**The Good News**

February 2017 / Volume 2 / Issue 5

February Is . . .

American Heart Month

Berry Fresh Month

Hot Breakfast Month

Grapefruit Month

Feb. 2- Kiwi Day, Feb. 4- Homemade Soup Day Feb. 13- Oatmeal Day, Feb. 14- Valentine's Day, Feb. 16- Almond Day, Feb. 17-Women's Heart Day, Feb. 19-25 is National Pancake Week, Feb. 27- Strawberry Day

Source: <https://snaped.fns.usda.gov/nutrition-through-seasons/holiday-observances#topcalandar>

**Important Reminders**

**Training 2017**

We are starting the trainings in March because KSDE has a training March 2, 2017 that Janet will need to go to for updated information.

March 9th - Abilene 6:30-8:30, Brethern Christ Church, 11th and Buckeye

March 14th - Junction City 6:30-8:30 – Senior Citizen Building – 1025 Spring Valley Rd

March 25th - Topeka 9:30-11:30, Topeka Public Library, 1515 SW 10th

March 30th - Clay Center 6:30-8:30, Clay Health Dept, 820 Spellman Cir

April 4th - Holton 6:30-8:30, First Baptist Church, 404 Juniper Dr

April 6th - Concordia 6:30-8:30, CCCC RM 257, 2221 Campus Drive

April 18th - Wamego 6:30-8:30, Senior Citizen Building, 501 Ash St

April 22nd - Manhattan 9:30-11:30, Manhattan Public Library, 629 Poyntz

May 9th- Salina 6:30-8:30, Salina Public Library, 301 Elm Street

May 18th Manhattan 6:30-8:30, Manhattan Public Library, 629 Poyntz

To sign up you can call the office, email, or register online at [www.jcfamilyhomeassociation.com](http://www.jcfamilyhomeassociation.com), Events, Training tab or on the Facebook JC Family Home Association Page <https://www.facebook.com/JCFHA> using the book now button.

**KCCTO has the required trainings for DCF providers bundled for $5.00 for the 9 KDHE clock hours.**

**Look for the “Foundations for Safe and Healthy Early Care Facilities-Module 2”**

 <http://kccto.org/register/online-registration>

 This covers the following course topics:

         Safe Steps: Administering Medication to Children.

         Handling, Storing, and Disposing of Hazardous materials and Biological Contaminants.

         Prevention of and Response to Emergencies Due to Food and Allergic Reactions

         Building and Physical Premises Safety

         Sound the Alarm: Emergency Preparedness in Child Care

         Transportation of Children

For more information contact the KCCTO office at 800-227-3578

**YouTube Live Videos**

Please send your questions in and I will answer them in a short video.  The video from January has been posted to our YouTube channel, JCFHA Food Program.   <https://www.youtube.com/watch?v=ysUohqz_RmM>   This video has the trainings for 2017 on it and talking about some of the things that will not change in October 2017.

**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 2017 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

**What's New**

**KCCTO-KITS Infant-Toddler Specialist Network**

Kansas Child Care Training Opportunities (KCCTO) and Kansas In-service Training System (KITS) are pleased to announce the Infant-Toddler Specialist Network (ITSN) project. This Project is designed to have a positive impact on child care quality and accessibility by providing education, support, consultation and technical assistance to early childhood professionals who care for infants and toddlers in Kansas. Through this project early childhood professionals will have access to the following free supports: telephone "help-line", online courses, trainings, webinars and communities of practice, linkages to State and National resources, community-based individualized training, on-site visits, short or long term consultation and coaching, intensive technical assistance, and financial quality improvement incentives. If you have further questions about the program, or are a family child care provider or child care center interested in learning more about free services offered through the ITSN project, please call the KCCTO office at 1-800-227-3578 or email kccto.inc@gmail.com.

**Get Moving!**

**Heart Hop**

Heart Hop is a great indoor activity that keeps children moving while learning about each other.

**Instructions:**

Cut 8-10 hearts out of cardboard or poster board, Tape the hearts to the floor in a path

Instruct children to line up at the start of the heart path. While playing music, have each child hop from one heart to the next starting over once they reach the end of the path. When the music stops, have each child stop hopping and say something they love, such as "I love my mommy and daddy!" or “I love bananas."  Once each child has said something they love, start the music and children start moving again. Switch up the movement each time the music starts over (skip, crawl, etc).

