

❖ The Good News ❖

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June 2015

Janet's Notes

Trainings are complete for the year except for a few providers who are doing online trainings. Our policy concerning online training is if the provider completes online training one year then the provider needs to come to a face-to-face training the next year. I prefer to see your shining faces every year, but I understand sometimes you can't attend. Online training doesn't count for your licensing hours. Online training will be available in July and August, watch your mail for more details.

We should have a website up & running soon. The website address is: jcfha5.wix.com/jcfha. The website will have links to resources, tutorials, recipes, newsletter, events, FAQ page, forms and a Book Now for setting up appointments and signing up for trainings.

The paper form newsletter will only be available to a few providers who do not have access to a computer for the online version starting in August. Please call the office and sign-up to receive the paper form. All other providers will be expected to go to our website and read the latest newsletter, once a month. Not knowing policy changes or procedure change because you didn't read the newsletter, either online or in print form is not an excuse and appropriate measures (ie meals disallowed, CAP issued, or SD process) will be taken.

Please read the home visit section on Page 2 of this newsletter carefully, we have a new program available and we are trying it out on a few providers.

Spring has been a little wet, I hope all of you are enjoying the nice days and getting the kiddos outside. Have a great month and keep up the good work!

June Is...

Dairy Month
Fresh Fruit and Vegetable Month
Men's Health Month
Papaya Month
Turkey Lovers Month

June 15-21 Men's Health Week

June 1 Claims and Enrollments Due
June 3 **National Egg Day**
June 4 National Cheese Day
June 10 National Herbs & Spices Day
June 14 **Flag Day**
June 17 Eat All Your Vegetables Day
June 18 National Picnic Day
June 21 First Day of Summer
Father's Day

Source: www.food.unl.edu/fnh/june/calendar

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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HOME VISITS

We are going to try something new this year, for your third visit we always schedule your visit and send a note letting you know when we will be there. This year we want for some of you to schedule your visit with us. We are using SetMore Calendar and we will have you sign up for your appointment date and time.

Go to facebook page JC Family Home Association (the profile picture is a Teddy Bear holding a balloon) and click on the Book Now button. If you do not see the Book Now button you need to like the page and then you should be able to see it. It is very important that you provide current contact information. The scheduler will have a drop down menu with different choices. Choose Consultation, and then choose JC Family Home Association, the date then the time.

For July visits they will need to be scheduled by June 19, 2015.

The dates available will be July 16, 21 and 23.

The following Manhattan providers Bowles, Brace, Cossey, Duerfeldt, Duffey, Dunavin, Gates, Gold, Hoke, Miller, Resenbeck, Ricketts, Speer and Vesta.

Follow the facebook instructions listed above and book your home visit now.

For August visits they will need to be scheduled by July 24, 2015.

The dates Available are:

August 11 & 19 for Topeka

August 12 for Council Grove

August 13 & 20 for Holton, Hoyt, Circleville and Silver Lake

August 18 for Auburn/Wakarusa

Questions? Call the office and we will help you out. We are still learning also, but I think it will be fun.

TAKE A MOVEMENT BREAK

Encourage movement breaks throughout the day. Ring a bell to let children know it is time to move to a different play station. Ask the children to dance like they are swimming, imitating an animal, or blowing in the wind. Don't forget to join the children during these activity breaks. At the end of the movement break they can return to the activity they were previously doing. Remember, these activities also help to relieve some of the children's energy, especially when outside play is not possible. These are only suggestions. You can develop any plan that you would like to enhance fun during the movement breaks.

Source: NFSMI Mealtime Memo



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!!

The Good News

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Non-Profit Organization
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Junction City 66441
Permit No. 14

If you are using our numbered plates from the Menu Suggestion section in your notebook—please remember to put

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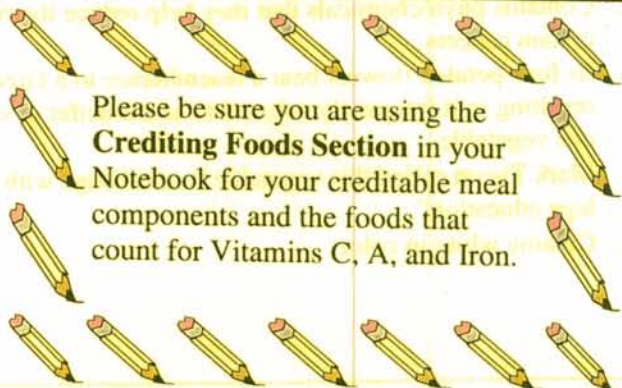
Thanks for the Best Choice Labels. Keep them coming.

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

Welcome New Providers

Lourdes King Junction City

Please be sure you are using the **Crediting Foods Section** in your Notebook for your creditable meal components and the foods that count for Vitamins C, A, and Iron.



NAME THAT VEGGIE!

How well do you know your veggies? The Dietary Guidelines for Americans, 2010 (DGA2010) recommend eating at least 2-1/2 cups of vegetables *daily* (based on a 2,000-calorie diet). The CACFP encourages vegetables to be served as part of meals and snacks. The DGA2010 further divide vegetables into five sub-groups and recommend the following intake from each sub-group *per week* (for a 2,000-calorie diet):

- *Dark-green vegetables (1-1/2 cups/week)
- *Red and orange vegetables (5-1/2 cups/week)
- *Beans and peas (legumes) (1-1/2 cups/week)
- *Starchy vegetables (5 cups/week)
- *Other vegetables (4 cups/week)

See if you can guess the following vegetables. There is one from each vegetable subgroup.

Veggie 1

1. Excellent source of protein, high in dietary fiber, potassium and folate.
2. Often eaten cold in salads or hot in soups.
3. The type sold in the United States is usually cream-colored and relatively round.
4. Main ingredient in hummus.

Veggie 2

1. The French called it the "love apples".
2. High in lycopene, an antioxidant that may help lower the risk of certain cancers and other conditions such as cardiovascular disease and osteoporosis.
3. Taste best when stored at room temperature.
4. Botanically, they are a fruit.

Veggie 3

1. High in vitamin A.
2. A dark green lettuce.
3. Had its start as a Mediterranean weed.
4. Has a long, loaf-shaped head of sturdy leaves.

Veggie 4

1. Contains phytochemicals that may help reduce the risk of certain cancers.
2. Its four-petaled flowers bear a resemblance to a Greek cross, resulting in it frequently referred to as a crucifer or cruciferous vegetable.
3. Mark Twain called this vegetable "...a cabbage with a college education".
4. Creamy white in color.

Veggie 5

1. The leading vegetable crop in the United States.
2. A medium (5.3 oz.) skin-on serving has just 110 calories.
3. High in potassium, a nutrient the DGA2010 recommend Americans increase in their diet.
4. A model of this vegetable serves as the basis for a toy named after it.

If you know the answer(s) call the office.

If you are using our Numbered Menus from the Menu Suggestions section in your notebook—please remember to put the Letter and the Number.

Examples: B 4; L/D 301; S 22

Please be sure and write out one week (Mon.-Fri. or Sun.-Sat.) of your Numbered Menus. If you do not write out a week of menus you will lose one week of reimbursement. Please be sure the week you are writing out menus you are serving all five or seven days. Please do not use a week that has a holiday in it or one that you are closed a day in it. Please do not write part of your menus out in one week and the rest in another week.

Be sure the number that you choose is a creditable number for the meal you are serving.