



# The Good News

October Volume 7/ Issue 1

JC Family Home Association

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

## October is . . .

- National Food Days
- Child Health Day (1st Monday)
- Walk to School Day (October 7, 2020)\*
- National Food Weeks
- National School Lunch Week (October 12-16, 2020 - during the second full week)\*
- Bone and Joint Decade National Action Week (October 12-20)
- National Food Months
- Apple Month
- Cranberry Month
- Eat Better, Eat Together Month
- Farm to School Month
- Chocolate Day (October 28)
- Oatmeal Day (October 29)
- Halloween (October 31)
- Pasta Month
- Popcorn Popping Month
- Pork Month
- Vegetarian Awareness Month

September [Food Calendar \(unl.edu\)](#)

**Reimbursement table** to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
September	October 15, 2021	October 29, 2021
October	November 23, 2021	October 29, 2021

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

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

## Important information.

- **Emergency Cost Allocation funds were approved and will be distributed as early as October???** - details are still coming to us. A letter will be sent to you along with the funds with the explanation. If you made more money as far as food program reimbursement in 2020 than you did in 2019 then you will not qualify for these funds. These funds as of now will count in your end of the year amount for taxes, we do have further guidance still coming from USDA. There are aspects of the Emergency Cost Allocation funds that are fluid and not set in stone. There are many moving parts to this process and the team at KSDE, Child Nutrition and Wellness are doing a great job working with all of us, the center sites, and USDA. I really appreciate your patience.
- **Starting in October 2021, Christine will be doing the majority of the home visits, please note that the order of who we see in a given month has changed, she could call anyone in October. Keep**

your paperwork up-to-date! In order to prepare for them please “friend” us on Facebook at Jcfamilyhome Dozier, so we can use Facebook messenger to contact you. Google Duo works most of the time, but we have found that sometimes it is not working. If you do not do Facebook then stay with Duo. Make sure your paperwork is always up-to-date and filled in on the menus and cover sheets provided, or on your computer. Having your attendance written on a calendar, or stored in your phone with text messaging or some other app, isn’t the same and will not count. Have your whole grain, cereal and yogurt labels ready for review in a notebook or in the baggies. I’m very proud of many of you who have developed a notebook or you’re keeping them in baggies and can easily take them out and show them to us.

- Renewal time is here! We have mailed out a packet of information, some of the papers you will read and file, others will need to be signed and mailed back to us. The papers can be mailed with your October claim. In addition to the appeal rights and the civil rights we have included a pamphlet on the whole grain ounce equivalent. Remember the fun we had in zoom training looking at the serving size and the amount needed and figuring out how many crackers we need to serve a one year old? Well this chart has many of the products figured for you. It’s not quite glance and go but it looks easier to use than what we were doing. Pork Puzzler, just some fun activities, we may have a couple left after sending everyone one of these, they will be mailed to a provider who wants them and has gotten their program renewal back to us.

### **Mountain Plains Crunch Off - October 2021**

**What:** The Midwest states will be crunching into local food or choice during Farm to School month to see which state will get the most “crunches” and be crowned the Crunch Champion!

**Who:** Everyone who registers!

**When:** October 13, 2021

**How:** Register at <https://www.surveymonkey.com/r/79XXHNM>, as a provider please self-register and your sponsor name is JC Family Home Association and the number is P0164 (P zero, 164).

**Special added tag: when posting pictures of your crunch time to Jcfamilyhome Dozier add the #FuelingKSKids to the post.**

**#FuelingKSKids is used by the Kansas State Department of Education, Child Nutrition and Wellness.**

Setting the foundation for healthy living when children are young can lead to many positives. Register now to participate in the Mountain Plains Crunch Off! October is a great month to incorporate a variety of apples in the menu. Apples are rich in fiber and full of vitamins, such as Vitamin C, and minerals. Vitamin C is important for our immune system and protects us from sickness, proving that an “apple a day can keep the doctor away.” Try this apple rhyme with children before “crunching” to remind them that not only are apples delicious, they are foods that can be eaten anytime.

Apples, apples, we love you!

You taste so good and you’re healthy too.

You’re green and yellow and Red Delicious.

You’re crunchy and colorful and so nutritious!

We love apples!