**The Good News**

**March Volume 3 / Issue 6**

**MARCH is** . . .

National Nutrition Month

Noodle Month

National School Breakfast Week March 6-10

CACFP Week March 11-17

**MARCH Days of Interest**

Peanut Butter Lovers Day..........1st, Cereal Day.......... 7th, St. Patrick's Day ...............17th,

World Water Day.............................22nd, Pecan Day ....................25th, Spinach Day ..................26th,

**Tentative Reimbursement Date March 30th**

Source: <https://food.unl.edu/march-food-calendar>

**Important Reminders**

**Celebrate National CACFP Week – March 11-17, 2018**

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CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and after school as well as for adults in day care. Help promote the CACFP Week Providers Challenge by sharing sample menus and tips for healthy meal planning and getting the message out to the press and the community. Resources include Sample Letters, Took-Kit Resources, Nutrition Handouts, and much more at: <https://www.cacfp.org/files/6715/1916/1186/CACFP_Week_2018_Toolkit_cacfp.org.pdf>

**Tentative Reimbursement Dates for the year 2018**

can now be found at <http://www.jcfamilyhomeassociation.com/whats-new> it's a beautiful and colorful table if I do say so myself!

**New Standardized Recipes for CACFP Operators**

The Food and Nutrition’s Team Nutrition initiative has released a total of 40 recipes for use in the Child and Adult Care Food Program (CACFP). Team Nutrition developed these recipes in response to requests from State agencies, CACFP sponsoring organizations, and our partners for recipes that reflect a variety of cultures. The set of globally-inspired recipes are standardized to yield 6, 25, and 50 servings and include information on how the recipes credit towards CACFP meal pattern requirements. The recipes are available at <https://www.fns.usda.gov/cacfp-recipes>.

**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.

**Training 2018**

**Junction City** 3/13/2018 Thomas' Taste of Chicago 105W 7th Street 5:30 pm-6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Clay Center** 3/27/2018 El Puerto Mexican Restaurant 901 E. Crawford 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Salina** 4/5/2018 Martinelli's Little Italy 158 Sante Fe Ave 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Wamego** 4/17/2018 Senior Citizen Building 6:30 pm to 8:30pm, Menu Planning Training

**Manhattan** 4/24/2018 Vista Drive In 1911 Tuttle Creek Blvd 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Concordia** 5/8/2018 Heavy's BBQ 103 W. 7th 5:30 pm to 6:30 pm, dinner and sharing (optional), 6:30-8:30 Menu Planning Training

**Manhattan** 5/19/2018 Pizza Ranch 511 McCall 9:00 am to 11:00 am, Menu Planning Training, 11-12 lunch and sharing (optional)

Sign up information, <http://www.jcfamilyhomeassociation.com/training> or e-mail, or call to register for the class. When you sign up it helps us to know how many booklets to bring and we have the certificates printed so we can hand out at the end of the training. Thank you and see you there.

**What's New**

**National Nutrition Month—Go Further With Food**

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods chosen can make a real difference. Preparing foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages everyone to achieve the numerous benefits healthy eating habits offer and to find ways to cut back on food waste. Learning how to manage food resources at home will help "Go Further with Food", while saving both nutrients and money.

There are many ways to Go Further With Food in the Child and Adult Care Food Program, with participants and staff:

1. Vote for favorite fruits and vegetables: Offer a selection of fruits and vegetables cut into bite-size pieces. Ask participants to vote for their favorite and post a tally board to record votes.

2. Send home to parents the handout “20 Ways to Enjoy More Fruits and Vegetables” from the Academy of Nutrition & Dietetics which can be found at <http://www.eatright.org>

3. Create a “nutrition question of the day” contest posted on a display. Draw the name of a daily prize winner from those who provided the correct answer.

4. Develop a project that involves kids drawing and creating a meal based on MyPlate, using the Choose MyPlate coloring page found at [www.choosemyplate.gov](http://www.choosemyplate.gov), or any of a number of other activities found on the site such as:

Word Search

Whole Grain Word Scramble

Be a Fit Kid

Adapted from <http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>

**Cook's Corner**

**Baked Kale Chips**

**Ingredients:**

1 bunch kale

2 teaspoons olive oil (approx.)

Vegetable oil cooking spray

Salt and grated Parmesan, optional

**Directions**:

1. Preheat oven to 200 degrees. Lightly spray two large baking sheets with vegetable oil cooking spray.

2. Wash and thoroughly dry kale.

3. Cut or tear leaves from stems and thick center rib in middle of leaves; then tear into large sections.

4. Toss with 1 teaspoon oil in a large bowl. Use more oil if needed.

5. Place in a single layer on baking sheets.

6. Bake about 20 minutes. Remove baking sheets from oven, turn kale chips over and place back in oven.

7. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time may vary with your oven.

8. Let chips cool slightly on baking sheet or cooling rack. Transfer to a bowl and sprinkle with salt or grated parmesan cheese, if desired.

**Meal Pattern Contribution**:

1 pound of kale will give 12 - 1/4 cup servings of kale chips.

Adapted from: <https://food.unl.edu/fnh/baked-kale-chips>

Kale contains a powerhouse of nutrients. It is an excellent source of vitamins A and C and a source of calcium and potassium.

To locate local sources for Farm to Plate, one Kansas resource is the “From the Land of Kansas” website, <https://fromthelandofkansas.com>

**GET MOVING!**

**Bean Bag Balance**

In this activity, participants do movements that challenge their ability to balance. Follow these steps:

1. Find or make a bean bag: make a bean bag by filling a plastic baggie with rice, beads, or beans. Use duct tape to make sure the filling stays in the baggie.

2. Make room or GO OUTSIDE!

3. Have participants place the bean bags on their heads, trying to not let it fall by shifting their weight from one leg to the other while keeping the bean bag balanced.

4. Have them start walking around, doing their best not to let the bean bag fall. They should move slowly at first and then more quickly. If the bean bag falls, it’s okay, they can pick it up and start over.

5. Once they have that down, get creative! Do other activities while balancing the bean bag:

* Jump up and down
* Touch toes
* Spin in circles
* Do a favorite dance move
* Walk backward

**Contact Us**

P.O. Box 1203 Junction City, KS 66441

785-762-2424 / Fax: 785-762-2623

Janet@jcfha.kscoxmail.com

jcfamilyhomeassociation.com

Director: Janet Dozier

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Office Assistant: Leslie Korman

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**Mail**: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

**Fax**: (202) 690-7442; or

**Email**: [program.intake@usda.gov](mailto:program.intake@usda.gov).

