

# ❖ The Good News ❖

Volume 29 Issue 10

October 2014

## Janet's Notes

Fall has started, children are back in school and it is CACFP renewal time. You should have received your green envelopes with the renewal information in it, if you do not received a green envelope from us by Oct 3rd - please call the office and let us know so we can get another one out to you.. There is a **visible difference** this year with the enrollments. If you did not get enough annual enrollment forms please call the office and request more. If you enrolled or will enroll some one in October then please call the office so we can send you the correct form.

Some providers are having difficulty with their ratio/capacity. If you are licensed for 10, that does not mean that you can have 10 children of any age in care. Your license clearly shows the age category and how many children you can have per category. A child is 17 months old until the day they turn 18 months old. Please call the office for clarification if needed, we will assist you anyway we can.

We will be doing drop-in visits in October. Be sure when the day the home visitor comes out to review your records you double check what is written down for the foods listed and the attendance on the home visit form is true and correct. The home visit form should match your claim.

I've been seeing some good menus the past two months so keep up the good work.



## October Is...

- Apple Month
  - Eat Better, Eat Together Month
  - National Book Month
  - Pizza Month
  - Spinach Lovers Month
- |               |                                    |
|---------------|------------------------------------|
| Oct. 6-10     | Farm to PreSchool Week             |
| Oct. 19-25    | National Friends of Libraries Week |
| Oct. 20-24    | National Health Education Week     |
| Oct. 26-Nov.1 | Kids Care Week                     |
- 
- |         |   |
|---------|---|
| Oct. 1  | Claims and Enrollments Due                |
|         | World Vegetarian Day                      |
| Oct. 4  | National Taco Day                         |
| Oct. 13 | Columbus Day, observed<br>(office closed) |
| Oct. 16 | World Food Day                            |
| Oct. 17 | National Pasta Day                        |
| Oct. 31 | Halloween or All Hallows Eve              |

Source: [brownielocks.com/october.html/octobercalendar](http://brownielocks.com/october.html/octobercalendar)

**Please mail your Claim on the 1st!**

**PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!**



**Happy Halloween**



**JC FAMILY HOME ASSOCIATION STAFF**

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**THINGS TO REMEMBER**

**Please remember to use only blue or black ink on your claim.** We use red and other colors in our office when counting your claim.

**COVERSHEET**

Please be sure you put your Meal Times on your Coversheet each month. Please remember that we have to have a meal time for any and all meals you are serving - even if the meal is for an infant. For our providers who are Licensed for 12 and using this ratio/capacity - please be sure that your helper is signing the Coversheet(s). Please do not put the same arrival time and leave time for each child - not all of your children arrive and leave at the same time - please check enrollments for correct arrival and leave times.

**ENROLLMENTS**

**If you did not receive your green envelope with your Annual Enrollments - please call our office!**

**INFANT DOCUMENTATION**

If you have a parent that is providing you with breast milk and she marks that she declines your formula that is listed above if she should for some reason not have enough breast milk - **she must list the name of a formula - she cannot put none or breast milk.** Please be sure that the Infant Documentation is filled out correctly.

**CPR/First Aid Training by Tina**

Offering CPR/First Aid Classes to fit your schedule! \$25 each class. Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!



## MENU MEAL CONTEST

We want to say Thank You to those of you who participated in the Menu Meal Contest.

The winner for May is: Molly Sederlin  
 The winner for June is: Sherry Hamman  
 The winner for July is: Lucy Hall  
 The winner for August is: Lori Gotchall

Grand winner: Renate Woodmansee

### Pumpkin Parfait

1 can (about 15 ounces) low-sodium pumpkin  
 3 cups fat-free or low-fat vanilla yogurt  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg

#### Granola:

1/4 cup raisins  
 1/2 cup quick cooking oats  
 1/2 cup rice crisps  
 1 tablespoon vegetable oil  
 1/4 cup brown (or white) sugar

#### Directions:

1. Preheat oven to 325 degrees F.
2. In a blender or with a fork, blend the pumpkin until smooth.
3. Mix pumpkin, yogurt, and spices in a bowl.
4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil, and sugar.
5. Spread granola on a baking pan, Bake for 10 minutes.
6. Let the granola cook down until it hardens. Then, break it apart or crush it into small pieces.
7. Spoon the pumpkin mixture into 6 medium-size glasses or bowls (see note below).
8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
9. Serve immediately or refrigerate.



For small appetites divide into 12 cups which would provide 1/4 cup yogurt ( 1 Meat/Meat Alternate) per serving.

### FUN FACTS

Q: Why was the apple tree sad?

Q: Why did the apple go out with a fig?

Q: Why were the little strawberries upset?

If you think you know the answers - call our office to see if your right!

The number of calls we get will help us to know how many of you are reading the Newsletter each month.



# The Good News

**J.C. Family Home Association**  
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## Thanks for the Best Choice Labels. Keep them coming.

*The money we receive from these labels allow us to purchase Training supplies.*



### Welcome New Providers

Mary Hudson	Wamego
Kari Mau	Junction City
Barbara Taylor	Junction City

