



The Good News

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JC Family Home Association

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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 . . .

- National Food Days
- Cheese Pizza Day - Monday, September 5, 2022
- Labor Day - Monday, September 5, 2022
- Acorn Squash Day - Wednesday, September 7, 2022
- Peanut Day - Tuesday, September 13, 2022
- Better Breakfast Day - Monday, September 26, 2022
- National Food Months
- Better Breakfast Month
- Chicken Month
- Family Meals Month
- Food Safety Education Month
- Potato Month
- Whole Grains Month

[September Food Calendar](#)

Reimbursement table to include dates for when all supporting documents are due to the office.

| Claim Month | All Supporting Documents* Due Date | Payment Date |
|-------------|------------------------------------|------------------|
| August | September 19, 2022 | Sept 30, 2022 |
| September | October 18, 2022 | October 28, 2022 |

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

JC Family Home Association is an equal opportunity provider, employer, and lender.

Hey, we have purchased a Kitchen Scale for all of you! This scale will help with your baking. It's amazing how different recipes can be affected by small amounts of ingredients. A kitchen scale can make all the difference in your baking and food prep. With a kitchen scale, you can easily measure portion sizes so you can accurately determine how much of a meat, meat/alternate you need to prepare. 3-5 yr olds need 1 ½ ounces at lunch, now you can weigh the food and check, maybe you are actually serving too much. Maybe the child isn't eating the food because it's too much. I'm looking forward to developing a class about crediting meat, meat/alternates and using the scale to help out. This spring in person! I'm planning on seeing you face to face again!

We also have the 2023 calendars ready for you. To ease the burden on Chris, Janet will deliver these items, I'm not sure exactly when, I'm sure text messages will be involved. Like texting bowchickawowwow to 785-307-4370 if you read this newsletter. You don't have to be home, just know that if you're not home it will be left somewhere for you. Google review JCFHA!

From KSDE

Definition of Day Care Homes

7 CFR 226:2: "Day care home means an organized nonresidential child care program for children enrolled in a private home, licensed or approved as a family or group home and under the auspices of a sponsoring organization."

- A CACFP eligible home is one which operates in a private residence.
- A residence may be either a single-family home or an individual apartment unit.
- For purposes of the CACFP, family and group day care homes are limited to the provider's own residence, the private residence of another or a rented or unoccupied private residence.
- Commercial properties including churches and schools are not private residences and are not eligible to participate in the CACFP as family day care homes.

If your home doesn't fit the above definition please give us a call, text, email, or messenger dm.

Mountain Plains Crunch Off - October 2022

What: The Midwest states will be crunching into local food of choice during Farm to School month to see which state will get the most "crunches" and be crowned the Crunch Champion!"

When: Any date in October

How: Begin getting your Crunch group together and then register at:

https://ksde.sjc1.qualtrics.com/jfe/forms/SV_d9VPRUhrVr5ppc providers can register your day care home. The sponsor name is JC Family Home Association and the Sponsor number is P0164. You can if you want to post pictures or videos of your crunch group crunching and when you post to your social media please use #FuelingKSKids

Important information.

- Fish sticks by Gortons are creditable, if you're looking at other brands send me a picture of them and I'll let you know, the key words that disqualify the product are "made with minced fish."
- I found Van de Kamp's - Crispy Battered - 100% whole fish - also creditable.
- Let's talk bologna: if labeled "with byproducts" or "with variety meats" that product isn't creditable. The byproducts will be listed out on the label (ie organ meats, glands, heart, etc.)
Examples of binders and extenders: Agar-agar, Algin, Bread, Calcium-reduced dried skim milk, Carrageenan, Carboxymethyl cellulose (cellulose gum), Cereal, Dried Milk, Dry or dried whey, Enzyme (rennet) treated calcium-reduced dried skim milk and calcium lactate, Gums, vegetable, Isolated soy protein (APP), Locust bean gum, Methyl cellulose, Modified food starch, Reduced lactose whey, Reduced minerals, Sodium caseinate, Soy flour (APP), Starchy vegetable flour, Tapioca dextrin, Vegetable starch, Wheat gluten, Whey, Whey protein concentrate (APP), and Xanthan gum.

What can we or should we crunch? Well, you know there are a variety of foods that fit this category like: Apples, Celery, Carrots, Nuts, Cucumbers, Peppers, Pears, Cereal, etc.

Then there is Chicken, BBQ ribs, and corn on the cob - which wasn't designed to be crunchy; however, there was a disastrous backyard BBQ moment that proved differently. #betyourgladitwasn'tyou!

#FuelingKSKids is used by the Kansas State Department of Education, Child Nutrition and Wellness.