

# THE GOOD NEWS



November 2015 | Volume 1 | Issue 3



## What's New



*Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment .• Maria Montessori*

### **Tentative Check Disbursement Dates!**

This month we will begin letting you know the tentative dates for claim payments! Remember these are tentative so the date could change. We will be adding them to the Calendar for future months! Below are the dates as of this Newsletter.

October's reimbursement on November 27th

November's reimbursement on December 30th

### **Scholarship Opportunity!**

In honor of the 25th Anniversary of Child Care Aware, a statewide educational scholarship opportunity will be available in early 2016! They stated:

"Any individual working in early childhood in Kansas is eligible but applicants must work in a licensed family child care home or child care center. Priority will be given to individuals employed in a child care setting that accepts Kansas Department for Children and Families (DCF) subsidy assistance and the facility must be in good standing with Kansas Department of Health and Environment."

Don't Delay! You can get the Application by contacting Child Care Aware of Kansas at 1-855-750-3343 or on the website at [www.ks.childcareaware.org](http://www.ks.childcareaware.org)!

**Applications are Due by November 15, 2015**



## Important Reminders



### **Claims:**

**Reminder:** Children living with you, the provider, are not considered daycare children. They are considered providers own children. That means that an Income Eligibility Form will need to be filled out and approved in order to claim them for meals that you provide. If they are not approved then they only can count towards attendance, not for meals.

**Remember to mail your claims by the 1st!!!** We don't want you to miss the cut off for the month and not receive your check! So please get those out to us through the mail or email. The circulation center for the USPS was closed in Topeka, so all our mail is now routed through Kansas City or Wichita. That means it can delay your claims.

**Unannounced Home Visits**

We have begun the unannounced home visits for the new program year! Please call the office if you will be out during a mealtime, when you're sick for the day, when you have appointments and are closed, and when you have no children in Care. That will help us not drop-in when you are closed or away from the home. Thank you!

**Pie-in-the-Face Contest:**

You guys are doing amazing! We have a nice long list of possible pie throwers! Woot Woot! Keep up the good work by getting those claims in on time so that you can have more chances to win and THROWSOMEPIE!(Be gentle though .. we need her ahhahahaha)

CLAIM MONTH	RECEIVED BY
SEPTEMBER	4TH
OCTOBER	6TH
NOVEMBER	5TH
DECEMBER	4TH

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## Recipes

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### Easy Carmel Apples



It is apple season again! Here is a great way to keep those apples from getting boring! Spruce them up with a little caramel and some fun toppings! This month we grabbed a great recipe and helpful tips from BusyBeeKidsCrafts.com!

Share pictures of your creations on the JC Family Home Association Facebook Page! We would love to see your awesome creations!

**Prep time:** 15 minutes

**Makes:** 3 to 5 Apples

These instructions seem to be overwhelming and a bit complex, but they are actually easy, quick, and fun! Busy Bee mentioned that many people were having problems getting the caramel to 'stick' to the apple without sliding down. So I grabbed some of their tips too to help make it an easy and fun way to get in a nutritious snack!

### Ingredients:

- 3-4 refrigerated Apples
- Popsicle Sticks
- 2 or 4 cup Pyrex measuring cup
- Chewy caramels (10-14oz bag)
- 2 Tablespoons milk
- Spoon
- Wax paper
- Paper plates
- Cooking Spray
- Toppings: Sprinkles, crushed Oreos, nuts, chocolate chips, candy corns, mini M&Ms.

### Directions:

1. Take your apples out of the fridge, take the stems off and push a Popsicle stick into the top of the apple. Place in the freezer for 5 minutes while your getting your other ingredients ready.
2. Put your toppings into individual paper plates, ready for rolling.
3. Tear off small squares of wax paper and spray with cooking spray.
4. Place your caramels and milk into a Pyrex measuring cup - this makes dipping so much easier for children! A 1 or 2 cup measuring cup is a good size if you're only making a few apples. Microwave on high for 2 minutes, stirring half way through or until caramels are all melted.
5. Let the caramel sit for 1 minute, and then dip each apple, letting the excess drip off and spooning off any big globs. Roll in topping, place on wax paper, and put immediately into the freezer for 10-15 minutes to set. Repeat for each apple, and chill overnight.



### Helpful Hints for Carmel Apple Making From Busy Bee Kids Crafts!

- If you don't want to unwrap all those caramels, Kraft has come out with some caramels made just for apple dipping that are round little balls, have a look for them at your local grocery store!

- You can use any type of apple you'd like, but there's just something about the sweet/tart combo when you use Granny Smith apples.
- It's really important that your apples are well chilled, this makes the caramel stay put and not drip all off the apples!
- You could also use plastic forks for the stick, just poke into the top of the apple
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If you have a tasty recipe that is easy, fun, or just nutritious let us know! We would love to share it! Please submit them to our staff at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org).

