

# ◆ The Good News ◆

Volume 30 Issue 2

February 2015

## Janet's Notes

### Upcoming Trainings

- The Scoop on Sodium is a training that will open your eyes to the sodium consumption on a day to day basis. Come learn how much a body needs is it 1 tsp, 1/2 tsp, 1/4 tsp or an 1/8 tsp? How much does the average American consume?
- Take time for Food Safety - if you have signed on with us in the past 3 years - you have taken this test at home. Always good to refresh. This class will also have BINGO and a quiz at the end.
- Feeding infants - What the rules are now, what documentation we need and how to fill it out. Proposed rule changes for infants. Comments for USDA.
- Allergies - how to accommodate and what documentation is needed for CACFP.
- Proposed meal pattern changes. Look at facebook, Jefamilyhome Dozier page for a summary or Google CACFP meal pattern changes. No computer or no internet then contact the office and we will mail you a summary page. We will also be going over these quickly at trainings.

Training is important and required for you to attend, looking forward to seeing you there! Some training locations are verified and some are not, what does that mean? Well, some locations I can book several months in advance and other locations 60 days out is the max. Please note two changes Holton and Topeka locations have date changes. Verified training is Holton, Topeka, JC, Abilene, Wamego, Concordia and Clay Center. Other locations are planned so reserve the date, but they can be changed due to availability of the meeting site. Please do not bring children to the meetings. Some locations like the Topeka Library do not allow outside food and drinks to be brought in, please follow the policy.

Have a good year 2015!

### February Is...

American Heart Month  
 American History Month  
 Black History Month  
 National Cherry Month  
 National Dental Health Month  
 National Snack Food Month

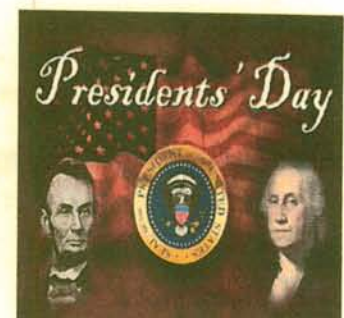
Feb. 1	Claims and Enrollments Due
Feb. 2	Groundhog Day
<b>Feb. 10</b>	<b>Training in Holton</b>
Feb. 11	Don't Cry Over Split Milk Day
<i>Feb. 14</i>	<i>Valentine's Day</i>
Feb. 12	Abraham Lincoln's Birthday
<b>Feb. 16</b>	<b>President's Day</b>
Feb. 17	Random Acts of Kindness Day
Feb. 22	George Washington's Birthday
<b>Feb. 24</b>	<b>Training in Junction City</b>
Feb. 27	International Polar Bear Day
<b>Feb. 28</b>	<b>Training in Topeka</b>

Source: [www.theteacherscorner.net/calendar](http://www.theteacherscorner.net/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.**

Happy  
 Valentine's  
 Day





### JC FAMILY HOME ASSOCIATION STAFF

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## TRAINING TRAINING TRAINING

*Holton - February 10, 2015, 6:30pm - 8:30pm, First Baptist Church, 404 Juniper Dr. Topic: Scoop on Sodium*

*Junction City - February 24, 2015, 6:30pm - 8:30pm, Senior Citizen Building, 1025 Spring Valley Rd. Topic: Scoop on Sodium*

*Topeka - February 28, 2015, 9:30am - 11:30am, Public Library, 1515 SW 10th Ave. Topic: Scoop on Sodium*

*Abilene - March 5, 2015, 7pm - 9pm, Brethern Christ Church, 11th & Buckeye. Topic: Scoop on Sodium*

*Wamego - March 12, 2015, 6:30pm - 8:30pm, Senior Citizen Building, 501 Ash St. Topic: Scoop on Sodium*

*Clay Center - March 26, 2015, 6:30pm - 8:30pm, Clay Center Health Dept., 820 Spellmen Cir. Topic: Food Safety First*

*Manhattan - April 11, 2015, 9:30am - 11:30am, Public Library, 629 Poyntz Ave. Topic: Scoop on Sodium*

*Concordia - April 16, 2015, 6:30pm - 8:30pm, CCCC Room #257, 2221 Campus Dr. Topic: Food Safety First*

*Junction City - May 2, 2015, 9:30am-11:30am, Senior Citizen Building, 1025 Spring Valley Rd. Topic: Infants and Allergies*

*Salina - May 12, 2015, 6:30pm - 8:30pm, Public Library, 301 W. Elm St. Topic: Scoop on Sodium*

*Manhattan - May 21, 2015, 6:30pm - 8:30pm, Public Library, 629 Poyntz Ave. Topic: Infants and Allergies*

### SOME REMINDERS

Please be sure and list your hamburger when serving chili or spaghetti.

