



The Good News

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JC Family Home Association

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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.

December is . . .

- Eat a Red Apple Day - Friday, December 1, 2023
- Cookie Day - Monday, December 4, 2023
- Microwave Oven Day - Wednesday, December 6, 2023
- Brownie Day - Friday, December 8, 2023
- Oatmeal Muffin Day - Tuesday, December 19, 2023
- Pumpkin Pie Day - Monday, December 25, 2023
- Handwashing Awareness Week - Sunday, December 3, 2023 to Saturday, December 9, 2023.
- Kwanzaa - Tuesday, December 26, 2023 to Monday, January 1, 2024
- Pear Month

[December 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 November Food Calendars 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
November	December 15, 2023	December 22, 2023
December	January 18, 2023	January 26, 2023

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

Remember to notify us of any changes to meal times in advance.

November claim is due early!!!! Make sure you mail or email us your claim by December 3rd!!! Don't wait or your November claim will be processed with your December claim and paid out in January.

- **Hey when you are going to be closed you need to let us know! We've asked for this information in several newsletters. We are driving out to see you for your unannounced home visit per requirements and then there is no answer at the door or you are sick and closed that day. We might have to issue you a Corrective Action Plan (CAP) for not letting us know. The Provider Agreement states in number 10 to serve meals within the established meal times or notify the sponsor of the variation prior to the meal service. It is understood that failure to do so may result in loss of payment for that meal service. Not notifying us of closures is an extension of that requirement.**

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- **School information needs to be listed on your claim menu form or on the cover sheet, we don't know when school is out and we will disallow the school age child at lunch if you don't note on your claim that the children are out of school. We do have some district calendars which are nice but they don't include snow days, or other emergency closure days. Please help us out by writing it on your menus or cover sheet.**
- **We have noticed that some of you have stopped writing the milk information on your cover sheet. We need you to indicate which children are receiving 1% milk (over the age of 2) and which children are receiving whole milk (between age 1 and 2), and any modifications like soy milk.**
- **Infants - the day they turn 1 year old they move to the child menu even if they are still on breastmilk. The baby can be on formula until they turn 13 months old, after that if they remain on formula, you will need a meal modification form for them.**

Celebrate December—it's Pear Month!

Pears are not only delicious but make an easy and healthy snack. The United States is the third largest pear producing country in the world. One medium pear is a very good source of fiber, a good source of vitamin C and provides 206 mg of potassium for only 100 calories. Here are a few more pear facts:

- **Pears are harvested when mature but not ripe. Ripen pears at room temperature.**
- **Bartlett variety pears change color as they ripen (from green to yellow).**
- **For non-Bartlett varieties check the neck for ripeness daily: apply gentle pressure to the neck, or stem end, of the pear with your thumb. If it yields to pressure, it is ripe.**
- **Ripe pears can be refrigerated and used up to five days later.**
- **To prevent browning, dip cut pears into a solution of 50% water and 50% lemon juice.**

HandWashing

Do it right

Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.

Memorize the five steps

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

Learn the Four Principles of Hand Awareness

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.

#FuelingKSKids is used by the Kansas State Department of Education, Child Nutrition and Wellness.

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