

# THE GOOD NEWS



*Most of the childcare providers I help with their IRS audit are in a similar position. They have attendance records and Food Program records to show when day care children are in their care, but they have no records to show their work activities after the children are gone. .... Tom Copeland....*

## What's New

### **Mid-West Great Apple Crunch!**

On Thursday, October 22, 2015 consider adding Kansas apple slices to the menu to celebrate Farm to Preschool Month. At noon on the 22nd encourage participants to be of part of a "crunch heard round the region." More information about Apple Crunch Day will be posted at [www.kn-eat.org](http://www.kn-eat.org), Farm to School, Farm to School Month Resources.

Join us at noon on Thursday, October 22, 2015!



### **Annual Renewal Packets:**

You should have received this year's Annual Renewal packets in the mail. If not please contact our office to let us know. Don't forget to get them filled out and submitted to the office by October 23, 2015. This will help ensure that there is no lapse in your benefits.

The packet will include a checklist for you to complete. Some of the information is for you to read and file. Other information requires the parents to fill it out. The Civil Rights ½ sheet will need to be signed and dated by you and those who help you. We do have a civil rights video that

you can also watch at:

[http://www.kn-eat.org/CACFP/CACFP\\_Menus/CACFP\\_Training\\_Videos.html](http://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Training_Videos.html)

Annual Enrollments need to be filled out completely by the parents, even if the parents did an original or update in August or September. We need new a new enrollment for the new program year. Enrollments and Civil Rights ½ sheet cannot be accepted through the email. We must have the original white copy.

## Important Reminders

### Claims:

**Remember to mail your claims by the 1st!!!** We don't want you to miss the cut off for the month and not receive your check! So please get those out to us through the mail or email. The circulation center for the USPS was closed in Topeka, so all our mail is now routed through Kansas City or Wichita. That means it can delay your claims.

### Pie-in-the-Face Contest:

After training in the spring one provider from each area will be chosen to put a pie in the director's face! We have a growing list already for July and August! So keep up the good work and get your claims submitted by the due dates below to get your name entered as many times as you can to win a chance to throw a pie in Janet's Face! Woot Woot... errrr I mean be gentle with her. (hahahaha)

CLAIM MONTH	RECEIVED BY
SEPTEMBER	4TH
OCTOBER	6TH
NOVEMBER	5TH
DECEMBER	4TH

## Recipes



### **Black Bean Quesadillas**

**Prep time:** 15 minutes

**Makes:** 8 Servings

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, or as a side dish dinner.

### **Ingredients**

3/4 cup chunky salsa (or Pico De Gallo)

1 can 15.5 ounce low-sodium black beans (drained and rinsed)

1/2 can shredded reduced-fat Colby & Monterey Jack cheese  
2 tablespoons fresh cilantro (finely chopped)  
4 8 inch flour tortillas  
1/2 teaspoon extra virgin olive oil

### Directions

- Using a small-hole strainer, drain liquid from salsa; discard liquid.
- Transfer leftover tomato mixture to a medium bowl.
- Mix in black beans, cheese, and cilantro until combined.
- Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
- Fold tortillas in half.
- Heat large griddle or skillet over medium-high heat.
- Brush with oil.
- Place filled tortillas on a griddle.
- Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
- Cut quesadillas into wedges.
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If you have a tasty recipe that is easy, fun, or just nutritious let us know! We would love to share it! Please submit them to our staff at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org).

Source: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/black-bean-quesadillas-cnpp>



Eat Better, Eat Together Month  
Farm to School Month  
Vegetarian Awareness Month

### 12th through the 16th

National School Lunch Week

#### Oct. 5

Child Health Day

#### Oct. 7

Walk to School Day

#### Oct. 12

Columbus Day (Office Closed)

#### Oct. 14

Take your Parents to Lunch Day

#### Oct. 28

Chocolate Day

#### Oct. 29

Oatmeal Day  
**Oct. 31**  
Halloween

Source: [www.theteacherscorner.net](http://www.theteacherscorner.net)

If you have something that you think would be a fun field trip or a great class for daycare providers, please email us at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org) or give us a call at the office so we can add it to the calendar. You are our best resource for things being offered in your area!

## Tips of the Month

### Farm to Childcare Month

Kansas Department of Education

#### Tips for Building a Successful Farm to Child Care Model



1. Determine what is grown and available locally. Make a list or use K-States, "[Buying Guide for Kansas Grown Fresh Fruits and Vegetables](#)".
2. Look at current menus and consider ways to substitute or incorporate local foods. Experiment with new recipes!
3. Seasonal Swap-outs. Think seasonally. Start with fruits and vegetables that are fresh and currently being harvested.
4. Locate local. Communicate with farmers and express your needs and commitment to buying local products.
5. Procure. Jump in and make that first local purchase. Whole fruit requires no extra processing and are easily added.
6. Expand beyond fruits and vegetables to incorporate

local dairy, meat, and grains.

7. Consider a campaign such as: "[Harvest of the Month](#)" or "[Farm Fresh Fridays](#)".

Source: [www.kn-eat.org](http://www.kn-eat.org)



### Tips for Cooking Whole Grain Pastas

Texas Department of Agriculture

Cooking whole grain pastas are a bit different than the average pasta we find ourselves making. The higher grain content can create a different result when boiling up those yummy pastas for our meals. Here are a few tips to help you get the desired results and increase the flavor of your favorite pastas.

- Batch cook pasta whenever possible
- Drain pasta as quickly as possible to reduce over cooking
- Avoid cooking multiple batches of pasta in the same cooking water.
- If pasta is cooked in hotel pans in the steamer or over, use warm to hot tap water instead of cold.
- Gently toss cooked pasta that will be held with 1 Tbsp of oil per pound of pasta.
- Hot hold pasta (tossed with oil) separate from pasta sauces whenever possible.
- Limit length of time cooked pasta is hot held in order to preserve quality. One hour is recommended maximum amount of time to hot hold pasta.

Source: *Good Standards Cook Time*

# PROVIDER'S CORNER

Putting the "Pro" back into Provider

## Your Time is Valuable

This Week as I read through the tax and business tips for home daycare owners, one thing popped out at me. There were many people short changing how valuable their time is. Tom Copeland was talking about claiming all the time you spend working on the Daycare, even when there are no children there. Childcare Business was talking about finding out how many hours you really work to determine your fees. Home daycare owners were asking tax questions about what to write off when there are no kids in the home.

This made me think about how other businesses run. We show up, make phone calls, research, read our emails, file paperwork, speak to each other about different subjects, etc... We never question that our time is valuable. We work late and we document the hours. If we go to a class or event, then we document the hours and sometimes even the mileage. Our time is valuable! It is just known from the get go. Your time is just as valuable too!

When you are preparing for the next day, making menus, completing the hours of paperwork for your licensing, cleaning nap mats, making your newsletter, printing off paperwork, updating files, cleaning the daycare area, washing blankets and washcloths, cutting out the crafts, researching new recipes, etc... you are working! All that time counts towards your business and you can write that time off, not to mention all the supplies to do that stuff, at the end of the year! You could be losing hundreds of dollars short changing your time every year!

Here is a great article written by Tom Copeland on the easiest way to reduce your taxes and save you money to put back into your home and your pocket every year! It discusses exactly what I am talking about.

<http://tomcopelandblog.com/the-single-most-important-thing-you-can-do-to-reduce-your-taxes>

Remember your time is VALUABLE so don't short change yourself. :)

Until next month... Smile because you make the difference in the lives of our most precious resource... our children.

Christi Plemons / Program Manager/ September 2015

## Contact Us

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