



# 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](http://www.JCfamilyhomeassociation.com)

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

## August is . . .

### National Food Days:

- Watermelon Day - Saturday, August 3rd 2024
- More Herbs, Less salt day - Saturday, August 3, 2024
- Mustard Day - Tuesday, August 6, 2024
- Zucchini Day - Thursday, August 8, 2024
- Potato Day - Monday, August 19, 2024

### National Food Weeks

- Farmers Market Week August 4- 10th
- World breastfeeding week August 5-11th

### National Food Months

- Back to School Month
- Family Fun Month
- Peach Month
- Sandwich Month

### August 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
June	August 16, 2024	August 30, 2024
July	September 18, 2024	September 27, 2024

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

**A few providers didn't complete their training and an email has been sent in June and July with information. 2 hours of approved CACFP training is required by September 30. Please get that done as soon as possible**

**We mailed out the annual enrollments on July 26, 2024 in white, green or regular brown 9X12 envelopes, the enrollments are light blue for August 1, 2024. We will no longer accept the pink enrollments after the July claim is processed. If you enroll a family in July they will have to fill out the pink enrollment form and when you receive the blue form they will need to also fill out the blue enrollment form. The effective date on the blue enrollment forms is August 1, 2024, and they are due August 22, 2024. Please follow the instructions included with the enrollment forms. Also a stamped, addressed envelope will also be provided. This form is for all children in care and provider children under 13 years old. We also included a couple coloring page ideas and your voucher for July reimbursement along with your claim note if you received one and an income form if you needed to update that information. We mailed checks separately as we didn't want the checks to be lost.**

JC Family Home Association is an equal opportunity provider, employer, and lender.

**We are learning the new ratio guidelines for the Family Child Care Home, along with you! It is effective August 2, 2024! You will need to let us know when school starts in August on your cover sheet please! When we figure 12 months it is the exact date not the month, so if the baby turns 1 on August 20th, they move up in the ratio chart on August 20th, not August 1st! Same with the 5 year old, they stay in that category until the day they turn 5! The baby also moves from the infant menu to the child menu on the day of their birthday!**

**Aldi brand chicken nuggets, Kirkwood, are not creditable any longer because the company will not supply us with product formulation sheets!**

**Chris will be doing announced visits this summer for most of you, if you have a CAP for not having your paperwork up-to-date then your visit will be unannounced again.**

## **August Is...**

National Sandwich month! Tips for a Nutrition and Delicious Sandwich!

### **Tips for Healthier Sandwiches:**

- **Choose whole grains.** Vary the taste and texture of sandwiches with whole grains. Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals. Try out different ways to hold sandwich fillings with pita pockets, bagels, tortillas, and whole wheat or rye breads.
- **Use food labels.** The color of a product isn't always a good indicator of whether it's a whole grain. Bread can be brown due to molasses or other added ingredients. Choose foods with these ingredients that are listed first on the ingredient list: brown rice, oatmeal, wild rice, whole-grain corn, whole oats, whole rye or whole wheat. Also, check the Nutrition Facts Label and choose products with higher fiber content.
- **Try different fillings.** Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use lowfat plain yogurt. For added flavor and crunch, add chopped onion, celery, and cucumber or pickle. And, to really kick up the flavor, add in herbs or spices such as dill or cumin. Instead of the traditional peanut butter and jelly sandwich, try peanut butter and sliced banana.
- **Sandwich spreads.** Use different sandwich spreads to kick up the flavor and nutrition. Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese because they add fat and calories and little nutritional value. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing.
- **Boost nutrition with tasty toppings.** Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, arugula, sliced zucchini, cucumber, green or red peppers, red onion, and grated carrots. Fruits to try on sandwiches include sliced apples, pineapple, and banana.
- **Go lean with protein.** Choose lean turkey, roast beef, ham, or low-fat luncheon meats from the deli counter or sliced yourself for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami. Processed meats such as hams and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts Label to help limit sodium intake.
- **Food safety for the sandwiches on the go.** Pack and store sandwiches in an insulated tote. Use an ice pack, gel pack, or freeze a juice box, bottled water or the sandwich itself. For best quality, don't freeze sandwiches with mayonnaise, lettuce, or tomatoes; add them right before eating. Use coarse-textured breads that don't get soggy as the sandwich thaws. Frozen juice boxes, water, and sandwiches will thaw by lunch.