**The Good News**

**April 2016 / Volume 1 / Issue 8**

**April is. . .**

Celery Month

Garden Month

Pecan Month

Soy foods Month

Public Health Week April 4-8

Garden Week April 11-15

April 1 - April Fool’s Day, April 6 - Fresh Tomato Day, April 8 - Empanada Day, April 12 - Grilled Cheese Sandwich Day, April 14 - Training in Concordia, April 16 - Training in Manhattan, April 19 - Garlic Day, April 23 - Picnic Day, April 30 - Raisin Day.

Source: http://food.unl.edu/fnh/april-food-calendar

**What's New**

**Tentative Check Disbursement Dates**

**Claim Month Payment Date**

April May 30, 2016

May June 30, 2016

June August 1, 2016

**Claim Month Payment Date**

July August 31, 2016

August September 30, 2016

September October 29, 2016

**Healthier Kansas Menus - CACFP**

KSDE, Child Nutrition & Wellness is excited to release the CACFP Healthier Kansas Menus with accompanying recipes and production records. The Healthier Kansas Menus have been an excellent resource for schools and this new resource specifically developed for CACFP features the same recipes for servings of 6 and 25, along with smaller serving size options and CACFP crediting information. Menus and recipes were tested by Jars of Clay children's Center and Laughing Hearts Daycare Home.

To access the new resource visit <http://www.kn-eat.org>, CACFP, Resources.

Mini Grant

T&L Foundation for Child Care Information is currently accepting mini-grant proposals from licensed child care providers (for up to $250) and CACFP sponsors (for up to $500) to create a healthier environment for children in child care. Applications are due April 13. For more information visit <http://www.tlfcci.org/mini-grants-2016.html>.

**Important Reminders**

**Claims:**

**Child Enrollment Forms**

All children, including provider's own children, who attend a home participating in CACFP must have an enrollment form on file. Enrollment forms must contain the word "enrollment" or other statements that indicate the child is enrolled for care. Forms must include the child's name, birth date, child's normal days and hours of care, child's normal meals received during care, date of enrollment, parent/guardian name, address and phone number, and dated signature of parent/guardian. Child enrollment forms must be completed by the parent or guardian, not the provider.

We have heard from other agencies that some providers are caring for children and they are not enrolled in CACFP. Infants used to be optional for claiming and in some ways they still are; however, we need the enrollment form and the infant offer form on file. Drop-ins, please understand that an enrollment form needs to be on file for all children in care.

**Pie - in - the - Face Contest**

We successfully chose names for the Holton, Topeka, and Junction City trainings and in Holton the ladies got to see the pie gently placed against my face. The provider did this because I had an appendectomy on January 29th and at the training on February 9th I was still quite weak. We have decided to change the contest prize to gift cards. The winners will be receiving a thank you card with a gift card inside. Thank you to all who get their claim in on time every month! To see the video go to <https://youtu.be/MqN5B1fltPc>

**Frogs**

I found this cute guy - not sure how much time you have to cut grapes but the overall idea is wonderful. I also found some coloring pages, I know there are hundreds out there but follow this link to a few <http://www.first-school.ws/theme/animals/cp_amphibians/cp_frog.htm> and enjoy the National Frog Month

**Cooking with Kids**

Kids Can Cook - and Learning is the Secret Ingredient!

Most children learn quickly that eating is fun. They also enjoy helping adults cook. Put the two together and you have the perfect recipe for learning. Children learn best when they're busy and interested in what they are doing. When children are busy scrubbing, mixing, stirring, kneading, spreading, tossing, squeezing, and pouring, they don't realize there's a special ingredient that you're adding: It's called learning!

1.Cooking involves reading and talking. There is much to talk about as a recipe is read, followed, and prepared.

2.Children learn math skills through counting, measuring, and following step-by-step directions.

3.Science is learned as children see how food changes during cooking. They learn about hot and cold, floating and sinking, dissolving, melting, and freezing.

4.Good nutrition is encouraged through cooking. Seeing exactly what goes into a recipe helps children learn to make better decisions about the food they eat.

5.Children can learn about and connect with other cultures as they prepare foods from various cultural groups.

6.Critical thinking skills are developed as children learn to compare and make relationships in food preparation. If we use too much flour in our cookie recipe, the result is a dry, hard cookie. Proportions are easily mastered when children learn that if you double the ingredients in the cookie recipe, you get double the cookies.

7.Social skills are practiced in cooking when children work together, take turns, and solve problems. Most importantly, self-esteem abounds when children prepare foods for themselves and others.

**Calling All CN Labels**

**Looks Like the Circled Portion in the Example**

 **We need help helping you**

We are in search of CN Labels. The Following products require a CN Label for the food program. When you are out shopping please try to find a CN Label and then email Janet@jcfha.kscoxmail.com and let us know the brand, the store and the product you found. Kinda like a scavenger hunt.

Products are: Commercial BBQ Beef, Commercial Beef Stew, Commercial Burritos, Chicken Nuggets, Chicken Patties, Chicken Fingers, Commercial Chili Macaroni, Corn dogs or mini corndogs, Commercial egg rolls, Fish Sticks, Fish Nuggets, Fish Patties, Pepperoni, Commercial Pizza, Commercial Pizza Rolls, Popcorn Shrimp, Commercial Pot Pie, Commercial Ravioli, Soy Burgers and other Soy Products.

More Guidance on These Products will be in May's Newsletter

**JCFHA Training**

April 14, 2016 - CCCC Rm 258, 6:30pm-8:30 pm. April 16, 2016 - Manhattan Public Library, 9:30am-11:30 am. May 10, 2016 - Salina Public Library, 6:30pm-8:30pm. May 14, 2016 - Junction City Senior Citizen Building, 9:30am-11:30am. May 19, 2016 - Manhattan Public Library, 6:30pm-8:30pm.

**Coaching Visits Support Healthy Food Options**

Child Care providers in all counties of our service delivery area are invited to request a "Try it, Like It!" coaching visit. Visits will begin in April. Child care providers will receive ideas on how to introduce new fruits, vegetables and whole grains to young children in ways that encourage them to try new foods. Participants will also receive information to share with families, encouraging the introduction of healthy new foods at home.

Thanks to funding support from the Topeka Community Foundation, 60 child care programs in the 10 counties covered by the grant (Nemaha, Riley, Pottawatomie, Jackson, Jefferson, Douglas, Shawnee, Wabaunsee, Osage and Lyon counties) will also receive a "Try It, Like It!" kit. The kit includes children's books, child-sized serving utensils and pitchers, child-sized cutting boards, and fresh fruits and vegetables valued at $75!

Call 785-357-5171, 877-678-2548 toll free, today to schedule your visit!

**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

P.O. Box 1203 Junction City, KS 66441

785-762-2424 / Fax: 785-762-2623

Janet@jcfha.kscoxmail.com

jcfamilyhomeassociation.com

jcfamilyhomeassociation.org

Director: Janet Dozier

Consultant: Christine Moravec

Office Assistant: Aeriel Lockwood

Assistant Director: Vanda Taylor

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1. Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

2. Fax: (202) 690-7442; or

3. Email: program.intake@usda.gov.