



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 Enrollment Packet coming end of July - 1st of August!

We will be texting you and asking how many families you have so we can send you enough enrollments. The yellow highlighted enrollments expire July 31, 2023 and the new ones are pink and start August 1, 2023. Parents fill out this form! You can fill out an example form for them; however, the parent needs to fill out the forms. If it looks like you filled out all or any of the forms then we will send all of the forms back and your reimbursement for August could be delayed. These forms are due by August 22nd.

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

Claim Month	All Supporting Documents* Due Date	Payment Date
June	July 18, 2023	July 28, 2023
July	August 17, 2023	August 25, 2023

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

Egg and Broccoli Scramble Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble. Ages: 3–5 years Prep time: 10 minutes Makes: 6 servings Cook time: 7 minutes.

Ingredients:

1¾ cups (5 oz) broccoli, frozen, chopped, thawed, drained; 1 Tbsp water; ½ tsp garlic powder; ⅛ tsp salt, table; ¼ tsp black pepper, ground; 6 eggs fresh, large, whole; 1 Tbsp Parmesan cheese, grated and Nonstick cooking spray.

Directions:

1. Wash hands with soap and water for at least 20 seconds. 2. In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs. 3. Spray a small nonstick skillet with nonstick cooking spray. Heat skillet on medium-high heat. 4. Sauté thawed broccoli for 3–5 minutes or until broccoli begins to turn brown on the tips of the crowns. 5. Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the pan. Heat to 160 °F or higher for at least 15 seconds. 6. Serve ⅓ cup. Serve immediately, or keep warm at 140 °F or higher.

<https://www.fns.usda.gov/tn/instructional-cooking-videos-cacfp>

text, “Summer FUN!” if you read this newsletter to 785-307-4370.

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

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

- o **Deli Meat - according to KSDE an email on May 4th stated providers who purchase deli meat at an actual deli counter (where they shave the meat), is creditable without a CN label or product formulation statement.**
- o **Posted in advance - best practice is for the week; however, at the least the day of. . . example - if we visit on Wednesday, then Monday and Tuesday are completely filled out and Wednesday menu information is complete for the day.**

Starting July 1, 2023 some of you will be going to tier 2, we will not have the information about the new tier rates until mid-July. If you are Tier 1 by school or Tier 1 by Census then this doesn't affect you. If you are Tier 1 by waiver then we will need to see if you can qualify by income. I know this puts a hardship on some of you and I'm sorry, we will do everything we can to keep you Tier 1. You also have the option of letting your parents fill out income forms to see if their children qualify for tier 1 reimbursement.

School age children need to come to the eating area and sit to have their meals and snacks, even Providers Own Children, especially if you are being reimbursed for those children. Do not claim them for breakfast if they are sleeping in their beds and don't claim them for snacks if they are walking into the room grabbing food and walking back to their room.

Rice Chex isn't always a whole grain, some brands are because the first ingredient is Whole Grain Rice. General Mills brand is whole grain. Millville Rice Squares is not.

June was . . .

- Egg Day - Saturday, June 3, 2023
- Cheese Day - Sunday, June 4, 2023
- Herb & Spices Day - Saturday, June 10, 2023
- Corn on the Cob Day - Sunday, June 11, 2023
- Eat Your Vegetables Day - Saturday, June 17, 2023
- Father's Day - Sunday, June 18, 2023
- International Picnic Day - Sunday, June 18, 2023
- Juneteenth - Monday, June 19, 2023
- Smoothie Day - Wednesday, June 21, 2023
- National Food Weeks
- Garden Week - Sunday, June 4, 2023 to Saturday, June 10, 2023 (1st full week of June)*
- National Food Months
- Dairy Month
- Fresh Fruit and Vegetables Month

[June Food Calendar](#)

July is . . .

- National Food Days
- Eat Beans Day - Monday, July 3, 2023
- 4th of July - Tuesday, July 4, 2023
- Macaroni Day - Friday, July 7, 2023
- Ice Cream Day - Sunday, July 16, 2023 (3rd Sunday in July)*
- Mango Day - Saturday, July 22, 2023
- Avocado Day - Monday, July 31, 2023
- National Food Weeks
- Salad Week - Sunday, July 23, 2023 to Saturday, July 29, 2023
- National Food Months
- Berry Month
- Blueberry Month
- Grilling Month
- Picnic Month

[July Food Calendar](#)

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