



The Good News

March Volume 6/ Issue 6

JC Family Home Association

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Please add our phone numbers to your contacts so you know who is calling you.

March is . . .

National Food Days

- **Peanut Butter Lover's Day - Monday, March 1, 2021**
- **Cereal Day - Sunday, March 7, 2021**
- **St. Patrick's Day - Wednesday, March 17, 2021**
- **Spinach Day - Friday, March 26, 2021**

National Food Weeks

- **Salt Awareness Week - Monday, March 8, 2021 to Sunday, March 14, 2021**

National Food Months

- **Frozen Food Month**
- **Noodle Month**
- **Sauce Month**

[March Food Calendar \(unl.edu\)](#)

Reimbursement table to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
February	March 16, 2021	March 26, 2021
March	April 16, 2021	April 30, 2021

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.

Training requirements for this year will be Mealtime for Toddlers and we will be doing it April 20 and April 27. We will have dates in May or June; however, I don't have any specific dates yet. The training will be 6pm - 8pm. You will be required to have your video on and there will be times when the audio will be on during break out sessions.

CACFP Week is Brought to You by the Letters C-A-C-F-P

CACFP week is right around the corner, March 14-20, 2021. The National CACFP Sponsors Association has a number of free resources to help with planning at <https://www.cacfp.org/national-cacfp-week-main/>

We look forward to seeing how you celebrate National CACFP week and National Nutrition Month! Use the #FuelingKSKids hashtag as you increase C: Community A: Awareness of the healthy meals and snacks that benefit Kansas C: Children because of the F: Food Program and encourage others to P: Participate to combat hunger!

March is National Nutrition Month

National Nutrition Month®, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month® 2021 is

Personalize Your Plate. A toolkit is available at: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>. With the release of the new Dietary Guidelines for Americans, this is the perfect time to share resources and information. Access DGA Resources at: <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

A big thank you goes out to those providers who participated in the KSDE review in February by zoom. You did what you needed to do and you helped us through it. Keep up the Great work!

Chicken or Turkey Noodles

Chicken or Turkey Noodles is an easy casserole full of chicken, whole grain spaghetti, spinach, and bell peppers in a light creamy sauce.



CACFP Home Childcare Crediting Information

1 cup (8 oz spoodle) provides $\frac{1}{4}$ cup vegetable ($\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable),

1 oz equivalent meat, and 1 oz equivalent grains.

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Makes: 6 servings

Ingredients

2 cups Low-sodium chicken broth

1 qt or 7 oz Whole grain spaghetti noodles, broken in half

1 $\frac{1}{2}$ cups or 6 oz Fresh onions, diced

4 cups or 6 oz Fresh carrots, shredded

1 Tbsp Margarine, trans fat-free

2 Tbsp Whole-wheat flour

$\frac{3}{4}$ cup or 6 oz Nonfat milk

$\frac{1}{4}$ tsp Salt

$\frac{1}{4}$ tsp Black pepper

$\frac{1}{4}$ tsp Dried marjoram

$\frac{1}{8}$ cup Dried parsley

3 $\frac{1}{2}$ cups or 2 oz Fresh spinach, chopped

1 $\frac{1}{2}$ cups or 7 oz Cooked diced chicken, thawed

Directions

1 Heat chicken broth to a rolling boil in a medium saucepan.

2 Slowly add pasta. Stir constantly until broth boils again. Cook about 6 minutes or until al dente. Stir occasionally. **DO NOT DRAIN BROTH OR OVERCOOK.**

3 Add onions and carrots to pasta. Remove from heat. Set aside for step 7.

4 In a medium saucepan, melt margarine uncovered over medium heat.

5 Add flour. Stir well for 1 minute.

6 Add milk. Stir mixture frequently until smooth and free of lumps. Bring mixture to a boil. Remove from heat.

7 Add milk mixture, salt, pepper, marjoram, parsley, and chicken to pasta mixture. Heat uncovered over medium heat for 3 minutes. Stir until thickened.

8 Add spinach. Stir well over medium heat.

9 Critical Control Point: Heat to 165° F or higher for at least 15 seconds.

10 Transfer to a baking dish (9"x13"x2")

11 Critical Control Point: Hold at 140 °F or higher until served.

12 Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

JC Family Home Association is an equal opportunity provider, employer, and lender.