Please remember that you can only serve cookies once a day to the same children and please be sure you are telling us what kind of cookies you are serving as all cookies are **not creditable on the Food Program**. If you do not tell us what kind of cookie you are serving we may have to disallow that meal.

Please be sure you are serving the correct amount of Breast milk or Formula to Infants under the age of 8 months. The serving sizes on the Infant Menus are for Infants 8 months and older.

Please be sure you are offering all of the requirements to an Infant on the day the child turns eight months old.

### **Check Stub Corrections**

**\*\*Mistake on check stubs and direct deposit vouchers. Checks dated 11-26-14 should say October reimbursement and checks dated 12-26-14 should say November reimbursement. Year to date total is correct\*\***

JC Family Home Association is committed to making training activities accessible to all participants. Please contact us at 785-762-2424 or Janet@jcfha.kscoxmail.com for special requirements or assistance needed. In order to accommodate you please let us know as soon as possible.



Children's days and times on your Coversheet should match the days and times on their enrollments. If their days and/or times have changed please be sure and have a parent of the child fill out an Updated Enrollment. If you need an enrollment just call the office and we will send you one.

### SAVE MONEY WITH ONLINE COUPONS

**CoolSavings:** <http://www.coolsavings.com/coupons>. This site allows you to enter the city and state you want to find deals in. The coupon section is set up in categories so that you don't have to wade through ALL the coupons to find what you are looking for. There are other cost-saving features to this website that can help you household budget!

**Pricematcherz:** This website is a tool you can use for both printing coupons as well as learning price matching practices used by some of the large discount department stores. You can customize your information for the city in your area to match prices between stores. It also has an excellent Tips and Trick section on using price matching to help you save on your household expenses. The coupon section is extensive and easy to use.

Source: Geary County K-State Research and Extension News January 2015.

### 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!!



CPR & Basic First Aid Certification - Riley County - February 10, 2015 - 6:00pm-10:00pm - at Family & Child Resource Center, 2101 Claflin Rd., Manhattan - Safety Training Solutions - Cost \$60.00 - Call 785-861-7450 or register at [www.safetytrainingsolutions.net](http://www.safetytrainingsolutions.net). See your Child Care Aware News for January/February 2015 for more listings of trainings.

### CELEBRATE FEBRUARY

Celebrate American Heart Month and National Cherry Month with this heart healthy oatmeal and fruit combination! It can be eaten with milk or yogurt for breakfast or portioned into storage bags as a portable snack.

#### Homemade Muesli

##### Ingredients:

- 1 1/2 cups rolled oats
- 1 1/2 cups whole-wheat bran flakes
- 1/4 cup hulled sunflower seeds
- 1/4 cup walnuts, almonds or any chopped nut
- 1/2 cup raisins
- 1/2 cup unsweetened, dried cranberries or dried cherries
- Skim milk or plain, fat-free yogurt to serve

##### Directions:

1. In a medium mixing bowl or a storage bag, combine oats, bran flakes, sunflower seeds, nuts and raisins. Mix to combine.
2. Store any remaining muesli in an airtight container for up to 1 month at room temperature.

Serve with milk just like cereal, hot or cold, or add 1 serving to a bowl and top with a spoonful of yogurt. Makes 8 - 1/2 cup servings (2 Bread/Grain and 1/4 Fruit components).

Source: American Heart Association



# The Good News

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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.

### DON'T CRY OVER SPLIT MILK

Fluid milk substitute must meet guidelines to be a reimbursable option. Check the list provided at [www.kn-eat.org](http://www.kn-eat.org), CACFP, What's New, Fluid Milk Substitutions. Print this list and keep it handy in the kitchen for future reference.

If it is not on the list, use the produce nutrition facts label for more information. It must contain at least 8 grams of protein per 1 cup serving and the remaining nutrients must meet the USDA nutrient requirements for a milk substitute. Still in doubt, as a consultant.

Almond Milk and Rice Milk do not meet the requirements for a milk substitute.