**The Good News**

**January Volume 5 / Issue 4**

**January is . . .**

National Food Days: News Year's Day (January 1), Spaghetti Day (January 4), Bean Day (January 6), Apricot Day (January 9), Popcorn Day (January 19), Peanut Butter Day (January 24), Blueberry Pancake Day (January 28)

National Food Weeks: National Folic Acid Awareness Week (second week of January)\*, Pizza Week (second week of January)\*, Healthy Weight Week (third week of January)\*, Farm to Plate Week - January 27-31 - Incorporate local foods to celebrate!

National Food Months: Birth Defects Prevention Month, Egg Month, Family Fit Lifestyle Month, Fiber Focus Month, Hot Tea Month, Oatmeal Month, Prune Breakfast Month, Slow-Cooking Month, Soup month, Wheat Bread Month

\* Day(s) changes yearly

Source: https://food.unl.edu/january-food-calendar

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**Tentative Reimbursement Dates**

**December Claim - January 31**, January Claim - February 28, February Claim - March 27, March Claim - April 30, April Claim - May 29, May Claim - June 19, June Claim - July 31, July Claim - August 28, August Claim - September 25, September Claim - October 30, October Claim - November 24, November 2020 Claim - December 31.

**Office Closed on January 1 and 20.**

**Important Reminders**

**Let us Know when You are Closed**. Every month It is Important to Inform us When you Will be Closed and If you Are serving A meal At a Different time. Text 785-307-4370 or 785-762-2623 and Let us Know! Every Month is Super important For you To let Us Know, because We still Have to Get our Visits done.

**Home Visits**

We have rearranged the routes and you might get visited a bit out of order this year. Do not think that just because we came in February last year that we will come in February again this year. We could come in January, March or April just to be different. You are responsible to have your paperwork, all menus and attendance up-to-date at the end-of-the day. If we come and see you on Tuesday your Monday menu and prior week’s menus should be filled out. We can come early in the month or late in the month. Be sure to list the same children and the same food that we wrote down on the home visit form, when you fill out the day.

The state office or USDA could come by and visit you with or with-out us, and they don't know the visitation schedule so they could come out the week after we saw you or the next month, always be prepared by being up-to-date.

**End of Year (1099)**

We have a problem with some of your end-of-year slips as far as the meal counts are concerned. If you need an accurate count please let Janet know and she will work on it, starting January 21 - January 31. Janet will have to add the totals up from the monthly reports. If you kept your little slips every month then you can check your totals that way. The dollar amount was correct on the one that was reported to us. I'm sorry for the inconvenience and will work as best I can on this. The computer had a slight problem right after we moved and we thought we had corrected all the problems; however, the meal totals being off is an unforeseen problem with using a backup file. Contact Janet at 785-307-4370 or e-mail jcfha5@gmail.com.

**Training**

Unfortunately this isn't planned yet, ugh! I will get dates to you as soon as I know what they are! Janet is a bit behind this year, already! Watch for dates coming out end of January.

**We now Have a Drop box**!! It is Out front On the Right side Of the Entrance to The Daily Union building.

**What's New From KSDE**

Farm to Plate Week and Kansas Day! Are you planning a 2020 Farm to Plate Week- January 27-31? Look at your current menus and make a plan to substitute or incorporate local foods to celebrate Kansas’ 159th birthday on January 29! Communicate with vendors and producers your interest in buying local products. Promote your program using social media, school newsletters, announcements, and resources. Contact our commodity partners for marketing material. Kansas has a rich agricultural history and child nutrition programs are encouraged help teach children where their food comes from. Contact Barb Depew, Farm to Plate Project Director, bdepew@ksde.org at 785-296-0062, if help is needed.

**CACFP Week is Brought to You by the Letters…C-A-C-F-P!**

CACFP Week is right around the corner, March 15-21, 2020. The National CACFP Sponsors Association has a number of free resources to help with planning at https://www.cacfp.org/news-events-conferences/national-cacfp-week/.

**Healthier CACFP Award**

Are you looking for a way to promote your child care program and stand out from all others? The Healthier Child and Adult Care Food Program Award is a USDA recognition system which supports child care centers and daycare home providers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care. Apply today to win an award! Those who qualify will receive statewide recognition as a Healthier CACFP Award Winner and a certificate to showcase the award at their site. For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at ebrinkman@ksde.org or (785) 296-2276.

**Recipe Corner**

**Breakfast Pita**

Serves: 6

**Ingredients**: Pita Bread, whole wheat, pocket, 3 each large (6 ½" diameter), weighing 2 oz each; Eggs, whole, raw 5 large; Pan Release Spray As Needed; American Cheese, shredded, low-fat, 1 cup

**Directions**:

1. Cut full round pitas in half to form 2 pita pockets each.

2. Crack eggs into a large mixing bowl. Whisk until smooth. Heat a large skillet over medium heat and spray with pan release spray.

3. Pour beaten eggs into heated pan and cook until firm, stirring frequently.

Heat eggs to an internal temperature of 145⁰ F or above for 15 seconds.

4. Scoop eggs with into each pita half (about ¼ cup) per half and top with 2 Tbsp of cheese.

5. Place filled pita pockets on paper lined sheet pans and cover pan with foil OR wrap each individually in foil. Hold for hot service at 135⁰ F or higher.

https://www.kn-eat.org/CACFP/CACFP\_Docs/Resources\_HKM/HKM\_CACFP\_Recipes\_V2.pdf

**First Aid & CPR Training**

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**

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Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

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Fax: (202) 690-7442; or

Email: program.intake@usda.gov.