



The Good News! JC Family Home Association, August 2025 Volume 11/Issue 12

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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.

September is

Chicken Month

Family Meals Month

Food Safety Education Month

Hispanic Heritage Month

Potato Month

Rice Month

Whole Grains Month

[September Food Calendar](#)

National Food Days

Labor Day Monday, September 1, 2025

Cheese Pizza Day Friday, September 5, 2025

Acorn Squash Day Sunday, September 7, 2025

Peanut Day Saturday, September 13, 2025

Cooking Day Thursday, September 25, 2025

Pancake Day Friday, September 26, 2025

Better Breakfast Day Friday, September 26, 2025

National Food Months

Better Breakfast Month

Reimbursement table to include dates for when all supporting documents are due to the office. **The due date listed is the last possible date for the claim to be accepted. Your claim is due to the office on the 1st of every month with the grace period of up to the 5th working day of the month.**

Claim Month	All Supporting Documents* Due Date	Payment Date
August	September 18, 2025	September 26, 2025
September	October 17, 2025	October 31, 2025

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

Drop Box - Update on the Drop Box! The drop box out front is now available again! One change is everyone in the building has a key to the drop box. The box is safe to put your claim in because no other business is interested in taking your claim. I have a good working relationship with the other individuals in the building and it is very doubtful that one of them will be even checking the box regularly.

In October we will be mailing out the Annual important information for CACFP program year 2026!

This mailing will have a letter from me - read and file. Appeal process paperwork which is the same as the one in your original sign up notebook - read and file. Civil rights paperwork also the same as the original sign up notebook. Read and file the information pages, sign the half sheet and return the white copy and file the yellow copy! Electronic Submission Form: fill out, sign and return (this form is important even if you don't normally send anything by email). Forms will be due back to us by November 15, 2025!

How can you keep meat and meat alternates safe? Cook foods to the proper internal temperature. Do not rinse raw fish, seafood, meat, and poultry. Bacteria in these raw juices can spread to other foods, utensils, sinks, and other kitchen surfaces. Cooking food thoroughly will kill harmful bacteria.

Help build a supportive community for success! #FuelingKSkids

We want to make it easier for you to stay informed! Visit our website, jcfamilyhomeassociation.com, where you can find the latest newsletter, important forms, and updates under the "What's New" tab—including closure dates and other announcements.

September Is... Whole Grain Month

- Did you know that people who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases? Grains provide many nutrients vital for health and it is recommended that at least half of all grains eaten be whole grains.
- Children need whole grains every day. Whole grains have B vitamins, minerals, and fiber to keep your child healthy. It's easier to help your child in the habit of eating and enjoying whole grains if you start when they are young.
- Oatmeal is a whole grain that can be a delicious, warm way to add whole grains to your eating patterns during the upcoming cooler seasons. Oats are full of important nutrients like vitamins B and E, calcium, magnesium, and zinc. This grain contains beta-glucan, a special kind of fiber, found to be especially effective in lowering cholesterol and insoluble dietary fiber, which has anticancer properties. Best of all, oats, like most other whole grains, can help us maintain a healthy weight.
- There are several types of oatmeal such as rolled oats, quick cooking oats, instant oats, oat flour, and steel-cut oats. All these types have similar nutritional values, but many times instant oatmeal has other ingredients added such as sugar. The only way to know if there are 'extra' ingredients is to read the ingredient label of the product.
- If eating a bowl of oatmeal isn't something you even want to consider, try using rolled oats in baked products like cookies, muffins or breads. Oatmeal can be used in place of breadcrumbs in meat loaf or patties.

Are these products creditable?



None of these are whole grain and NONE of these are CREDITABLE! The organic product is great if you are wanting to go organic with your purchasing; however, the food program will NOT credit these products because they don't add the B vitamins back into the grain. A very important point is to know that being organic flour doesn't make it less processed flour. I'm not trying to pick on this brand, other organic snack foods may have the same problem. The first ingredients for grain items should be enriched or whole.