



# The Good News! JC Family Home Association, January 2025 Volume 1/ Issue 3

Director: Janet Dozier 785-307-4370, Office Manager: Michael Dozier 785-762-2623, and Consultant: Chris Moravec 785-579-5945. Email: [jcfha5@gmail.com](mailto:jcfha5@gmail.com)

This newsletter will be posted on our website [www.JCfamilyhomeassociation.com](http://www.JCfamilyhomeassociation.com)

**Please add our phone numbers to your contacts so you know who is calling you.**

## January is

### National Food Days

- Peanut Butter Day Friday, January 24, 2025
- Cheese Lovers Day Monday, January 20, 2025
- Bean Day Monday, January 6, 2025
- Milk Day Saturday, January 11, 2025
- Spaghetti Day Saturday, January 4, 2025
- Popcorn Day Sunday, January 19, 2025
- Granola Bar Day Tuesday, January 21, 2025
- Blueberry Pancake Day Tuesday, January 28, 2025
- New Year's Day Wednesday, January 1, 2025

### National Food Months

- Family Fit Lifestyle Month
- Fiber Focus Month
- Oatmeal Month
- Slow-Cooking Month
- Soup Month
- Wheat Bread Month

### Jan Food Calendar

**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
December	January 17th, 2025	January 31st, 2025
January	February 18th, 2025	February 28th, 2025
February	March 18th, 2025	March 28th, 2025
March	April 17th, 2025	April 25th, 2025
April	May 16th, 2025	May 30th, 2025
May	June 9th, 2025	June 13th, 2025
June	July 17th, 2025	July 25th, 2025
July	August 18th, 2025	August 29th, 2025
August	September 18th, 2025	September 26th, 2025
September	October 17th, 2025	October 31th, 2025
October	November 18th, 2025	November 28th, 2025
November	December 12th, 2025	December 19th, 2025

- **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.



Happy new year! As we kick off 2025, I wanted to share some exciting news with you. We will be finding out whether my first attempt at writing the Farm to Plate grant was successful around January 15th! This is my inaugural grant-writing endeavor, so it's a blend of anticipation and a bit of uncertainty. Regardless of the outcome, I'm thrilled about the potential opportunity this grant offers. A heads up: this could mean more work, but it's for a fantastic cause! I'll be sending out an email to the 21 providers who indicated their participation. Please keep an eye on your inbox for updates!

We have noticed a few enrollments arriving at our office that have been filled out by the provider instead of the parents. To ensure the process runs smoothly, please follow these steps:

1. **Your Part:** As the provider, please fill out your name (not the daycare name), indicate if you are related and how, and complete the effective date.
2. **Parents' Responsibility:** Child's name, birthdate, age, arrival time, leave time, days of week, meals, ethnic and race information.
3. **Final Check:** Once the parents return the form to you, check it for completeness, initial it and send it in to us.

Remember, we need the original white copy for our records. You can continue to send a picture of the form first, but please ensure you also mail the original!

We have encountered a few cases where children related to you, such as grandkids, cousins, siblings, nieces, or nephews, have moved into your home. It is important to note that a child lives with you, you can only claim them if you qualify by income. However, A court-appointed foster child is an exception to this rule.

If you currently have children living with you and you are receiving meal reimbursement for them, please contact the office to ensure we have the correct paperwork on file for you.

Thank you for your attention to these matters!

Chris is still in the process of handing out the 2025 calendars. If you haven't received yours yet, please let us know in the office, and we will inform Chris that you still need one. Thank you for your patience!

## January Is...

National Oatmeal Month!

A bowl of oatmeal is wonderful on a cold morning but oats are so versatile that they can be used in a variety of foods. Oats are whole grains with both bran and germ intact. They are a good source of soluble fiber, the fiber that helps lower your body's cholesterol and appears to reduce your risk of heart disease. There are several types of oatmeal such as rolled oats, quick cooking oats, instant oats, oat flour, and steel-cut oats. All these types have similar nutritional values, but many times instant oatmeal has other ingredients added such as sugar. The only way to know if there are 'extra' ingredients is to read the ingredient label of the product. If eating a bowl of oatmeal isn't something you even want to consider, try using rolled oats in baked products like cookies, muffins or breads. Oatmeal can be used in place of breadcrumbs in meat loaf or patties. Couple a goal of eating more servings of whole grains with a regular exercise program for a healthier you!

