



# The Good News! JC Family Home Association, April 2025 Volume 10/Issue 6

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This newsletter will be posted on our website [www.JCfamilyhomeassociation.com](http://www.JCfamilyhomeassociation.com)

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

## May is

### National Food Days

World Tuna Day Friday, May 2, 2025  
Orange Juice Day Sunday, May 4, 2025  
Cinco de Mayo Monday, May 5, 2025  
International Hummus Day Tuesday, May 13, 2025  
World Baking Day Sunday, May 18, 2025  
Brown-Bag-It Day Sunday, May 25, 2025  
Senior Health & Fitness Day Wednesday, May 28, 2025

### National Food Weeks

Herb Week Sunday, May 4, 2025 to Saturday, May 10, 2025  
Screen Free Week Monday, May 5, 2025 to Sunday, May 11, 2025

### National Food Months

Asian American, Native Hawaiian, and Pacific Islander Heritage Month  
Barbecue Month  
Beef Month  
Egg Month  
High Blood Pressure Education Month  
Physical Fitness & Sports Month  
Salad Month  
Salsa Month  
Strawberry Month

[May Food Calendar](#)

**Reimbursement table** to include dates for when all supporting documents are due to the office. **The due date listed is the last possible date for the claim to be accepted. Your claim is due to the office on the 1st of every month with the grace period of up to the 5th working day of the month.**

| Claim Month | All Supporting Documents* Due Date | Payment Date    |
|-------------|------------------------------------|-----------------|
| April       | May 16th, 2025                     | May 30th, 2025  |
| May         | June 6th, 2025                     | June 13th, 2025 |

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

**We want to make it easier for you to stay informed! Visit our website, [jcfamilyhomeassociation.com](http://jcfamilyhomeassociation.com), where you can find the latest newsletter, important forms, and updates under the "What's New" tab—including closure dates and other announcements.**

**I'll admit, I could be better at keeping everything up to date, and I'm working on improving! One key focus is updating the resource page, so you can easily access information from our newsletters and training sessions.**

**Also, I've created a Facebook group for our Farm to School grant project: JCFHA Growing Together: Farm to School. Join us, share your experiences, ask questions, and help build a supportive community for success! #FuelingKSkids**

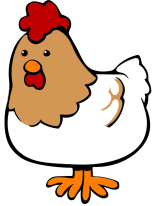
**I like food song can be adapted and used for your kids to say which foods they like:**

**▶ I LIKE FOOD SONG YearGo to the website and look up the May newsletter to click!**

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

**Training Dates - see the table below. Call, text or email to let us know which one you will be attending. Thank you.**

| City      | Date     | Time      | Place        | Address           |
|-----------|----------|-----------|--------------|-------------------|
| Concordia | 5/8/2025 | 6pm - 8pm | CCCC RM #259 | 2221 Campus Drive |



**\*\*Do you raise chickens!\*\* Good news! After some research I have found that it is creditable to serve the eggs your chickens lay as long as they meet certain criteria! The egg shells do not need to be pasteurized! The egg shells do need to meet at least grade B standards! Link for grade standards:**

<https://www.ams.usda.gov/sites/default/files/media/Egg%20Grading%20Manual.pdf>

**It was suggested to me that if you don't know how to grade your egg shells, your local Ag teacher might.**

**Please use one of the following statements, sign and date, keep in your files to cover documentation requirements.**

- 1) "I have reviewed the USDA shell egg grading system and understand the characteristics of Grade B eggs. I inspect each egg for cleanliness, shell integrity, and overall quality, and only use those that meet or exceed Grade B standards."**
- 2) "To ensure food safety, I follow the USDA guidelines for egg grading and verify that my home-raised eggs meet at least Grade B standards before serving them."**
- 3) "As a childcare provider raising my own chickens, I am familiar with egg shell grading standards. I confirm that all eggs I serve have been inspected and meet or exceed the minimum Grade B standard."**

## **May is... National Beef Month!**

With thought and planning, beef can make meal times tasty and healthy. Lean beef is a naturally nutrient-rich source of several essential vitamins and minerals. A three-ounce cooked serving of lean beef provides 10 essential nutrients including protein, zinc, iron and B vitamins. Beef not only helps you meet nutrient needs, but also fuels Kansas' Economy! A cut of cooked fresh meat is considered "lean" if it has less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams cholesterol per 100 grams (3.5-ounce). An easy way to choose lean beef cuts is to look for "round" or "loin" in the name. Examples include sirloin, tenderloin, top loin, eye round, top round, round tip, bottom round, and flank. These may be cut as roasts or steaks. For ground beef, choose 93-percent lean ground beef most often. After beef is cooked, trim away any visible fat before serving. Choosing a lean cut and enjoying proper portions makes beef a great addition to a healthy eating plan. Start with a 3-ounce serving of lean beef (about the size of a deck of cards) and round it out with brightly colored vegetables, fruits and whole grains.

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