**The Good News**

**September Volume 2 / Issue 12**

**September is . . .**

Better Breakfast Month

Chicken Month

Food Safety Education Month

Fruit & Veggies - More Matters Month

Mushroom Month

Papaya Month

Rice Month

Whole Grains Month

September 4 -Labor Day, September 4 - office closed, September 5 - Cheese Pizza Day, September 10 - Grandparents Day, September 11 - Patriot Day, September 13 - Peanut Day, September 15 - Linguine Day, September 22 - Autumn begins

**Important Reminders**

**New Materials**

**July Claim Note**

**Online Training**

**Q&A**

**New Materials**

The following items will be sent to you soon, in the meantime continue following the New Meal Pattern Requirements as you understand them from this year’s training , YouTube videos and newsletters. We will also be sending claim notes to help you with any changes that you do not seem to be implementing. You will have a grace period with the understanding that you’re making a good faith effort to follow program regulations.

•New Meal Pattern Requirements for Children and Infants

•USDA Crediting Foods Booklet - New booklet has not been released yet. I hope to have further training in Spring 2018 and we hopefully can hand the new book out then.

•Menu Suggestions For Numbered Menus - New numbers will be coming to you soon, the old numbers expire September 30, 2017. We don't have as many listed, but you can also substitute within the same component food group.

**July Claim Note**

Most of you received a July Claim note, I apologize if it seems confusing. The Answers should be Yes for implementing the Whole Grain once a day, No for serving grain based desserts, Yes for serving creditable cereal, Yes for serving juice a maximum of once a day for children and No for serving juice to infants. The serving juice a maximum of once a day is confusing for those of you who do not serve juice at all. To mark the question NO means that you’re serving juice more than once a day and that is not allowed.

**Online Training**

I sent an email out to those who need training. If you need training and you didn't get the e-mail here are the link and the steps you need to follow. <https://learning.ksde.org/moodle/login/index.php> Create an account, confirm in e-mail received from them, Continue, Course Categories – Child Nutrition & Wellness, CACFP Child & Adult Meal Pattern, take course. The site is supposed to generate a certificate if it does not and you have passed the final test then log out and back in to view certificate. Training has to be completed by September 30, 2017.

**Questions and Answers**

**Question: Are combination peanut butter and jelly jars creditable as part of the meal pattern?**

Answer: Determining how much peanut butter was in each serving would be difficult; therefore, a product formulation statement would be needed. It would be easier to keep the peanut butter and jelly in separate containers.

**Question: Can snack chips/straws such as fruit, vegetable and potato chips/straws be credited towards the updated meal pattern requirements?**

Answer: Snack chips/straws may not be credited as a fruit or vegetable. However, 100% dried fruits or vegetables are creditable. 1/4 cup dried fruit or vegetable counts as 1/2 cup of fruit or vegetable under the updated CACFP meal pattern requirements.

Snack chips and straws may not be credited towards the grain component unless obviously a grain such as quinoa sticks.

**Question: Are handmade oatmeal balls considered a grain-based dessert?**

Answer: Yes, oatmeal squares, bites or balls are considered a grain-based dessert as they resemble a cookie or granola bar.

**Tentative Check Disbursement Dates**

The following chart contains tentative dates that the reimbursement will be sent from JCFHA bank and the checks will be mailed on this date.

**Claim Month Payment Date Claim Month Payment Date**

October 2016 Nov. 23, 2016 November 2016 Dec. 28, 2016

December 2016 Jan. 30, 2017 January 2017 Feb. 27, 2017

February 2017 Mar. 31, 2017 March 2017 April 28, 2017

April 2017 May 26, 2017 May 2017 June 22, 2017

June 2017 July 28, 2017 July 2017 Aug. 30, 2017

**August 2017 Sept. 28, 2017** September 2017 Oct. 27, 2017

October 2017 Nov. 28, 2017 November 2017 Dec. 28, 2017

**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.

**What's New**

**Top 10 Ways to Get Kids Involved in Healthy Cooking & Shopping**

Children are more likely to eat foods that they have a role in selecting and preparing. The following are 10 easy strategies for getting them involved:

**10 - Mean Green Cleaning Machine**. Let them wash fruits and vegetables when preparing for cooking or eating.

**9 - Pick a Peck!** When shopping, let them select a new fruit or vegetable to try...or several!

**8 - Make it Snappy!** - Let them snap the green beans, snap peas or break the flowerets from the broccoli or cauliflower.

**7 - I Spy.** Play "I Spy" in the produce section when grocery shopping.

**6 - Tear it Up!** Let them tear the lettuce for salads and sandwiches.

**5 - Measure Up!** Let them measure the frozen vegetables before cooking them.

**4 - Peel & Slice**. Older children can peel and slice carrots, cucumbers, potatoes... the list goes on!

**3 - Stir & Spice.** Make applesauce from fresh apples. Let them help stir and add the cinnamon.

**2 - A Sprinkle A Day.** Let them sprinkle herbs or other seasonings onto vegetables.

**1 - Monster Mash!** Pull out the potato masher!

**Cook's Corner**

**Papaya and Black Bean Salsa**

**Ingredients:**

1 medium, ripe papaya, cut into small dice

1 cup cooked black beans, rinsed and drained

2 small red peppers, cut into small dice

1 red onion, cut into small dice

2 jalapenos, minced

3 Tbsp cilantro, chopped

2 tsp dried Mexican oregano

3 Tbsp minced fresh ginger

1 Tbsp plus 2 tsp olive oil

2 limes, juiced

1 tsp ground black pepper

1 1/2 tsp kosher salt

2 Tbsp orange juice

**Directions:**

Combine all ingredients and adjust seasoning to taste. Cover and refrigerate if not serving immediately.

**Prep time:** less than 30 minutes **Makes:** 8 - 1/2 cup servings of Fruits & Vegetables

**Serving Suggestions:** Papaya salsa is an excellent accompaniment for grilled fish, shrimp or chicken. Enjoy as a dip with taco chips.

**Recipe Credit:** Recipe courtesy of Southern Specialties. This recipe meets Produce for Better Health Foundation, and Center for Disease Control and Prevention nutrition standards that maintain fruits and vegetables as healthy foods.

<http://FruitsAndVeggiesMoreMatters.org>

**GET MOVING**

**Balloon Toss (Using a Punch Ball Balloon for each child):**

The Balloon Toss is a great activity for children of different ages and abilities. Since the balloon travels slowly through the air, there is plenty of opportunity for children to be successful in catching.

Use a large indoor space with marked boundaries so that children know where they can and cannot move. Instructions for the children to throw the balloon straight into the air:

1.Hold the balloon out in front of you with one hand on each side of the balloon.

2.Lower the balloon below your waist so that the balloon almost touches your knees.

3.Raise both hands into the air and let go of the balloon as it passes your nose.

Initially, teachers should encourage children to throw the balloon only a few feet into the air. As they develop their skill, children will learn to toss the balloon higher. Children should focus on looking at the balloon and then wrapping their hands around the balloon when it comes back down close to their body.

adapted from: <http://www.pecentral.org/lessonideas/searchresults.asp?category=50>

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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.