**The Good News**

August Volume 3 / Issue 11

August is . . .

Back to School Month

Family Meals Month

Kids Eat Right Month

Peach Month

Sandwich Month

August Days of Interest

Watermelon Day………...August 3, Trail Mix Day……………...August 31

Farmers Market Week……………………….August 5-11

Source: <https://food.unl.edu/august-food-calendar>

Tentative Reimbursement Date August 31, 2018

**Important Reminders**

**Office Moving!**

Starting October 1, 2018 we will have a new address for our office, mail should still go to our PO Box 1203. If you will be dropping off your claim or other information, the office will be located at 719-1 West 6th Street, JC. We have fewer homes and we need to move to save money. This location currently has a drop off slot in the door, so unless they replace the door we will have a drop off slot for those who drop off their claim.

**Auditor Confirmations**

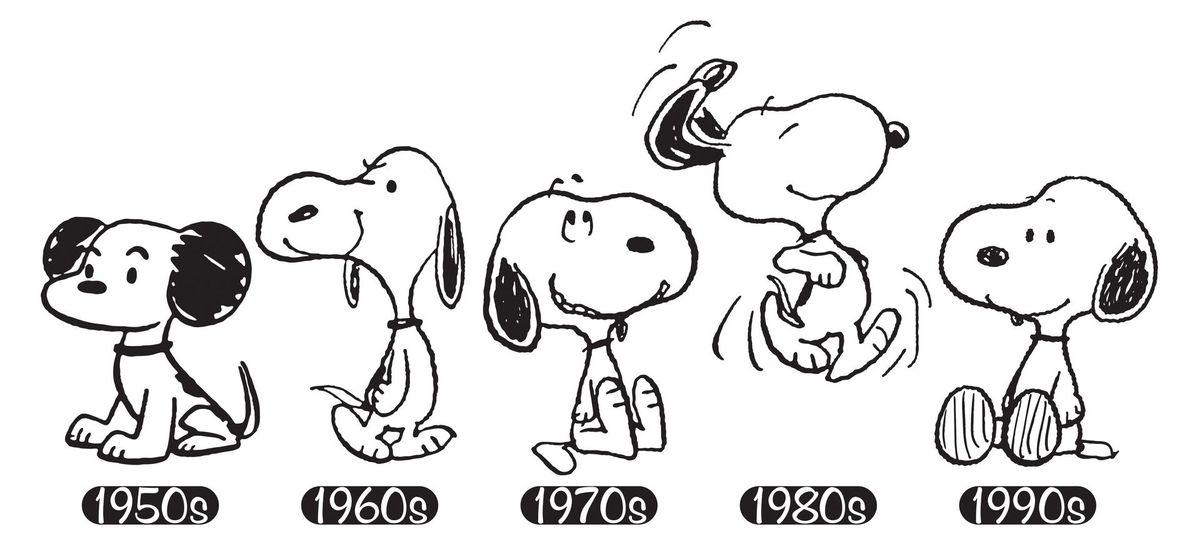
Our Auditor Gregg Haywood has mailed out confirmations to some of you, please fill them out and return them. He is auditing us not you, if you have any questions, call him, he will help you.

**Annual Enrollments**

Green packets with annual enrollments have been mailed out for you to give to the parents for them to fill out and then return to the office by August 22, 2018. Effective date August 1, 2018. Parents can date the enrollment any date in August. Infant Offer Form does not have to be updated just because of annual enrollment time. Infant Offer Forms are updated when a change in the feeding takes place.

**Good-Bye to Leslie**

Office staff and claim processor Leslie Korman will be moving on, as military wives do from time to time, so we wish her the best in the continued adventure of military life!

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**Coversheet**

Reminders - We need the name of the formula you serve, not all formulas are creditable, please specify which formula you are serving on the coversheet then on the menus you can write formula, an abbreviation of the formula name or use a symbol. When serving convenience items such as chicken nuggets and fish sticks; please put the product name and code on the coversheet or menu form.

**Ratio/ Capacity**

We need to know all who are in attendance for the day, even if you don't claim a child for meal reimbursement, we need the information in daily attendance so we can figure your ratio/ capacity, we are mandated by regulations to do this. If children are coming and going we need to know.

**What's New**

**Watermelon**

**Selection**: Choose a firm watermelon that has dried stems, a dull (not shiny) skin, rounded ends, a cream-colored belly, and is heavy for its size. Avoid watermelons that have a flat side.

**Storage**: Store unwashed watermelon at room temperature up to 2 weeks, or until ripe. Cut watermelon can be stored in a container with a lid in the refrigerator for up to 1 week.

**Use**: Rinse the rind of the melon thoroughly before cutting. Use a knife to carefully cut in half. Cut each half into sections. Hold the sections as you cut the red part of the melon from the rind. Cut into chunks or slices and throw away the rind. Watermelon is usually best eaten raw.

**Buying**: Watermelon can be sold individually, or priced by the pound. If priced by the pound, weigh to find out exactly how much it will cost. Place watermelon on a hanging or digital scale, whichever the store offers, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Watermelon

**Nutrition**: Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

Source: <https://food.unl.edu/documents/Watermelon.pdf>

Cook's Corner

Frosted Watermelon

Total Time: 10 min | Serves 4

**Ingredients**

4 cups seedless watermelon, diced

1 cup non-fat plain yogurt

¾ cup granola cereal

**Directions**

1. In 4 small bowls, portion 1 cup diced watermelon each.

2. Top each bowl with ¼ cup yogurt and 3 tablespoons of granola.

Meal Pattern Contribution/Serving: 1 cup fruit, 1/2 oz. meat/meat alternate, 3/4 oz. eq. Grains

Adapted from: <https://food.unl.edu/documents/Watermelon.pdf>

Farm to Plate: Check out your local farmers market and grocery stores for locally grown watermelons!

**GET MOVING!**

**Sponge Bombs**

Sponge Bombs are a great alternative to water balloons. There are no messy balloon bits to clean up, and the sponge bombs can be used again and again. These sponge bombs are a great idea for active playtime fun all Summer long!

How to make Sponge Bombs – 3 Easy Steps:

1. To begin, use scissors to cut up ordinary household sponges into thirds.

2. Next, use an ouchless hair elastic to group together nine sponge strips.

3. Lastly, poof up the sponge bomb and you are ready to dunk them into water for some active outdoor FUN!

Sponge Bomb Bucket Toss

Grab a friend and fill two buckets with water. Place the buckets a distance apart. Each person kneels in front of a bucket filled to the top with water. The object of the game is to hurl the sponge bombs into each other’s buckets! You WILL get wet!!! Whoever gets the most sponge bombs in the other person’s bucket WINS!!! This is a great way to beat the heat without using up a lot of water, and sponge bobs can be used and re-used all summer long.

Source: <https://innerchildfun.com/2011/07/sponge-bomb-bucket-toss.html>

**UP and Coming**

**First Aid & CPR Training**

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**

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