



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

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

April is

National Food Days

National Walking Day Wednesday, April 2, 2025
International Carrot Day Friday, April 4, 2025
Fresh Tomato Day Sunday, April 6, 2025
National Garden Day Monday, April 14, 2025
Day of the Mushroom Wednesday, April 16, 2025
Banana Day Thursday, April 17, 2025
Easter Sunday, April 20, 2025
Picnic Day Wednesday, April 23, 2025
Pretzel Day Saturday, April 26, 2025
Raisin Day Wednesday, April 30, 2025

National Food Weeks

Food Waste Prevention Week Monday, April 7, 2025 to Sunday, April 13, 2025

National Public Health Week Monday, April 7, 2025 to Sunday, April 13, 2025
Passover Saturday, April 12, 2025 to Sunday, April 20, 2025
Every Kid Healthy Week Monday, April 21, 2025 to Friday, April 25, 2025

National CACFP Week! March 16-22!

National Food Months

Garden Month
Pecan Month
Stress Awareness Month
[March 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
March	April 18th, 2025	April 25th, 2025
April	May 16th, 2025	May 30th, 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, 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

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
Topeka	4/5/2025	9:30am-11:30am	TSCPL - Claire's Sunroom	1515 SW 10th St
Salina	4/15/2025	6pm - 8pm	Health Department	125 W Elm St
JC	4/12/2025	9:30am - 11:30am	Dorothy Bramlage Library	230 West 7th St
MH	4/24/2025	6:30pm - 8:30pm	First Baptist Church	2121 Blue Hills Rd
Concordia	5/8/2025	6pm - 8pm	CCCC RM #259	2221 Campus Drive

April is... National garden month!

Tending a garden all season is gratifying work. In the end, you get to consume the fruits (or vegetables) of your labor. You have kept your bounty safe from pests and predators and now you are ready to harvest. Following a few simple tips will keep your produce and your family safe from food borne illnesses.

In the garden:

Handle produce carefully to avoid bruising and damage while harvesting.

Discard produce with deep nicks or mold, or those that show signs of decay or rot.

While in the garden, remove excess soil or foreign materials from produce before placing in clean carrying containers to bring in the house.

Correct storage will extend the shelf life of your produce:

Items like potatoes need to be stored without washing.

Make sure to "dry clean" your fruits and vegetables by shaking, rubbing or brushing off the garden dirt with either a clean soft brush or a clean dry paper towel while still outside.

Preparation:

Wash your hands before handling and preparing produce.

Before consuming, remove soil and potential contaminants from all produce (conventional or organic) by washing under running tap water.

Use a clean produce brush on firm produce, such as cucumbers or melons. Even if you plan to peel the produce before eating, it is still important to wash it first.

Fragile produce preparation:

It is important not to wash fragile fruits, like berries, until you are ready to eat them.

Once they are washed, spoilage bacteria can deteriorate the fruits faster.

Soap and bleach should not be used to wash fruits and vegetables, as they are not formulated to be ingested. Even at trace amounts, they can make you sick.

Storage after preparation:

Always cover and refrigerate cut fruit and vegetables when preparing them in advance.

Produce that requires refrigeration should be stored at 40° F or less and away from raw meats, poultry, and fish.

Throw out cut fruit and vegetables if they have been held for longer than 2 hours at room temperature or longer than 1 hour at temperatures above 90°F (32°C).

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