**The Good News**

**November Volume 3 / Issue 2**

November is . . .

American Diabetes Month

National Peanut Butter Lovers Month

Sweet Potato Awareness Month

November 2 - Deviled Egg Day, November 3 - Sandwich Day, November 5 - Fall Back One Hour, November 11 - Veteran's Day, November 17 - Homemade Bread Day, November 23 - Thanksgiving -Office Closed, November 24 - Office Closed, November 28 - National French Toast Day.

**Important Reminders**

**Tentative Check Disbursement Dates**

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

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

**New Home Visit Form**

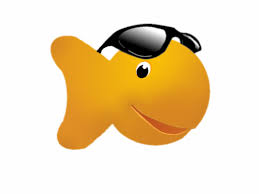
As of October 2017 we started using a new home visit form, we included an example in the green packet you received in the mail. This form will let you know the items we are required to check while in your home for a visit. The new form is taking a little more time to get through so we will be in your home a few minutes longer than we were in the past. Please read through the form and be aware that all of those questions will need to be answered and certain documentation will need to be verified. We also will be verifying the whole grains you are serving, the cereal, the yogurt and the milk. Thank you for your help and patience with us as we learn the new form.

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**Appreciation Awards**

Some of the providers here in Geary County have been chosen to receive an appreciation certificate from us for their outstanding performance in CACFP. The following providers have turned their paperwork into our office in a timely manner for processing and they are not on a Corrective Action Plan for the October 2016 - September 2017 program year: Lois James, Anna Landreville, Pauline Leone, Lori McWhirter, Mary Ryan, Molly Sederlin, Renee Taggart and Michelle Wallace. Thank you for your hard work. I encourage all of you to do your paperwork daily and strive to meet all program requirements to include having your paperwork to us by the 5th working day of the month. We will be looking at a different area for the award this program year. The award comes with an up to $50 check for a job well done.

**Ideas for Snacks**

****Kansas Department of Education, Child Nutrition & Wellness has developed several snack ideas and these can be found at: <http://www.kn-eat.org/CACFP/CACFP_Docs/Guidance-Menu_Planning/CACFP_Sample_Snack_Menu.pdf>

Some of you have indicated the new numbered menu options are not quite enough to choose from. For now, they are all we will be releasing, if you choose to use a creditable number menu from the old list, you can do so, just be sure to fully write out the menu for us. Thank you

**Sugar Calculator for Cereal/Yogurt**

Kansas Department of Education, Child Nutrition & Wellness has developed a calculator worksheet that you can download to your computer. This is in Excel format, and is a tool that you can use to calculate if a cereal or yogurt is creditable according to the serving size and the sugar listed on the nutrition label. You can still use the chart information we sent you in the green packet also. I will be doing some more research on the yogurt and will let you know my findings. Here is the link: <http://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Menu_Planning_Production_Records.html> click on the green diamond and save the document.

**Reminders**

•Serve whole grain rich once a day

•No juice for infants

•Juice once per day for children over 1 year old

•Notate on your coversheet which child(ren) are drinking whole milk, and which child(ren) are drinking 1% milk

•New Numbers for Numbered Menus

•When using L12 the 2nd person (helper) must sign the coversheet

•Follow the sugar limit for cereal and yogurt

•Parents can only provide one creditable component for any child including infants for the meal to be reimbursable.

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**What's New**

**GET MOVING!**

**Go Take a Hike!**

Fall colors are flourishing and it is a great time to enjoy the mild temperatures. Enlist everyone to take a hike around the block, over to the playground, in your yard, or around the neighborhood. Jump, hop, skip and walk backwards while gathering leaves of all colors. Use them to create a collage of fall fun on paper or a bulletin board by adding to it after each hike.

Source: <http://www.kn-eat.org/CACFP/CACFP_Docs/Newsletters/PY2018/2017_news_11.pdf>

**Get "Egg"cited!**

**Celebrate Deviled Egg Day with Egg trivia!**

•Double-yolk eggs are often laid by young hens, or by hens that are old enough to produce extra-large sized eggs.

•Eggs have all 9 essential amino acids making them a perfect protein source.

•Green color in a hardboiled egg is harmless, but forms when cooked too long or at too high temperature.

•The green discoloration results when sulfur in the egg white and Iron in the yolk react.

•Egg yolks contain choline that promotes normal cell activity, liver function and is key in the development of infant's memory functions.

•One whole egg counts as 1 1/2 oz. Meat/Meat Alternate substitution for the equal amount of the Grain component at breakfast.

"kids" of all ages love deviled eggs as a nutritious snack or mealtime complement, and helping make them is even more fun and exciting!

The American Egg Board says to make the perfect hard-boiled egg:

1.PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch then bring to boil. Reduce heat to simmer; cook for 15 minutes.

2.REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra-large).

3.DRAIN immediately and serve warm, or, cool completely under cold running water or in bowl of ice water, then REFRIGERATE.

For Deviled Eggs, use this basic recipe found at <http://www.kidsacookin.org/salads/deviled-eggs.pdf> to make the filling and fill the eggs. Keep it "egg" citing by offering options to spice things up a bit by seasoning the filling with mustard, chili powder, cumin, curry or salsa, Be creative according to the tastes of the program participants!

Source: <http://www.kn-eat.org/CACFP/CACFP_Docs/Newsletters/PY2018/2017_news_11.pdf>

**Cook's Corner**

**Whole Grain Pumpkin Muffins**

**Ingredients**

1/2 cup all-purpose flour

1/2 cup white whole-wheat flour

1 1/4 cups quick oats, dry

1/2 cup firmly packed brown sugar

1 teaspoon baking powder

1 teaspoon cinnamon

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon nutmeg

1 cup canned pumpkin

1/3 cup oil

1/4 cup skim milk

1 large egg, beaten

1 teaspoon vanilla extract

**Topping**

2 tablespoons all-purpose flour

2 tablespoons white whole wheat flour

1/4 cup quick oats, dry

1/4 cup firmly packed brown sugar

3 tablespoons unsalted sunflower seeds, chopped

1 teaspoon cinnamon

1/4 cup butter, softened

**Directions**

1.Preheat oven to 400 F. Spray12-cup (or 24 mini-cup) muffin tin with non-stick cooking spray.

2.In large bowl, combine first nine ingredients. Add pumpkin, oil, milk, egg and vanilla extract, stirring just until moistened. Fill prepared tines 3/4 full.

3.Combine topping ingredients; mix until crumbly. Sprinkle topping mixture evenly over muffins.

4.Bake 14-15 minutes or until done. Remove from pan and cool on wire rack. Shorten cooking time if using mini muffin tins.

Total time: 45 minutes, Cooking time: 15 minutes, Servings: 12 muffins

**Meal Pattern Contribution**

1 muffin provides: 2 oz. Grain serving, 1 mini muffin: 1 oz. Grain serving

Adapted From: the 1999 Kansas Wheat Commission Recipe Book

**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.

CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

**Contact Us**

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1.Mail: U.S. Department of Agriculture

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.