**The Good News**

**July Volume 2 / Issue 10**

**July is . . .**

**Berry Month**

**Picnic Month**

**Culinary Arts Month**

**Grilling Month**

**July 3- Eat Beans Day, July 4- Independence Day, July 7 Eat Macaroni Day, July 28- Hamburger Day**

Important Reminders



**Enrollments**

**Income Eligibility Forms**

**New Home Visit Form**

**and Training**

Enrollments

Current enrollments expire July 31, 2017, we will be mailing out the new blue highlighted enrollments at the end of July to be filled out by the parents in August and the enrollments need to be returned by Aug. 24, 2017. The due date should allow time for parents to know the upcoming school schedules when filling out the enrollments. \*As a reminder providers must list when school and/or preschool starts and any days school and/or preschool is out on your coversheet or claim paperwork.

**Income Eligibility Guidelines**

Income Eligibility Guidelines for 2017-2018 will be updated and posted in July, we will mail them out to tier mixed homes, tier two homes and providers who are tier one and have children of their own, but do not qualify to claim them. You can request a form to fill out if you think you will meet the income guidelines, just email or phone the office and we will send you a form.

**New Home Visit Form**

Starting in October we will have a new home visit form to use when we come to your house for reviews. We will mail out a copy of the form to you for your information with the renewal packets in September. The home visit form lists the questions we will be asking and the information we will need to complete our visit with you.

**Training**

We have a hand full of providers who weren't able to attend training this year in person. We had good trainings on the New Meal Pattern requirements and I'm sorry you missed it. There will be online training coming in July or August for you to complete.

**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 2016 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**

**Tips to Stay Food Safety Savvy on Picnics**

July is National Picnic Month and a summer picnic is a great way to enjoy the outdoors and each other's company. Keep picnics healthy and safe this summer by remembering the following tips:

**1. Temperature and Time:** Remember that the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour in temperatures above 90 degrees Fahrenheit. Keep hot foods hot and cold foods cold on the way to and from your picnic.

**2. Use a food thermometer:** According to the USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe minimum internal temperature of 160 degrees Fahrenheit. Use a food thermometer to measure the internal temperature before removing food from the heat source.

**3. Bring non-perishable foods (whole foods):** Replace perishable food items with non-perishable food items or items that are not temperature sensitive. Try replacing potato salad with washed baby carrots or replace fruit salad with washed whole fruit.

**4. Two coolers are better than one:** Bring two coolers to the picnic. Use one cooler for the perishable food and use the other cooler for beverages. Keep perishable foods cold in an insulated cooler with ice or frozen gel packs. Keep the cooler closed as much as possible.

**5. Keep it clean:** Make sure to check ahead and find out if there is a source of safe drinking water at your destination. If there is not bring clean water for preparation, cleaning, and drinking. Pack clean, wet, disposable cloths or moist towelettes for cleaning hands and surfaces.

**6. Dangers of cross-contamination:** Cross contamination is the transfer of harmful bacteria of food from other foods, cutting boards and utensils when they are not handled properly. Remember to wash your hands before and after handling food, and do not use the same platter and utensils for raw and cooked meat and poultry. Be sure to bring extra clean utensils for eating and serving.

Adapted from http://food.unl.edu/documents/Julypicnicmonthwebletter070215.pdf

**Cook’s Corner**

**Berry Jams Party Bites**

**Meal Pattern Contribution:**

1/2 Muffin provides .50 oz. eq. meat alternate

1/4 C Fruit

1 oz. eq. Grains

**Ingredients:**

3 Whole grain English muffins

6 Tbsp. Peanut Butter or sunflower seed butter

1 Cup fresh or frozen (and thawed) sliced strawberries

1/2 Cup fresh or frozen (and thawed) blueberries

**Directions:**

1. Using a fork, gently split English muffin in half.

2. Spread 1 tablespoon of peanut butter on each English muffin half.

3. Layer strawberries blueberries on top of each English muffin half, covering peanut butter.

4. Serve immediately or chill until served.

**Notes:**

•Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.

•Allergic to nuts? Use sunflower seed butter in place of peanut butter.

**Preparation time:** 15 minutes

**Makes:** 6 servings

**Source: Adapted from USDA:** https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbook-homes.pdf

**GET MOVING!**

**Bone Strengthening Activities**

Weight bearing activities help strengthen bones. Many adults participate in weight-bearing activities by lifting weights or performing various activities with extra weight added to their bodies. This strengthens the bones and helps protect against diseases, such as Osteoporosis later in life. A young child's body is not yet developed enough to begin lifting weights. Therefore, children must participate in other weight bearing activities to help strengthen their bones. Take advantage of the warm weather and encourage the children to participate in bone strengthening activities such as hopscotch; hopping; skipping, and jumping; jumping rope; running; and sports such as gymnastics, basketball, volleyball, and tennis. Please always be aware of the outside temperature and make sure children are hydrated at all times. Source: http://www.teamusa.org

**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.

**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.