**The Good News**

**October Volume 3 / Issue 1**

October is . . .

Apple Month

Cranberry Month

Eat Better, Eat Together Month

Farm to Plate Month

Pork Month

October 9 - Columbus Day, Office Closed, October 12 - Midwest Apple Crunch Day, October 16 - World Food Day, October 28 - Chocolate Day, October 29 - Oatmeal Day, October 31 - Halloween

**Important Reminders**



**Annual Goody Packet**

You should be receiving a Green envelope in the mail over this next week and inside you will find annual information. A letter from the Assistant Director of KSDE, Appeal process, Civil rights, Whole grain ideas and cereal list, Menu suggestions or numbered menus, a copy of the new Home visit form, Infant Offer form (ID form), Meal modification form, Electronic submission form, and goodies from the National CACFP sponsors association.

All providers need to write or type on your coversheet Milk=1% milk for children (list letters) and whole milk for children (list letters) or you need to notate the different milk types on your menu.

**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**

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**

**New Meal Pattern Reminders CACFP**

**Infants**

* Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old. The minimum requirement is zero.
* Juice, cheese food and cheese spread are no longer allowed to be served.
* Allow ready-to-eat cereals at snack. Example: cheerios.

**Children**

* The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
* At least one serving of grains per day must be whole grain-rich. Example: Whole wheat.
* Grain-based desserts no longer count towards the grain component.
* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
* Yogurt must contain no more than 23 grams of sugar per 6 ounces.
* Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older.
* Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
* Frying is not allowed as a way of preparing foods on-site.
* Tofu counts as a meat alternate
* Juice is limited to once per day.

**Get Moving**

**Activity Calendar**

Child care providers can get their children moving every day of the year with SHAPE America's Year-Long Activity Calendar. This downloadable calendar gives an activity for each day of the year. Activities for October include a color walk, making up new dance moves, jumping and throwing activities, and many more! The calendar, along with many other activity ideas can be downloaded at https://portal.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers\_Toolbox.aspx

**Veggies, Yum!**

Vegetables are among the most nutritious foods for young children. These colorful and curiously shaped foods provide essential nutrients, young children need for healthy growth and development. However, most children do not eat the recommended amount of vegetables for several reasons; one in particular focuses on taste. Most young children have a natural liking for sweet and salty foods and reject those that taste bitter or sour. Although most vegetables naturally taste bitter, young children can grow to like and even love a variety of vegetables through regular opportunities of trying them.

**Tips for Serving Vegetables**

Keep these tips in mind to help children experience happy and positive mealtimes while trying new vegetables.

•Purchase vegetables when in season, as they taste better and cost less.

•Allow children to help prepare vegetables, such as preparing their own salad or by making a sandwich wrap using leafy greens.

•Serve vegetables in different ways, such as raw or cooked.

•Serve one new vegetable at a time. Too many new foods at one time may cause children to resist the new foods.

•Continue to offer the new vegetable to children even if they refuse it. Many young children need at least 10-15 opportunities to try new foods before they develop a preference for them.

There are many opportunities to help children develop a preference for a variety of vegetables. The updated CACFP meal patterns separate the fruit and the vegetable component at lunch and supper for meals served to preschoolers. Consequently, childcare providers can serve a fruit and a vegetable at lunch and supper or two vegetables at lunch and supper, substituting the fruit component with a vegetable. This helps providers plan menus that feature more variety and provides young children with more opportunities to experience a variety of vegetables.

Source: Mealtime Memo for Child Care, <http://www.nfsmi.org/ResourceOverview.aspx>!

**Cook's Corner**

**Baked Sweet Potatoes and Apples**

**Total Time**: 45 Minutes, Cooking Time: 20 Minutes, Servings 25 (1/3 cup)

**Ingredients**

2 lbs fresh sweet potatoes, diced

1/2 cup margarine

1/2 cup ginger, chopped

1 1/2 cups brown sugar

2 tsp ground cinnamon

2 tsp ground nutmeg

1 tsp salt

2 tsp vanilla extract

1lb 13 oz green apples, frozen

1 cup water

1 cup orange juice concentrate

1 cup dried cranberries

2 Tbsp cornstarch

1/8 cup water

**Directions**

1.Place diced sweet potatoes in a steam table pan. Bake at 375 for 20-25 minutes.

2.While sweet potatoes are baking add margarine, ginger, brown sugar, cinnamon, nutmeg, salt and vanilla to a large stockpot.

3.Simmer uncovered over medium high heat for 1-2 minutes.

4.Add apples. Simmer uncovered over medium-high heat for 3-5 minutes. Stir well until apples are coated with sugar mixture.

5.Add water and orange juice concentrate. Bring to a boil.

6.Add cranberries, cornstarch and water. Stir well, bring to a boil. Allow cornstarch mixture to thicken.

7.After removing sweet potatoes from oven, pour apple mixture over pan.

8.Portion with 1/3 cup.

**Meal Pattern Contribution:** 1/3 cup provides: 1/8 cup vegetable, 3/8 cup fruit

Adapted From: https://whatscooking.fns.usda.gov/quanity/child-nutrition-cnp/baked-sweet-potatoes-and-apples-usde-recipe-i-070-cacfp Link no longer available; however, https://whatscooking.fns.usda.gov/ will take you to the website and you can search for recipes that have the CACFP contribution figured for you.

**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.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

**Contact Us**

P.O. Box 1203 Junction City, KS 66441

785-762-2424 / Fax: 785-762-2623

Janet@jcfha.kscoxmail.com

jcfamilyhomeassociation.com

Director: Janet Dozier

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Office Assistant: Leslie Korman

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