**The Good News**

May Volume 2 / Issue 8

May is . . . .

Asparagus Month

Hamburger Month

Strawberry Month

Salsa Month

Salad Month

May 1st - May Day, May 4th - Orange Juice Day, May 4th - National Day of Prayer, May 12th - Provider Appreciation Day, May 14th - Mother's Day, May 20th - Armed Forces Day, May 25th - Brown-Bag-It Day, May 29th - Memorial Day, May 1-7 Screen Free Week, May 8-14 - Food Allergy Week.

***Important Reminders***

*Provider Appreciation Day*

*We’re so grateful to exemplary providers adding significant value to the development and overall health and well-being of the children in their care, and bringing added resources to a community.*

*JC Family Home Association says, "Thank you"*

*You are caring for the most precious commodities, our children."  Nutrition is only a part of that care and we applaud you.*

**Training 2017**

Trainings are three hours long; make sure you update your calendar for the new times.  Thank you

May 9th- Salina 6:00-9:00 - Martinelli's Little Italy - 158 South Santa Fe – Eat while listening, if you choose to eat, order something if you want to. Please do **not** bring any outside food and/or drink.

May 18th Manhattan 5:30-8:30 - Manhattan Public Library - 629 Poyntz

To sign up you can call the office, email, or register online at www.jcfamilyhomeassociation.com or on the Facebook JC Family Home Association Page https://www.facebook.com/JCFHA using the book now button.

**Tentative Check Disbursement Dates**

The following chart contains tentative dates that the reimbursement will be sent from JCFHA bank and the checks will be mailed on this date.

**Claim Month Payment Date Claim Month Payment Date**

October 2016 Nov. 23, 2016 November 2016 Dec. 28, 2016

December 2016 Jan. 30, 2017 January 2017 Feb. 27, 2017

February 2017 Mar. 31, 2017 March 2017 April 28, 2017

**April 2017 May 26, 2017** May 2017 June 22, 2017

June 2017 July 28, 2017 July 2017 Aug. 30, 2017

August 2017 Sept. 28, 2017 September 2017 Oct. 27, 2017

October 2017 Nov. 28, 2017 November 2017 Dec. 28, 2017

**What's New**

**Beef Up Your Food Safety Habits**

Hamburger is a nutritious, economical protein source that kids and adults love! Each day U.S. Department of Agriculture (USDA) or state inspection personnel are present in each inspected meat plant to ensure our meat supply is safe and use the USDA or Kansas inspection legend. In the grocery store, labels may say "organic," "natural" and "grass-fed", but those marketing terms are not an indicator of food safety. It’s in your hands.

When shopping, buy meats as the last stop to reduce the time on the warm trip home to the refrigerator or freezer. Separate the raw items from the ready to eat foods. Thaw frozen meats in the refrigerator allowing a couple days for large packages and set hamburger in an oversized pan in the colder lower shelves below other foods so the thawing juices do not accidently drip on other foods. Cook hamburger to an internal temperature of at least 160 degrees checking for doneness by testing the internal temperature with a probe thermometer.  Once preparation is complete, keep hot foods hot above 140 degrees and serve within two hours.  Hamburger food safety is in your hands from the store to the table!

**Food Allergy Week**

There is no cure for food allergies. Strict avoidance and early recognition and management of food allergies are important measures to prevent serious health consequences. Use Food Allergy Week to remind staff to take these important steps to keep participants safe:

* Check in with parents/guardians to update allergy lists at least annually
* Screen food labels carefully. Product ingredients change, check every time product is purchased.
* Review the offending foods and symptoms for the allergies occurring in the center with the staff.

If more specific information is needed refer to the Food Allergy Fact Sheets at http://www.nfsmi.org/ResourceOverview.aspx?ID=452.

**Cook’s Corner**

 Meal Pattern Contribution

 1 pizza provides:

 Grains 1 serving Meat/Meat Alternate 1.5

**Ingredients**

1 1/2 pounds ground beef (95% lean)

2 cups pasta sauce (any variety)

1 cup diced onion

1 cup diced red bell pepper

1 Tbsp + 1 tsp dried Italian seasoning

1/4 teaspoon salt

6 English muffins, split, toasted

1/2 cup reduced-fat shredded Cheddar cheese

1/4 cup reduced-fat shredded Mozzarella cheese

**Instructions**

1. Preheat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.

2. Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F for 5 to 7 minutes or until cheese is melted.

