

❖ The Good News ❖

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Janet's Notes

My favorite types of desserts are good, happy, funny, successful, complete, and joyful. Isn't it something to ponder how some mornings will start out just as they are supposed to and others are a complete disaster with even the easiest tasks being hard? Sometimes chaos comes from an uncontrollable outside force, like the city public works department shutting down the street in front of the office and tearing up the street with no warning or explanation as to why or how long the construction will last. Often times though I create the disastrous morning by ignoring my alarm clock which throws off my morning schedule and causes other things in my day to not go well. This causes stress among other stressors like financial burdens, work obligations, family drama or changes in how we get day to day. A wise person once said, "Stressed spelled backwards is desserts." The best thing I've found to do in these situations is focus on the good, happy, funny, successful, complete and joyful to get the most out of desserts.

My son and I were watching a show together on TV, nothing educational, but the teenagers in the show were burying a time capsule and each one put something in it to be viewed in twenty years when they dug the time capsule up. My son, who is thirteen said, "And who is going to remember to dig it up?" Or maybe he said, "And who is still going to be around to dig it up?" Either way I looked at him for a moment and said, "You know, people do live to be forty." This is so true of all of us though, we look at people ten, fifteen, twenty years older than us and think that's old. We may not say it, but we do think it. I recently celebrated my forty-sixth birthday and it's been a fun time. My husband made the comment, "he wished he was eighteen again." I said, "no way, maybe thirty something, but not eighteen." The truth is ten to twenty years from now I may wish I could go back to be forty something. Why not try to enjoy it while I'm here. Whatever age you are, enjoy it while you're there, you will only be that age once. And make sure you have some desserts along the way.

Keep up the great work - Janet



November Is...

Sweet Potato Awareness Month
Picture Book Month
National Adoption Month



Nov. 10-16 World Kindness Week
Nov. 24-30 National Family Week

Nov. 1 Claims and Enrollments Due
All Saints Day

Nov. 2 Daylight Savings Time Ends

Nov. 4 Election Day

Nov. 11 Veterans Day

Nov. 17 Homemade Bread Day

Nov. 27 **THANKSGIVING DAY**
(office closed)



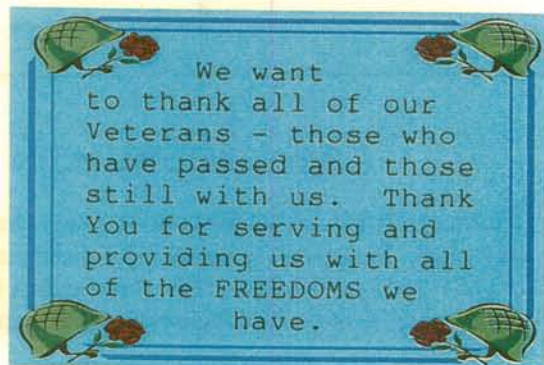
Nov. 28 Office Closed

Source: brownielocks.com/november.html/novembercalendar

Please mail your Claim on the 1st!

PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!

Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.



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ENROLLMENTS

Now that you have all of your Annual Enrollments done - please throw away any and all Annual Enrollments. Please be sure the enrollment is filled out completely by the parent. If the enrollment is incomplete - we are required to send it to the parent for completion.

HOW LONG TO KEEP FOOD?

Understand food date stamps:

- **“Sell-By”** tells the store how long to display the product for sale. You should buy the product before the “sell-by” date.
- **“Best if Used By (or Before)”** is the date recommended for best flavor or quality. It is not a purchase or safety date.
- **“Use-By”** is the last date recommended for the safe use of the product. These safety dates can be found on fresh foods like deli meats or even dry goods like infant formula. If you use food past that date, there is a risk for food borne illness.

Regardless of the date on the package, poor handling from store to home or improper home storage can make food unsafe to eat. Use a cooler or thermal bag for transporting cold and frozen item from store to home. Check your refrigerator thermometer daily to assure that it is between 36-40 degrees. For more safety information visit our web-site at: www.kn-eat.org, SNP, Guidance, Food Safety.

Welcome New Providers

Amie Dunavin

Manhattan

CPR/First Aid Training by Tina

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class**. Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!



10 Healthy Fall Fruits and Vegetables

Some fruits and vegetables are easier to come by in the summer months, but there is still a good variety available in the fall and winter. Include nutrient dense fruits and vegetables in your diet year-round to stay healthy and ward off diseases. Below are some of the superstar fruits and vegetables of the fall and winter months:

1. **Sweet potatoes.** They are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B6. Sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.
2. **Apples.** Apples are a traditional fall favorite and are easy to find in the supermarket or pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL or bad cholesterol. Apples have vitamin C*, vitamin K and fiber. Remember the old saying, "an apple a day keeps the doctor away."
3. **Broccoli.** This vegetable can be eaten raw or cooked, hot or cold, by itself or with other foods. Nutrients in broccoli include vitamin C, vitamin A, vitamin B6, iron, calcium, magnesium and vitamin E.
4. **Pumpkin.** Pumpkin is a great source of potassium and beta carotene, a powerful antioxidant that is good for the eyes. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.
5. **Kiwi.** This fruit can be eaten alone (after peeling or cut in half and scooped with spoon) or can be added to many different dishes, including soups, salads and desserts. Kiwi contain antioxidants, vitamin C and fiber.
6. **Avocado.** Avocados contain healthy monounsaturated fat. Even healthy fat is a dense source of energy, so it's important to eat avocados in moderation. They can be used on sandwiches or salads, or made into guacamole.
7. **Green Beans.** Green beans are high in vitamin K which protects red blood cells. They can be served as a side dish or used in salads, soups or casseroles.
8. **Spinach.** Dark green veggies contain a variety of nutrients a healthy body needs. Spinach is packed with vitamins A, K, C, and E, iron, fiber and others. Frozen or fresh spinach can be added to just about any meal. Try using it on pizza or lasagna or use it instead of lettuce in a salad.
9. **Pears.** They are a good source of fiber, antioxidants and vitamin C*. Pears seldom cause allergies and are usually safe for infants and small children.
10. **Winter squash.** It contains fiber, potassium, iron, and vitamin A. Vitamin A helps ensure healthy skin, hair, vision and strong bones. Winter squash can be mashed, used in breads, desserts, soups or as a snack or side dish.

Try a new recipe using one or more of the superstar fall fruits and vegetables. For recipe ideas, check out "What's Cooking? USDA Mixing Bowl" <http://www.whatscooking.fns.usda.gov/>.

Adapted from FAST Facts, K-State Research and Extension, Volume 5, Issue 11

* The vitamin C in apples and pears is not a significant source and these foods are **not** listed in the Vitamin C list in your Crediting Foods Section of your notebook.



The Good News

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Permit No. 14

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Thanks for the Best Choice Labels. Keep them coming.

The money we receive from these labels allow us to purchase Training supplies.

Please, please remember to call the office if you are going to be closed or serving a meal at a different time than what we have for your meal times.

Please be sure and respond to us if we have called you, sent you an e-mail or a letter within 5 days. We most likely contacted you in regards to something we are needing for your current claim and we cannot finish processing your current claim until we hear from you. If we do not hear from you within 5 days - we will need to go ahead and process your claim so that we can get the information in to the state office to be able to send you a reimbursement. Thank You.

Please be sure any Infant Documentation is filled out completely. If it is not complete - we are required to send it to the parent for completion.