**The Good News**

September 2016 / Volume 1 / Issue 12

September Is . . .

National Food Safety Education Month

Whole Grains Month

National Better Breakfast Month

Chicken Month

September 5-9 is Waffle Week, September 12-16 is Vegetarian Awareness Week, September 5 - Labor Day, office closed. September 7 - Acorn Squash Day, September 11 - Patriot Day and National Grandparents Day, and September 22 - First Day of Autumn.

Source: <http://food.unl.edu/fnh/april-food-calendar>

**Important Reminders**

When serving Peanut Butter at lunch, please serve another protein. You must offer a formula to any child birth to 12 months by filling out the Infant Offer Form. Watch an instructional video at <https://youtu.be/PCzL00u06EY>

**Tentative Check Disbursement Dates**

**Claim Month Payment Date**

April May 31, 2016

May June 24, 2016

June August 1, 2016

**Claim Month Payment Date**

July August 31, 2016

August September 30, 2016

September October 29, 2016

**Office Closed Monday September 5, 2016 in observance of Labor Day.**

**Tier Rates for July 2016 - June 2017**

Tier 1 Breakfast - $1.31, Lunch - $2.46, and pm snack - $.73

Tier 2 Breakfast - $.48, Lunch $1.49, and pm snack - $.20

**Healthier Kansas Menus - CACFP**

I thought the resource sounded awesome for you to bring up and use to help with menu planning.

* Menu - Two 4-week seasonal cycle menus
* Recipes
* Purchasing, Preparation, and Serving Instructions
* Production Records
* Access at [www.kn-eat.org](http://www.kn-eat.org) Child & Adult Care Food Program, Resources, Healthier Kansas Menus – CACFP

If you have been doing this a long time and would want to look at some of the ideas for menus they have put together or if you are new and would love to have someone else plan your menus, here it is:

<http://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Resources_HKM.html>

**YouTube Live Videos**

Google Hangouts did not work as I had hoped. My hope was based on a video on video conferencing when the presenter said it's easy just click here and here then you are started, not so much. They left out the 10 steps before that and the discovery that the microphone on my laptop is not working. So YouTube Live Video recorded on my phone is what I went with. Please send your questions in and I will answer them in a short video. September 22 will be my next record date. I will send the link by e-mail if I have your e-mail address. Thank you to the 29 people who watched the August talk or maybe one person watched it 29 times. Here is the link to JCFHA YouTube channel <https://www.youtube.com/channel/UCIBLuCsi3o2CotrXTkYXYXw>

**What's New**

**Farm to Plate in Kansas**

Berries, corn and melons - Oh, My! Many Kansas grown fruits and vegetables are now in peak season. When planning menus check the availability of local produce in your area. Work with a producer using our resources for easy record keeping. Building a Successful Farm to School/Preschool Model - Top 10 Tips for Success in Kansas and the food safety HACCP guidance, vendor letter, and informal bid document are found at www.kn-eat.org, Farm to School, Guidance. The toolkit provides resources and information to develop, maintain, and support Farm to School, Farm to Preschool and Farm to Summer Programs. To request a toolkit DVD, contact Diane Dysart at Kansas State Depart of Education, Child Nutrition and Wellness. She can be reached at 785-296-8537 or ddysart@ksde.org.

**Age of Participation**

USDA definition of children:

1.Persons age 12 and under

2.Persons age 15 and under who are children of migrant workers

3.Persons with disabilities under 18

Children related to the provider over the age of 11 do not count in your ratio/capacity; however, you can be reimbursed for those children. Providers who claim their own children will need to have a valid enrollment and an income eligibility form on file with us.

Therefore, the cut off age for all children in care is the same for related or unrelated. Effective August 1, 2016. Related is child, grandchild, siblings, niece, nephew, first cousin, and grandniece/nephew.

\*\*\*If we had you take your child off of your coversheet for being too old at age 11 please let us know and add them back onto your coversheet \*\*\*

**Fruit and Veggie Activity Pages for Kids**

I found these and yes the children can color them, but they will also help to give you a visual representation of how much is a cup of fruit or a cup of vegetable. Under the current meal guidelines at breakfast you need to serve a 3-5 yr old a half cup of fruit or vegetable at Breakfast and/or snack.

http://www.fruitsandveggiesmorematters.org/get-kids-involved/coloring-activity-pages-for-kids/

**UP and Coming**

**Early Implementation - Starts October 1, 2016**

**•Reimbursing infant meals when the mother breastfeeds on-site**

**•Allowing yogurt, whole eggs, and ready-to-eat cereal under the infant meal pattern. Under the current infant meal pattern infants for breakfast 8-11months are required to be served breast milk/formula, infant cereal and a fruit/vegetable. New meal pattern is for 6-11 months, as the baby is ready, according to the parents at breakfast is breast milk/ formula, infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas, 0-2oz cheese, 04oz cottage cheese, or 0-8oz of yogurt\* and a fruit/vegetable. New meal pattern for lunch is the same as the new breakfast meal pattern. The current meal pattern at snack is breast milk/ formula only with bread or crackers optional, the new meal pattern is breast milk/ formula with bread, crackers, infant cereal and/or ready-to-eat-cereal is optional and fruit/vegetable is optional.**

**•Serving meat and meat alternates in place of the entire grains component at breakfast no more than three times per week.**

**•Counting tofu and soy yogurts as a meat alternate**

**Breastfeeding Friendly Child Care Designation**

**National Breastfeeding Month**

Child Care Aware of Kansas is recognizing child care providers in Kansas that provide support to breastfeeding families and employees through the Breastfeeding Friendly Child Care Designation. To receive the designation, child care providers must meet five criteria that demonstrate a culture of breastfeeding support. Programs receiving the Breastfeeding Friendly Child Care Designation will receive a certificate, a window cling and be recognized in the Provider Profile information that is distributed through the Child Care Aware of Kansas Referral Center to families looking for child care. Application to be considered for a Breastfeeding Friendly Child Care Designation can be found at www.kn-eat.org, CACFP, What's New. Questions call Child Care Aware at 785-823-3343 or email Christi@ks.childcareaware.org.

**Program Renewal Packets October 2016**

•Civil Rights

•Appeal Process

•Commitment Page (CN Label Products)

•Early implementation information

•Electronic Certification Page (optional)

In early October we will mail out the Program Renewal Packets and have you fill out and send back the needed information with your October Claim.

**First Aid & CPR Trainings**

Attention: If anyone needs to get your certification updated in CPR and First Aid, there will be a class on Saturday October 22, 2016 in Manhattan. Safety Training Solutions/John Creager will be teaching the class. The location is at the First Lutheran Church 930 Poyntz Ave Manhattan,KS. It's from 9am-1pm (might end earlier). The cost is $50/per person. The church is letting us use the classroom for free but said if anyone would like to make a small donation to their youth group that would be great!

To sign up go to Safety Training Solutions website & click on locations/Manhattan. There is also a contact number if you are having trouble signing up! Hope to see you there!

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.

**Contact Us**

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1. Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

2. Fax: (202) 690-7442; or

3. Email: program.intake@usda.gov.