**The Good News**

June Volume 2 / Issue 9

June is . . . .

Beef Steak Month

Dairy Month

Ice Tea Month

Fresh Fruit Month

Fresh Vegetable Month

June 4 - Cheese Day, June 14 - Flag Day, June 17 - Eat Your Vegetables Day, June 18 - International Picnic Day, Father's Day, June 21 - First Day of Summer.

**Important Reminders**

 **May Claim is due to the office by the end-of-business on June 14**, Payment date June 22, 2017.  I will submit late claims with the June claims for payment on July 28, 2017.

**Good-bye and Welcome**

We will have new providers this spring and then again in the fall and we have a few who are making changes in their lives and moving in different directions.  We welcome the new providers and say good luck to those who are trying new challenges in life.

**Home Visits**

We are starting the last round of visits for the program year (Oct. 2016-Sept. 2017), these visits will mostly be announced visits or scheduled visits.  You should have had one drop-in meal visit by now; if you have not then the third visit we conduct will need to be a drop-in meal visit instead of an announced visit.  The announced visit can be at a meal time or not.  If it's not a meal time then we are there to check your paperwork and see how you are doing and we will answer any questions and drop off blank menu forms for you.

**Training**

We have a hand full of providers who weren't able to attend training this year in person.  We had good trainings on the New Meal Pattern requirements and I'm sorry you missed it.  There will be online training coming in July or August for you to complete.

**USDA Update CACFP 13-2017**

**Transition Period for the Updated CACFP Meal Pattern**

In recognition of the challenges associated with conforming to the updated requirements, the transition period outlined in this guidance will allow providers to adjust to the updated requirements in the first year of implementation without having fiscal actions imposed or being found seriously deficient.  Grace period starts October 2017 and will go through September 2018; no meals will be disallowed if the provider is making a good faith effort to comply.  Meals will be disallowed if one or more of the required food components are missing.

Adapted from the full report CACFP 13-2017.

Further guidance will be released as we receive it.

**Tentative Check Disbursement Dates**

The following chart contains tentative dates that the reimbursement will be sent from JCFHA bank and the checks will be mailed on this date.

**Claim Month Payment Date** **Claim Month Payment Date**

October 2016 Nov. 23, 2016 November 2016 Dec. 28, 2016

December 2016 Jan. 30, 2017 January 2017 Feb. 27, 2017

February 2017 Mar. 31, 2017 March 2017 April 28, 2017

April 2017 May 26, 2017 May 2017 June 22, 2017

June 2017 July 28, 2017 July 2017 Aug. 30, 2017

August 2017 Sept. 28, 2017 September 2017 Oct. 27, 2017

October 2017 Nov. 28, 2017 November 2017 Dec. 28, 2017

**What's New**

**9 "Bites" to Better Tasting Fruits & Vegetables**

1. **Prevent cut fruit from turning brown**.  Keep cut fruits from turning brown by coating them with acidic juice such as pineapple, lemon, or orange juice.  Cut fruits as close to serving time as possible.
2. **Make the most of your melon baller**.  Melon ballers can save time prepping fruits and veggies by using them to core apples & pears and also remove seeds and pulp.
3. **Take a salad spinner for a spin**.  Salad dressing slides off damp salad greens. You'll get more flavor if greens are washed and dried before tossing in salad dressing.
4. **Do this with radishes before refrigeration**.  Remove the leafy tops before storing. Radishes don't keep well if their tops are left on.
5. **Wash fruits and vegetables correctly**. Always wash fruits and vegetables even if the skin is being peeled off.
6. **Separate fruits and vegetables from these foods**.  Keep fruits and vegetables separate from other foods such as raw meat, poultry, or seafood.  Wash cutting boards and counters with hot soapy water between preparation of raw meats and produce.
7. **Keep fruits and vegetables separate in the refrigerator**.  Store fruits and vegetables in separate crisper drawers.  Fruits give off a gas which can shorten the storage life of vegetables.  Vegetables give off odors that can be absorbed by fruits.
8. **Know which fruits ripen after they're picked**. To speed up the ripening of fruits put them in a ripening bowl or closed brown paper bag.
9. **Refrigerate fruits and vegetables in perforated plastic bags**.  This helps maintain moisture yet provides for air flow.

Adapted from http://food.unl.edu/9-bites-better-tasting-fruits-and-vegetables

**YouTube Live Videos**

Please send your questions in and I will answer them in a short video.  No May video has been posted to our YouTube channel, JCFHA Food Program.  More videos coming after training time is complete.

**Cook’s Corner**

**Tuna Apple Salad Sandwich**

Meal Pattern Contribution

1/2 C Fruits

1/3 C Vegetables

2 oz. Grains

3 oz. Meat/Meat Alternate

**Ingredients**

1 apple (such as Fuji or Pink Lady Washington)

1 can 12-oz chunk light tuna (drained)

2 TBSP low-fat plain yogurt

2 TBSP reduced-fat mayonnaise

1/2 C raisins (or chopped figs)

1/4 C chopped walnuts

1/8 tsp ground black pepper

2 TBSP chopped fresh parsley (optional)

1/2 tsp curry powder (optional)

8 leaves lettuce (Bibb, Romaine, green, or red leaf)

8 slices whole-grain bread

**Instructions**

1. Cut apple in quarters; remove core and chop
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Makes 4 servings

Source: Adapted from USDA: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/tuna-apple-salad-sandwich

**GET MOVING!**

**Celebrate Olympic Day!**

Olympic Day is held annually on June 23rd and celebrated by millions of people throughout the world.  The purpose is to celebrate the birth of the Olympic Games in 1894.  Olympic Day's mission is to promote fitness, well-being, culture and education, while promoting the Olympic values of excellence, friendship and respect.  Celebrate by competing in a track and field day with running events as well as field events.  Teaching children how to long jump, throw a Frisbee, or work together to complete relays are all great physical activities to get moving.

Source:  <http://www.teamusa.org>

**UP and Coming**

**First Aid & CPR Trainings**

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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