Makes 12 servings with 1.5 Meat/Meat Alternate and 1 Bread/Grain

**Test Kitchen Tips** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160ºF. Color is not a reliable indicator of Ground Beef doneness.

Source: Kansas Beef Council <http://www.kansasbeef.org/>

**UP and Coming**

**Luncheon Meats**

**What is luncheon meat?**

Luncheon meats are cooked meat (such as sliced meat or canned meat) that are usually eaten cold.  ~Webster's Dictionary~

The concerns with luncheon meats are possible listeria contamination since they are eaten uncooked.  Luncheon meats also contain nitrates, chemicals, preservatives, and sodium.  The World Health Organization put out a statement that processed meats, such as bacon, lunch meats, and hot dogs are carcinogenic.  These, and other processed meats, are linked to cancer, recommended to limit these foods.  The best practice is to serve these items no more than once per week.  http://who.int/features/qa/cancer-red-meat/en/

**What about the Deli?**

Deli meats are luncheon meats.  Luncheon meats have higher levels of sodium.  Bologna, for example, is made of cured (nitrates) beef, chicken, or pork (or a combination), spices, salt, and chemical preservatives.  It is recommended to restrict sodium to 2300 mg or less a day.  1 in 9 children are eating excess 3300 mg sodium each day, usually in processed foods.  1 in 6 children have elevated blood pressure that can lead to cancer, diabetes and heart disease.  https://www.cdc.gov/vitalsigns/children-sodium/

**Are luncheon meats reimbursable?**

If luncheon meats have binders, fillers or extenders (or added water), you must have a manufacturer's statement on file that states how a serving contributes to meeting CACFP meal pattern requirements.  Luncheon meats that include binders, fillers, extenders, and water are NOT creditable otherwise because they lack documentation of how much to serve for the required amount of actual meat.  The same issue exists for ham and luncheon meats that include added water.  The Food Buying Guide addresses the water issues with ham, but not lunch meat.  Luncheon meats that contain added water, binders, fillers, or extenders require a manufacturer's statement.  https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

**What are fillers, binders and extenders?**

Ingredient labels that list starch, soy flour, soy protein isolate, isolated soy protein, dried milk, cereal, and by-products.  By-products are bone, skin, liver, heart, lung, spleen, brain, stomach, intestines, and fatty tissue.  This reduces the amount of actual meat and protein in the product by replacing some of the meat with non-meat "fillers." http://www.fao.org/docrep/010/ai407e/ai407e06.htm

**So What's to Eat? -** Rotate proteins throughout the week in different recipes

**Red Meat** - Hamburger, Roast, Steak

**White Meat** - Chicken, Turkey, Pork

**Fish** - Salmon, Tuna, Tilapia, Cod

**Beans** - Black Beans, Kidney Beans, Refried Beans, Butter Beans

**Alternates** - Eggs, Yogurt, Natural Cheese, Cottage Cheese

Main Dish Ideas - list type of protein, if HM (Homemade), and keep recipe on file.

Tacos/Burrito's, HM Pizza, Casseroles, Stir-Fry, Goulash, Shredded Meat, Soup/Stew, Stuffed Shells, Fajita, Baked Beans, HM Spaghetti, Meatballs/loaf, Patties/Sandwich, Quiche, BBQ, Lasagna, Salad, Stroganoff, Meat Pies, Stuff Pepper, HM Sloppy Joe

\*Community Action of Southeast Iowa, CACFP

**GET MOVING!**

**Celebrate Screen-free Week!**

Unplug the electronic toys and enjoy time with family, friends or just get outside to visit Mother Nature!

On May 1-7th, children, families, whole schools and communities are encouraged to rediscover the joys of life beyond the screen. Plan to unplug from digital entertainment and spend that free time playing, daydreaming, creating, exploring, reading books and connecting with family and friends!

More great ways to unplug include taking a walk, gardening, playing hide and seek, and flying a kite -

http://food.unl.edu/kite-flying-fun.  All are active ways to enjoy fresh air and increase physical activity!

**First Aid & CPR Trainings**

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.

**Contact Us**

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Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

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