



The Good News

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JC Family Home Association

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This newsletter will be posted on our website www.JCfamilyhomeassociation.com

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

New Rates For July 1, 2022 - June 30, 2023

Breakfast: \$1.66, Lunch/Dinner: \$3.04 and Snack: \$0.97

Includes the \$0.10 per meal for the Keep Kids Fed Act

August is . . .

- National Food Days
- Watermelon Day - Wed, August 3, 2022
- National Potato Day - August 19, 2022
- Trail Mix Day - Wed, August 31, 2022
- National Food Weeks
- World Breastfeeding Week - Monday, August 1, 2022 to Sunday, August 7, 2022
- Farmers Market Week - Sunday, August 7, 2022 to Saturday, August 13, 2022
- National Food Months
- Back to School Month
- Family Fun Month
- Kids Eat Right Month™
- Peach Month
- Sandwich Month

[August Food Calendar](#)

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

Claim Month	All Supporting Documents* Due Date	Payment Date
July	Aug 17, 2022	Aug 26, 2022
August	September 19, 2022	Sept 30, 2022

- **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.

I want to welcome the new providers who have joined us over the past two years. I know the obstacles that you had to overcome in order to become a licensed daycare home were not easy and I think right now is the hardest time to be a daycare home provider. Thank you for stepping up and providing care for children, keeping them safe and serving them nutritious meals. As you go forward know that it will get easier, give yourself grace, you might make mistakes the first few months and that's ok, don't be hard on yourself. Ask for guidance from us or from your other provider friends. Text CareBear to 7853074370 if you read this newsletter. Thank you to the group of providers who have been with JCFHA forever! Or it seems that way, we appreciate all of our providers and will continue to serve you the best we can.

From KSDE
Keep Kids Fed Act of 2022

- Allows Tier II family day care homes participating in the CACFP to qualify for the higher Tier I reimbursement rates for July 2022 through June 2023.

We expect USDA to issue guidance on implementation soon and we will share more information as soon as it is available through an Update Memo.

Important information.

- The CN label and product analysis information provided in this mailing is very important, we can add to this list provided, please contact Janet if you have other products you would like to have on the approved list. The new list will be posted on the website and mailed out to you.
- Do not throw away the old chart and supporting product formulation pages, you need to file them with your menus and keep them for three years! The old list will also be posted on the website.
- Enrollment forms need to be mostly filled out by the parents, see specific instruction page for more information. They are due August 22, 2022.
- Infant Menus - can be super easy or a bit complicated. Some of you are struggling. Advice for you: read the required components listed on the side of the infant menu page for each meal. Once the infant starts eating a component it needs to be served at all meals and snacks. Around 6 months old is when most babies are eating solid foods (baby food). No pancakes, toast, waffles, cereal that's not the infant cereal, like cheerios for breakfast or lunch, can be served at snack only. The day the baby turns 1 yr old they then move up to the child menu.
- Meal service times - if your lunch is scheduled according to what you write on your cover page at 11:30 am and the home visitor comes by to see you at 11:20 and you have already served lunch, then she missed the opportunity to observe that meal. Please call when you serve early. If you don't serve till 11:45, that is ok, because she will get to observe the meal.
- Home visits do not have to be conducted during a meal time though, the home visitor can come at any time during the day during your normal hours of operation.
- Serving times need to be 2 hours apart minimum and 4 hours apart maximum. Breakfast can't be served after 10:30am and Dinner can't be served before 5:30pm.

A little about peaches: The flowers are produced during early spring before the leaves are produced. The flowers are either solitary or seen in pairs and have a diameter of 2.5 to 3 centimeters. The flowers are pink in color and have five petals. The peach fruit has either a yellow or white flesh and the skin is either smooth (nectarines) or velvety (peaches). Peaches are found mostly in the months of June, July and August. The flesh is often delicate, but is firm in commercial varieties (when it is green or unripe). Georgia is considered as the "Peach State" of United States of America because of its noteworthy production of peaches way back from 1571. Georgia started exporting peaches to other states by 1858. Peaches are eaten either raw or in the form of juices or desserts such as peach pies, tarts, compote, jams, and even ice creams.

Peaches are not only tasty and juicy, but also nutritious. They contain 10% carbs, insignificant amount of fat, 1% of protein. They contain 89% water. Peaches are also low on sugar, and hence, the glycemic value is just 5 which makes peaches a good choice for diabetics as well. It is loaded with vitamins like vitamin A and vitamin C. Other vitamins like vitamin B1, vitamin B3, vitamin B6, vitamin B9, vitamin B12, vitamin E and vitamin K are also present in good quantities. Minerals like Copper, Zinc, Manganese, Iron, Magnesium, Calcium, Phosphorus, Potassium etc. are also present in peaches.

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