**The Good News**

**February Volume 3 / Issue 5**

**February is . . .**

Berry Fresh Month

Canned Food Month

Cherry Month

Potato Lover’s Month

**FEBRUARY Days of Interest**

Groundhog..........2nd, Homemade Soup Day.......... 4th, Oatmeal Monday ...............12th, Happy Valentine’s Day .......14th, Chili Day .............................22nd, Strawberry Day ..................27th, **Tentative Reimbursement Date February 27th**

**Important Reminders**

**Training 2018**

**Topeka** 2/24/2018 Walt McFarland's Restaurant, 4133 Gage Center Dr, 9:00 am to 12:00 pm

**Holton** 2/27/2018 5th Street Sandwich Shoppe, 126 W. 5th Street, 5:30 pm to 8:30 pm

**Abilene** 3/1/2018 Pizza Hut, 705 N Buckeye Ave 5:30 pm to 8:30 pm

**Junction City** 3/13/2018 Thomas' Taste of Chicago 105W 7th Street 5:30 pm-8:30 pm

**TBA – not confirmed with a meeting place yet.**

Clay Center 3/27/2018 5:30 pm to 8:30pm

Salina 4/5/2018 5:30 pm to 8:30 pm

Wamego 4/17/2018 5:30 pm to 8:30pm

Manhattan 4/24/2018 5:30 pm to 8:30pm

Concordia 5/8/2018 5:30 pm to 8:30 pm

Manhattan 5/19/2018 9:00 am to 12:00 pm

**Sign up information, when I have it can be found here** <http://www.jcfamilyhomeassociation.com/training> or e-mail, or call to register for the class. When you sign up it helps us to know how many booklets to bring and we have the certificates preprinted so we can hand out at the end of the training. Thank you and see you there.

**Cover Sheet**

* Please be sure to write the children's first and last name and age
* Normal days and times of care
* Serving Times
* Type of milk served to which children A&B- Whole milk C-G- 1%
* No school days. If a school age child eats lunch at your daycare we need to know why, we can't reimburse you for the meal if the school is claiming them.

**Please check January 16th, it was super cold and most schools were closed that day as well as some jobs, be sure you didn't just put everyone down because they are usually there.**

**Infant Forms**

The former CACFP Infant Documentation Form on NCR paper is now the Infant Offer Form, a document which now is not NCR and can be reproduced as you need it. The new form can be found at http://www.jcfamilyhomeassociation.com/forms. The new form needs to be kept with your monthly claim easily available when requested by the home visitor to review it. Thank you.

**What's New**

**Jump Start the New Year with Fruits & Veggies**

Make 2018 the healthiest year yet with one simple goal - eat more fruits and vegetables!

Fruits and veggies are full of vitamins, minerals and other nutrients like fiber, potassium and folate that benefit the body. People should eat as many colors of fruits and vegetables as possible to get the widest range of nutrients.

Studies show that most people are not getting enough produce in their diets, but reaching the recommended servings is easier than most think. Increasing intake by just one more fruit and one more vegetable each day can help close the consumption gap.

**5 easy Ways to Increase Fruit & Veggie Intake**

**Start Early**. Start the day off by incorporating some fruits and veggies into breakfast. Top pancakes with sliced bananas, mix some chopped apples into oatmeal, add spinach to omelets or top yogurt with berries. The possibilities are endless! 

**Plan Ahead**. Keep a stash of pre-washed and pre-cut fruits and veggies on hand for easy snacks. Carrot sticks, apple slices and pre-washed grapes are all easy ways to get a quick bite.

**Keep It In Plain Site**. Don’t hide these nutrition-packed foods in the fridge drawer or keep them buried in the pantry. Keep a bowl on the counter and pre-cut fruits and veggies front and center in the fridge. Make these choices just as easy as grabbing a bag of chips. 

**Mix It In**. Fruits and vegetables can easily be incorporated into favorite meals! Add sliced vegetables to a sandwich, serve up tacos with beans and corn, use veggie noodles instead of traditional pasta, or add a variety of chopped veggies into soups and stews. 

**All Forms Matter**. Whether they are fresh , frozen, dried, canned or 100% juice, all forms of fruits and veggies count. Buying a variety minimizes waste, maximizes nutrition and helps the family budget, too!

Source: www.fruitsandveggiesmorematters.org, Insider's Viewpoint: Expert Supermarket Advice: Jenni Dreyer, RDN, CD, Nutrition Communications Specialist, Skogen's Festival Foods



**Cook’s Corner**

**Oatmeal Pancakes**

Serves 6 (2 pancakes/serving)

**Ingredients**

1 1/4 cup low-fat milk

1 cup regular oatmeal

1 tablespoon vegetable oil

2 eggs 1/2 cup all-purpose flour

1 tablespoon brown sugar

1 teaspoon baking powder

1/4 teaspoon salt

**Directions**

1. In a medium bowl, combine milk and oatmeal. Let stand 5 minutes.

2. Add oil and eggs. Mix well.

3. Stir in flour, brown sugar, baking powder, and salt.

4. Stir batter before pouring each pancake.

5. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet.

6. Cook until the pancakes are full of bubbles and the under surface is lightly browned. Lift the spatula and flip over. Lightly brown the other side.

Meal Pattern Contribution: 1.5 grain/bread per serving

Adapted from: <https://food.unl.edu/oatmeal-pancakes>

**GET MOVING!**

**Indoor Obstacle Course**

Build an indoor obstacle course, which can keep children occupied for hours. As the obstacle course is designed, keep in mind the ages, abilities, and number of children involved as well as the space available. Consider involving the children in building the obstacle course stations. Focus on making the course simple at first and change the stations as children master them. Variations could include playing music as the children complete the course or timing the kids to see who can complete the course the fastest (safely). Here are a few ideas to get started.

1. Crawl under or over a row of chairs.

2. Crawl under a string stretched between two chair legs.

3. Jump into and out of a Hula-Hoop 5 times.

4. Walk along a straight line.

5. Throw a beanbag into a laundry basket.

6. Run while balancing a beanbag on your head.

7. Toss a ring onto a cone.

8. Ride a tricycle along a predetermined route.

9. Somersault from one point to another.

10. Ride a stick horse around a pre-set route.

11. Skip in place while reciting a jump rope rhyme.

Source: <https://www.familyeducation.com/fun/indooractivities/indoor-obstacle-course>

**UP and Coming**

First Aid & CPR Trainings

Safety Training Solutions (Shawnee, Geary & Riley Counties) visit http://safetytrainingsolutions.net for schedule.

CPR & First Aid by Tina (Northeast Kansas) call 785-221-3609 for schedule.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

Contact Us

P.O. Box 1203 Junction City, KS 66441

785-762-2424 / Fax: 785-762-2623

Janet@jcfha.kscoxmail.com

jcfamilyhomeassociation.com

Director: Janet Dozier

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Office Assistant: Leslie Korman

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA program discrimination complaint form, (AD-3027) found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-0002. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

Email: program.intake@usda.gov.