



## The Good News! JC Family Home Association, August 2025 Volume 11/Issue 7

Director: Janet Dozier 785-307-4370, Office Manager: Michael Dozier 785-762-2623, and

Consultant: Chris Moravec 785-579-5945. Email: [jcfha5@gmail.com](mailto:jcfha5@gmail.com)

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

Mustard Day Saturday, August 2, 2025

Watermelon Day Sunday, August 3, 2025

Zucchini Day Friday, August 8, 2025

Potato Day Tuesday, August 19, 2025

More Herbs, Less Salt Day Friday, August 29, 2025

Trail Mix Day Sunday, August 31, 2025

#### National Food Months

Back to School Month

Family Fun Month

Kids Eat Right 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
July	August 18th, 2025	August 29th, 2025
August	September 18th, 2025	September 26th, 2025

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

#### New Tiering information! We have new rates.

**Tier 1: Breakfast \$1.70, Lunch/Dinner \$3.22, Snacks \$0.96**

**Tier 2: Breakfast \$0.61, Lunch/Dinner \$1.94, Snacks \$0.26**

Drop Box - please don't use the drop box out front of our office for now, we are working with the owners of the building for a solution. A couple of options, Michael can come by and pick up the claim here in JC, which worked for most of you. I can stay open late like till 8pm the first Monday of the month, or I can work the first Saturday morning of the month. If we decide on me working late or on Saturday you would have to text me when you are here as I can't see the front door from my office and it would be locked. So far I like Michael picking them up.

All Children who were in attendance in August will need an enrollment form, the new highlighted in green form, even if they were there only for a couple of weeks.

Please use blue or black ink when filling out your menus. We use red ink, it is difficult when you use red ink to tell our marks from yours. Thank you for understanding and helping us out with this.

Help build a supportive community for success! #FuelingKSkids

We want to make it easier for you to stay informed! Visit our website, [jcfamilyhomeassociation.com](http://jcfamilyhomeassociation.com), where you can find the latest newsletter, important forms, and updates under the "What's New" tab—including closure dates and other announcements.

## August is...

### More Herbs, Less Salt Day

#### Add Flavor with Herbs and Spices

Herbs and spices add fabulous flavor and color to food without adding salt, fat or sugar. Cooking with herbs and spices is also a great way to introduce a variety of flavors to children while helping foods look more appetizing.

The terms "herbs" and "spices" are often used interchangeably and are sometimes referred to as "seasonings," however they are different. Herbs are the leaves of low growing shrubs and include parsley, chives, thyme, basil, oregano, rosemary, and more. Herbs can be purchased dried, fresh or as a paste. When substituting in recipes, use the ratio of 3 fresh to 1 dried. For example, potato salad would use 3 tablespoons of fresh parsley or 1 tablespoon of dried parsley.

Spices come from the bark, roots, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, black pepper, paprika, and more.

#### Additional Ways to Add Flavor:

Seasoning blends include a mixture of spices and herbs such as seasoning salt, Italian seasoning, taco seasoning, and poultry seasoning. Check labels to see if "salt" is listed among the ingredients and opt for salt-free or lower sodium versions.

Rubs are a mixture of spices and can be wet or dry. Wet rubs usually have a bit of oil or other moist ingredients added such as mustard or yogurt. Dry rubs are mixtures of several dry spices and herbs that are worked into the surfaces of meat, poultry, or fish. They are both added to enhance flavor.

Marinades are used to add flavor and tenderize meats and poultry. They generally contain herbs and spices, oil, and an acid such as yogurt, citrus juice, or vinegar.

#### Experiment with Herbs and Spices:

Add fresh mint and lemon to a glass of ice water.

Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.

For more flavor, add spices to uncooked dishes, such as salads, several hours before serving. Introduce children to herbs and spices with some easy flavor combinations such as apples with cinnamon, bananas with nutmeg and chicken with rosemary.