<http://www.preschooleducation.com/gvalentine.shtml>

**Infants - October 2017**

* Two categories instead of three.  0-5 months - only requirement is formula/breastmilk and 6-11 months - introducing baby foods until the baby is eating a variety of foods.
* Parents can only provide one component.
* Breakfast can now include a meat/meat alternate instead of infant cereal when age appropriate.

Please remember these are regulations that will start in October 2017

**Cook's Corner**

**Confetti Soup**

Preparation Time - 20 Minutes

Cooking Time - 40 Minutes

Servings - 6 (1 cup each)

**Ingredients**

1 1/3 tsp canola oil

3/4 cup fresh onions, peeled, diced

3/4 cup fresh celery, diced

3/4 cup fresh carrots, peeled, diced

1/2 tsp salt

1/2 tsp ground black pepper

1/4 tsp whole fennel seed

1/8 tsp crushed red pepper (optional)

1 1/2 cups canned low-sodium black eyed peas, drained, rinsed

3 1/2 cups water

1 cup extra-lean turkey ham, diced

1/3 cup fresh kale, coarsely chopped

1 1/2 tbsp. fresh parsley, chopped

**Directions**

In a large pot, heat oil over medium-high heat. Add onions and celery. Cook for 2-3 minutes or until tender. Add carrots, salt, pepper, fennel seed, and crushed red pepper (optional). Cook for an additional 2-3 minutes.

Add black-eyed peas and water. Cook uncovered for 25 minutes over medium heat.

Add turkey ham and kale. Cook covered for an additional 10 minutes over medium heat until kale is tender.

Add parsley right before serving. Serve hot.

Meal Pattern Contribution - 1 cup soup Provides: Legume as meat alternate: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable OR Legume as vegetable: 1/2 oz meat/meat alternate, 1/1 cup vegetable

<https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/confetti-soup>

**Nutritious Flavor**

Using fresh and/or dry herbs and spices while preparing food is a good way to create a delicious meal without adding additional fat, salt or sugar. Learning what spices and herbs to use and how much to use does take practice. Once the basic knowledge is gained, meals can be prepared packed full of nutrients and flavor. Spices are made from the roots, buds, flowers, fruits, bark or seeds of plants.

Ginger, Paprika, Cinnamon, Cloves, Nutmeg, Allspice

Herbs come from the leaf or the soft parts of plants. The most commonly used herbs are:

Basil, Sage, Oregano, Parsley, Cumin, Mint

When cooking soups or stews, try adding whole herbs such as bay leaves and discarding them before serving. For foods that do not take long to cook, add the herbs and spices at the beginning of cooking. For foods that cook for a long time, add herbs and spices during the last 15-20 minutes of cooking for the best flavor. Using the right herbs and spices in the correct amounts can help bring amazing flavors to food and make healthy meals more enjoyable. (Adapted from ICN Mealtime Memo for Child Care)

**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.

**UP and Coming**

**Grant Opportunity**

**Local Kansas Food and Gardening sub-grant available from Team Nutrition**

Team Nutrition Training Grant, KSDE, CNW will award sub-grants to 100 home providers ($100 each) along with program materials to implement a Local Kansas Food and Gardening nutrition education curriculum this spring. Applications are available at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org) and are due February 10, 2017. For questions or additional information, contact Tessa Adcock at tadcock@ksde.org or call 785-296-2276.

**Coming soon! Power Panther Preschool Sub-Grants from Team Nutrition**

Power Panther Preschool is a nine-lesson health education program that is designed to motivate preschool children to taste new, healthy foods and be physically active. Providers will have the opportunity to receive the Power Panther Preschool curriculum, nine children’s books corresponding with each of the lessons, and sub grant funds to implement the cooking/tasting activities in the lessons. As part of a Team Nutrition Training Grant, KSDE, CNW will award sub-grants of $50 per home provider along with program materials to implement the Power Panther Preschool Program. Applications will be available early February at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org). For questions or additional information, contact Emily Brinkman at ebrinkman@ksde.org or call 785-296-2276

**Contact Us**

P.O. Box 1203 Junction City, KS  66441

785-762-2424 / Fax: 785-762-2623

Janet@jcfha.kscoxmail.com

[www.jcfamilyhomeassociation.com](http://www.jcfamilyhomeassociation.com)

Director:  Janet Dozier

Consultant:  Christine Moravec

 Office Assistant: Leslie Korman

Office Assistant: Megan Majerus

Assistant Director: Vanda Taylor

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Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442; or Email: program.intake@usda.gov.