



The Good News

March Volume 8/ Issue 6

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.

March is . . .

- National Food Days
- Peanut Butter Lover's Day - Wednesday, March 1, 2023
- Pancake Day - Wednesday, March 1, 2023
- Cereal Day - Tuesday, March 7, 2023
- St. Patrick's Day - Friday, March 17, 2023
- Poultry Day - Sunday, March 19, 2023
- Spinach Day - Sunday, March 26, 2023
- National Food Weeks
- National School Breakfast Week - March 6, 2023 to March 10, 2023
- Salt Awareness Week - March 13, 2023 to March 19, 2023
- National Food Months
- Colorectal Cancer Awareness Month
- Frozen Food Month
- National Nutrition Month®
- Noodle Month
- Sauce Month

[March Food Calendar](#)

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
February	March 17, 2023	March 31, 2023
March	April 18, 2023	April 28, 2023

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

Record Keeping Requirements-Menus

- **Day care home providers must keep daily records of menus, meal counts, and attendance to support meals claimed for reimbursement.**
- **Menus need to be planned in advance** to have time to review them to ensure that all meal pattern and menu planning guidelines are being met.
- **Menus must be available for parents and guardians to see.** If there is a substitution made on the menu then the substitution must be posted on the master menu. A copy of the completed menu including any substitutions must be kept on file with the monthly records. Menus must include the **type of milk (unflavored, low fat for example)** served and indicate the daily **whole grain** item.
- **While menus must be planned in advance according to USDA guidance,** a provider could wait until the end of the day to record any substitutions that were made to the original menu based on what was actually served. Attendance must be recorded by the end of the day.
- Text - "I will embrace this" to 785-307-4370, if you read this newsletter.

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

Training in person this year! Please contact the office, Barbara or Janet and get signed up for training. Providers are required to have 2 hours of training for the CACFP every year.

Date	City	Location	Time
March 9, 2023	Marysville	Lincoln Center	6pm-8pm
March 25, 2023	Topeka	2912 SW Indian Trail	9am-11am
March 30, 2023	Clay Center	CC Health Dept	6pm-8pm
April 6, 2023	Salina	TBA	6pm-8pm
April 27, 2023	Manhattan Library	Groesbeck Meeting RM	6pm-8pm
April 29, 2023	Junction City	Library	9am-11am
May 4, 2023	Concordia	CCCC RM 259	6pm-8pm

I have listened to a few of the podcast by Kendra Joyner Adachi, the Lazy Genius about picky eaters and meal planning. She echos something that we had in one of the zoom training sessions about the Adult's responsibilities and the children's responsibilities. Adults model behavior and are responsible for Feeding through the what, when and where. Children are responsible for Eating and have the how much and whether to eat any to navigate. Overall Kendra states that our society has too many food rules! I agree, and I work for the food program which imposes some rules on the provider as to what components to serve, which products are creditable and to have a set time to serve them. 1) Respect the kids signals of hunger or fullness, 2) You are not responsible for how much the kids eat, 3) You are not a failure because the kids didn't eat it, 4) There is a difference between your way at daycare vs. everywhere else. (i.e. some people wear shoes inside, some people leave them at the door). Not all food rules are bad, just know that these are difficult to navigate as adults: Sugar is bad, eat plants, carbs bad, beans bad, but also beans keep you full, ½ plate fresh food, protein at every meal, fruit has sugar - so limit those, have a cheat day, eat certain food first, certain foods for certain parts of the day, no dessert till . . . they go on and on. Be kind to yourself and the great job you are doing!

Spring training is going well, I'm looking forward to seeing the rest of you! If you haven't signed up for a training now is the time, we will towards the end of March call you and get you signed up. Hopefully the new menu boards will be done soon and I'll be handing those out during training. Links to the training resources for cycle menus and recipes are:

<https://www.fns.usda.gov/tn/recipes-cacfp>

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

<https://cnw.ksde.org/cacfp/cacfp-administrative-handbook/chapters/chapter-4-meal-guidelines/healthier-kansas-menus---cacfp>

<https://theicn.org/cnrb>

<https://cnw.ksde.org/cacfp/cacfp-administrative-handbook/chapters/chapter-4-meal-guidelines/healthier-kansas-menus---cacfp>

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

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