**The Good News**

**December Volume 3 / Issue 3**

**Merry Christmas!**

**Office will be closed December 25 and December 26**

December is . . .

Egg Nog Month

Fruit Cake Month

National Pear Month

Eat a Red Apple Day - Dec 1, Make a Gift Day - Dec 3, Oatmeal Muffin Day - Dec 19, **Reimbursement Date for November's Claim - December 28.**

**Important Reminders**

**Claim Notes**

**Convenience Items**

**Clarification for Some Forms**

**Crediting W.G.R**

**Provider Product Suggestion**

**Computer Forms**

**Claim Notes**

With your October reimbursement information you may have received a claim note, we have changed them to include the new regulations that are under grace period and we will be letting you know with claim notes and home visits how you are doing with the changes. These notes are meant to be helpful to you and your menu planning, just because you receive a note it doesn't mean you are in trouble or that you lost reimbursement monies. We are letting you know so you can improve and make adjustments before the grace period is over. We are seeing some great menus! Please keep up the hard work!

**Convenience Items**

The following items are not reimbursable without a Product Analysis Sheet and we will not reimburse you unless you indicate on the menu or coversheet that you have this form from the manufacturer or you need to indicate that the item is homemade (HM) for us.

Commercial BBQ Beef, Commercial Beef Stew, Commercial Burritos, Chicken Nuggets, Chicken Patties, Chicken Fingers, Commercial Chili Macaroni, Corn Dogs, Mini corndogs, Commercial Egg Rolls, Fish Sticks, Fish Nuggets, Fish Patties, Liverwurst, Meat Sticks, Polish Sausage, Pepperoni, Commercial Pizza, Commercial Pizza Rolls, Popcorn Shrimp, Commercial Pot Pie, Commercial Ravioli, Salami, Sausage (except Italian fresh pork) Soy Burgers, and Turkey Bacon.

The breading on the fish sticks and chicken nuggets do not count as the grain.

**Clarification for Some Forms**

**Enrollments** - We need the original in office and the provider keeps yellow copies on file for review if needed by the home visitor. Not on the website.

**Infant Offer Form** - Provider keeps on file for review during the home visit. Available on the website.

**Meal Modification Form** - Need original in office and the provider keeps on file for review if needed by the home visitor. Available on the website. <http://www.jcfamilyhomeassociation.com>

**Crediting Whole Grain Rich (WGR)**

**Clarification and Guidance Still Coming!**

The National CACFP Sponsors Association released an 8 page document on crediting WGR items. This document, though well researched with nice graphics and lots of good suggestions, needs futher clarification in some areas before we will post it as a resource.

**Provider Product Suggestion**

When visiting in November with Alisha Freeman she showed me several items she buys at Dillons, here are a few:

1. Kroger brand bagels 100% whole wheat - the kids love them
2. Kroger brand wheat bread - $1.88 great price for whole grain bread. Dillons is sold out of this bread often though. Talk to the manager about special ordering.
3. Kroger CARBmaster yogurt - her kids like the Vanilla, but there are several flavors and the ones I looked at online all qualify.

**Computer Forms**

When you do your claim on computer it has many benefits, but it has one problem that we see often, printing the menus and attendance off when we are there in your home doing a home visit. I would like to be able to have the claim printed off in 10 minutes for the home visitors to verify. If you are truly having problems printing it out, please show the home visitor within the first few minutes of the visit on the computer screen that you are up-to-date. We may then take a picture with our cell phone or have you e-mail the file to the office. The concern is after 10 minutes it seems to us that you are filling out your paperwork and claiming to have trouble printing the papers off. We need to physically look at the computer screen and see that you are up to date and then decide on a case-by-case basis how to go forward with the visit.



**What's New**

**Get Moving!**

**Snowball Race!**

Cold winter weather doesn't have to be an excuse for sedentary kids. This game can be played indoors to get kids up and moving!

You'll need: Styrofoam balls or balls of white yarn or crumple up white paper, spoons, and mittens for each team.

Play this game as you would any relay race. Divide into teams. Each player takes turns putting on mittens and balancing a "snowball" on a spoon while racing to the other side of the room. Drop the snowball into a bucket, return to the team, pass the mittens and go to the back of the line. The first team to have all their members complete the race wins!

Source: [www.kidactivities.net](http://www.kidactivities.net)

**Healthier Holiday Bites**

Celebrate the holiday season by substituting healthier holiday choices. Many traditional holiday recipes are tasty and healthy. Here are a few healthier holiday eating tips:

* Lower the fat. Substitute unsweetened applesauce for half the butter, shortening, or oil in baked goods. For dip recipes, try using plain, low-fat or fat-free yogurt in place of mayonnaise. Choose lean meats and drain off excess fat after cooking.
* Reduce sugar. When making baked goods, such as quick breads, cookies, and pie fillings, reduce the sugar by one-fourth to one-third. When using less sugar in recipes consider adding spices such as cinnamon, cloves, allspice and nutmeg. Add vanilla extract or almond flavoring to enhance the sweetness of the food.
* Be sodium savvy. Rinsing canned vegetables with water before cooking can eliminate most of the extra sodium added during the canning process. Choosing fresh or low sodium soups, broths, soy sauce and tomato products can cut down on salt intake. When a recipe calls for seasonings such as garlic salt, celery salt, or onion salt, substitute with herb-only seasonings.
* Increase fiber try using whole-wheat flour and bread along with whole grain pasta, brown rice, oatmeal, and whole cornmeal in recipes and dishes. Substituting whole-wheat flour for half of the all-purpose flour in a recipe works great. Vegetables are also another great way to increase fiber in a dish adding a variety of vitamins and minerals as well.

Adapted from <https://food.unl.edu/november-2016-healthier-bites-holidays>

**Cook's Corner**

**Pear Party Salsa**

Total Time: 10 min, Chill time: 1 hr, Serves 4

**Ingredients**

1 pear (cored and finely chopped)

1 apple (cored and finely chopped)

2 kiwi (cored and finely chopped)

1 orange (peeled and finely chopped)

2 tablespoons honey

2 teaspoons lemon juice

Crackers (Specify type)

**Directions**

Meal Pattern Contribution: 1 cup fruit and 1 serving grains

Adapted from https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pear-party-salsa

**UP and Coming**

**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.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

**Contact Us**

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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.