching into local food of choice during Farm to School month to see which state will get the most “crunches” and be crowned the Crunch Champion!”

When: Any date in October

How: Begin getting your Crunch group together and then register at:

https://ksde.sjc1.qualtrics.com/jfe/forms/SV_d9VPRUhrVr5ppc providers can register your day care home. The sponsor name is JC Family Home Association and the Sponsor number is P0164. You can if you want to post pictures or videos of your crunch group crunching and when you post to your social media please use #FuelingKSKids

What can we or should we crunch? Well, you know there are a variety of foods that fit this category like: Apples, Celery, Carrots, Nuts, Cucumbers, Peppers, Pears, Cereal, etc.

Then there is Chicken, BBQ ribs, and corn on the cob - which wasn’t designed to be crunchy; however, there was a disastrous backyard BBQ moment that proved differently. #betyourgladitwasn’tyou!

#FuelingKSKids is used by the Kansas State Department of Education, Child Nutrition and Wellness.