



The Good News! JC Family Home Association, March 2026 Volume 12/Issue 6

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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.

March is

National Food Months

Colorectal Cancer Awareness Month
Frozen Food Month
National Nutrition Month®
Noodle Month
Sauce Month

[March Food Calendar](#)

National Food Days

Peanut Butter Lover's Day Sunday, March 1, 2026
Cereal Day Saturday, March 7, 2026
St. Patrick's Day Tuesday, March 17, 2026
Poultry Day Thursday, March 19, 2026
Spinach Day Thursday, March 26, 2026

National Food Weeks

National School Breakfast Week March 2-March 6

Reimbursement table to include dates for when all supporting documents are due to the office. **The due date listed is the last possible date for the claim to be accepted. Your claim is due to the office on the 1st of every month with the grace period of up to the 5th working day of the month.**

Claim Month	All Supporting Documents* Due Date	Payment Date
February	March 13, 2026	March 20, 2026
March	April 17, 2026	April 24, 2026

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

The first training went well, with a couple hiccups, but with much success! For those of you joining us on the 10th of March please be looking for emails and text messages coming from us to help you prepare for the class! The Topeka training will be held at Shawnee North Community Center.

Date	Time	Location	City
3-10-26	6pm - 8pm	1220 W 8th	Junction City
3-14-26	9am - 11am	300 NE 43rd St	Topeka
3-28-26	9am - 11am	3770 Green Valley Rd	Manhattan
4-7-26	6pm - 8pm	1220 W 8th	Junction City
4-14-26	6pm - 8pm	4600 Miller Pkwy	Manhattan
4-25-26	9am - 11am	300 NE 43rd St	Topeka

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March is..! Sauce Month!

Be careful when choosing a sauce to add to your meal. Cream-based and cheese sauces are usually high in saturated fat and calories, so make sure to eat these sauces in moderation. For a healthier option, use low fat or nonfat cream, low fat or nonfat cheese, tomato based sauce, or salsa to decrease saturated fat and calories. Healthier Sauce Ideas to Recommend

- Tomato-based sauces — marinara, roasted tomato, or simple crushed-tomato sauces add flavor with minimal saturated fat.
- Salsa varieties — classic tomato salsa, salsa verde, or corn-and-black-bean salsa work well on bowls, eggs, chicken, and veggies.
- Yogurt-based sauces — use plain low-fat or nonfat yogurt as a base for tzatziki, lemon-herb sauce, or a light ranch-style dip.
- Vinaigrette-style sauces — balsamic glaze, lemon-garlic vinaigrette, or herb-infused olive oil used sparingly add brightness without heaviness.
- Broth-based sauces — simmer garlic, herbs, and a splash of lemon in vegetable or chicken broth for a light, savory finish.
- Puréed vegetable sauces — blend cooked carrots, squash, cauliflower, or red peppers with spices for a creamy texture without cream.
- Pesto alternatives — try lighter pestos made with spinach, basil, or parsley and reduced oil; or swap some nuts for beans to cut fat.
- Mustard-based sauces — honey mustard, Dijon-herb, or whole-grain mustard sauces add strong flavor with little saturated fat

What is National CACFP Week?

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

This year March 15-21, we're highlighting how the CACFP is Stirring Up Goodness across the country, with its positive impact and the people who make it happen, one meal at a time.

**Help build a supportive community for success! #FuelingKSkids
We want to make it easier for you to stay informed! Visit our website, jcfamilyhomeassociation.com, where you can find the latest newsletter, important forms, and updates under the "What's New" tab—including closure dates and other announcements.**

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