Source: <http://www.busybeekidscrafts.com/Easy-Caramel-Apples.html>



**National Peanut Butter Month**  
**Good Nutrition Month**  
**Child Safety and Protection Month**

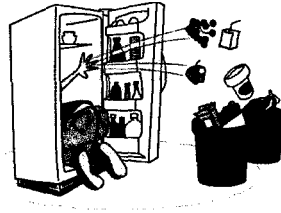
**9th - 13th American Education Week**

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|---|---|
| Nov. 2<br>Cookie Monster's Birthday                 | Nov. 18<br>Mickey Mouse's Birthday          |
| Nov. 6<br>National Nachos Day                       | Nov. 26<br>Thanksgiving Day (Office Closed) |
| Nov. 11<br>Veterans Day (Office Closed)             | Nov. 27<br>Black Friday (Office Closed)     |
| Nov. 14<br>National Clean out Your Refrigerator Day |   |
| Nov. 15<br>Pack Your Mom a Lunch Day                |   |
| Nov. 17<br>Homemade Bread Day                       |   |

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

If you have something that you think would be a fun field trip or a great class for daycare providers, please email us at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org) or give us a call at the office so we can add it to the calendar. You are our best resource for things being offered in your area!

## Tips of the Month



### 20 Minutes to a Clean Fridge

November 14th is clean out your fridge day! We have to get it all ready to fit our wonderful creations for Thanksgiving! We realize you guys are super busy trying to take care of the children in your care and running your household in your after hours time, so we decided to help you get this daunting task done as quick as possible. Real Simple has a great check list that can you in and out while the children take a nap!

#### Here is the checklist from Real Simple

##### Minutes 1-2:

Unplug the refrigerator. Slide a coil brush underneath the unit's kick plate (the rectangular panel just above the floor) to remove dust.

##### Minutes 3 to 7:

Empty the contents. Toss anything past its prime into a trash bag. Recycle glass and plastic containers.

##### Minutes: 8-10

Remove the drawers and place them in the sink. Scrub the drawers with a sponge, warm water, and liquid dish soap. Leave them out to air-dry.

##### Minutes 11 to 15

Douse the interior with a multi-surface spray. Wipe down the walls, then each shelf. (Don't forget the shelf seams and the rubber door seal) Use an old toothbrush and a spritz of cleaner to dislodge grime from crevices.

##### Minutes 16 to 17

Plug in the refrigerator. Return the drawers. Put the food back in, wiping down jars and bottles.

##### Minute 18

Attach the baking-soda pod's suction cups to an interior wall.

##### Minutes 19 -20

Clean the exterior.

For enameled steel: Use a multi-surface solution and paper towels.

For stainless steel: Dampen a microfiber cloth with distilled white vinegar and rub in the direction of the grain. All done!

Get the virtual checklist on Real Simple at:

<http://www.realsimple.com/home-organizing/cleaning/cleaning-kitchen/how-to-clean-refrigerator>

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# PROVIDER'S CORNER

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## **Reduce Business Stress**

The holiday season is fast approaching and everything gets so hectic! It is so important to remember to keep your documentation together and ready for those unannounced visits. This also means making sure all your inspection papers, license, and other important documents are posted or kept in a place that is easy to get to. I have noticed many of you keep them in a three ring binder with clear protection sheets and tabs. This is an awesome way to store your enrollment forms, certificates for training, inspections, and important documentation ready to share in just five minutes. In this business you never know when someone will show up and ask for these items. There is nothing worse than having to hunt for them once someone has arrived. I can feel the stress already!

Every business has to keep their documentation on file and ready to be inspected in a moments notice, and you are a business owner. You set the tone and the standard by which your business is run and operated. Staying organized not only saves you from having to hunt the information down, but it also saves you money. On the CACFP program everyday that is not written down on the menus is deducted from that month's disbursement. We know you have fed the children, but the forms must be complete and available when we arrive in accordance with the regulations. We have to honor that agreement in order to continue providing this program to all our providers.

I just wanted to remind you that your business is important too. Taking the time to keep it running smoothly is a great way to reduce the stress that surrounds this season. It can reduce the stress of having someone show up unexpectedly, take care of business items in minutes, and get all your benefits. You are all amazing providers and we enjoy seeing you, we do not want to be something that causes you more stress during this season. Not to mention it is also a time of year where every dollar counts! We want you to get your full amount for all the hard work that you do to provide healthy and nutritious meals for the children that attend your home daycare program.

Until next month ... Smile because you make the difference in the lives of our most precious resource ... our children.

Christi Plemons / Program Manager / November 2015

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## Contact Us

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