



# The Good News! JC Family Home Association, January 2026 Volume 12/Issue 4

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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.**

## January is

### National Food Days

New Year's Day Thursday, January 1, 2026  
Spaghetti Day Sunday, January 4, 2026  
Bean Day Tuesday, January 6, 2026  
Milk Day Sunday, January 11, 2026  
Popcorn Day Monday, January 19, 2026  
Cheese Lovers Day Tuesday, January 20, 2026  
Granola Bar Day Wednesday, January 21, 2026  
Peanut Butter Day Saturday, January 24, 2026  
Blueberry Pancake Day Wednesday, January 28, 2026

### National Food Weeks

Pizza Week Sunday, January 11, 2026 to Saturday, January 17, 2026

### National Food Months

Family Fit Lifestyle Month  
Fiber Focus Month  
Oatmeal Month  
Slow-Cooking Month  
Soup Month  
Wheat Bread Month

[January 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
December	January 16, 2026	January 23, 2026
January	February 13, 2026	February 20, 2026
February	March 13, 2026	March 20, 2026
March	April 17, 2026	April 24, 2026
April	May 15, 2026	May 22, 2026
May	June 7, 2026	June 12, 2026
June	July 17, 2026	July 24, 2026
July	August 14, 2026	August 21, 2026
August	September 18, 2026	September 25, 2026

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.
- **Note how early in June the May claim is! Late May claims will be paid on July 10, 2026!**

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

Hey! We mailed out the 1099's end of the year payment information to you! It is green and was with your November claim check or voucher.

A book I recently picked up called, "The Next Right Thing" by Emily P. Freeman has some really good advice in it. (I actually bought the journal, not the book). In this journal she has the question prompt of, "What did you do that was life giving vs. What did you do that was life draining?" She has you look back on your year and ponder that question then going forward a person could answer the question weekly or monthly. The idea would be to keep the life giving activities and say yes to more of those and limit the life draining activities. Maybe a life draining activity could be a great activity, but maybe you skip it one year. Doing your CACFP paperwork could be life draining; however, you still have to do it! Nice try though! A life giving activity could be as simple as you and your littles, going on a walk or for others taking littles on a walk is life draining, because, well, have you herded cats lately! I don't know which category different activities will go in this year, but I'm interested in finding out. Happy New Year!

I have training ideas and will get the dates set soon, but I need some help from you. I want to do some culinary basics on baking, cooking, preparation, and anything along those lines. I need a place to do the training. If you normally attend training in a library with us, then you know this training will not work there, so I need a facility to hold the training. A kitchen, we will need a kitchen with pots and pans and an oven and a sink. Most church kitchens would work. Please help me find a place. Those providers who have been with me for a while know I'm not the one to teach such a class, and just know it will be fun!

## January is..! Oatmeal Month!

January is National Oatmeal Month! Oatmeal is a whole grain that can be a delicious, warm way to add whole grains to your eating patterns during the cold winter season. Oats are full of important nutrients like vitamins B and E, calcium, magnesium, and zinc. This grain contains beta-glucan, a special kind of fiber, found to be especially effective in lowering cholesterol and insoluble dietary fiber, which has anticancer properties. Best of all, oats, like most other whole grains, can help us maintain a healthy weight.

There are several types of oatmeal such as rolled oats, quick cooking oats, instant oats, oat flour, and steel-cut oats. All these types have similar nutritional values, but many times instant oatmeal has other ingredients added such as sugar. The only way to know if there are 'extra' ingredients is to read the ingredient label of the product.

Ideas to boost nutrition and flavor include:

- Make oatmeal with calcium-rich milk instead of water.
- Toss in raisins or dried cranberries and chopped nuts like walnuts or pecans.
- Add fresh or frozen berries or other fruits like apples or bananas.
- Mix in 1/4 cup unsweetened applesauce.
- Sprinkle with cinnamon for sweetness, it adds flavor without calories. With a dusting of cinnamon, a smaller amount of sweetener, or perhaps none at all, may be needed.

If eating a bowl of oatmeal isn't something you even want to consider, try using rolled oats in baked products like cookies, muffins or breads. Oatmeal can be used in place of bread crumbs in meat loaf or patties. Couple a goal of eating more servings of whole grains with a regular exercise program for a healthier you.

**Help build a supportive community for success! #FuelingKSkids**

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**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.**