**The Good News**

**May Volume 3 / Issue 8**

May is . . .

Asparagus Month

Beef Month

Egg Month

May Days of Interest

May 4 - Orange Juice Day, May 6 - No Diet Day, May 8 - CACFP 50 years old! May 10 - Shrimp Day, May 11 - Provider Appreciation Day, May 13 - Mother's Day, May 28 - Memorial Day.

Tentative Reimbursement Date May 30th

Source: <https://food.unl.edu/may-food-calendar>

**Important Reminders**

**Office will be closed May 28, 2018 for Memorial Day**

**Third Round of Home Visits** will be starting in June, these visits are normally scheduled visits; however, if you have received a Corrective Action Plan (CAP) on not having your paperwork up-to-date anytime from October 2017 - May 2018 then you will receive a third drop in visit this year to be sure your paperwork is being filled out daily per regulation.

**CACFP will be 50 on May 8, 2018!** To put the 50-year period that the CACFP has been around in perspective, here's a few nuggets to ponder. When the CACFP began . . .

* Man had yet to walk on the moon.
* Getting cash required a trip inside the bank.
* Seat belts weren't mandatory.
* A gallon of gas cost 34 cents.
* Dialing a phone involved clockwise finger rotation.
* The internet hadn't been invented.

AND billions of meals provided to millions of children had yet to be served through the CACFP!

Thank you for your contributions and helping to make the CACFP such a critical, impactful, and healthy program!

**Cereal and Yogurt Chart** will be posted on the website at http://www.jcfamilyhomeassociation.com/whats-new

These charts will help to eliminate the math when figuring sugar amounts!

**Healthier Kansas Menus - CACFP** provides a variety of familiar and nutritious foods that children love along with just enough new and unusual menu items to keep it interesting. Children will be introduced to good-tasting, healthy foods. Menus were well accepted by children of all ages and were tested in a childcare center and a daycare home. The menus exceed all meal guidelines for the Child and Adult Care Food Program (CACFP) when the menus, recipes, food specifications, production records, and serving practices are followed. Children should be encouraged to try all of the planned menu items. Resources in the Healthier Kansas Menus - CACFP include:

* 8-week Menu Calendar - The 8 weeks of menus were designed to be "seasonal menus" and may be split up or used through the year as an 8-week cycle. There are many possibilities for customization!
* Spring/Summer or Fall/Winter
* Recipes with crediting information and food safety instructions
* Daily production records with purchasing, preparation and serving instructions
* Ideas for adapting menus

<http://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Resources_HKM.html>

**What's New**

Be A PAL: Protect A Life from Food Allergies

**May 13-19 is food allergy awareness week**. The Be a PAL: Protect A Life from Food Allergies education program is used to help increase food allergy awareness. This program can help children learn about food allergies and how to be a PAL to their friends with food allergies. One in thirteen children in the United States is affected by food allergies. For children with food allergies, even a tiny amount of the food can make them very sick.

A food allergy occurs when the body believes a certain food is harmful, which then causes an allergic reaction. The severity of the reaction varies from mild to life threatening. Medicine is available to stop allergic reactions from foods, but food allergies have no cure. The Be a PAL food allergies education program offers a variety of materials such as posters, handouts, a presentation guide, as well as certificates available on the website to download and print for free.

The following are the 8 most common food allergies: Peanuts, Wheat, Tree Nuts, Fish, Eggs, Soy, Milk, and Shellfish (crab, lobster).

Signs of an allergic reaction in children, especially very young ones, can include:

* Putting their hands in their mouths
* Pulling or scratching at their tongues
* Slurring their words
* Changing of their voice (e.g., hoarse or squeaky)

For more information and available materials, see the website listed below. <https://www.foodallergy.org/education-awareness/be-a-pal>

**Cook's Corner**

**Whole Grain Strawberry Pancake**

Total time 7 minutes, serves: 7

**Ingredients:**

* 1 1/2 cups Whole Wheat Flour
* 3 tablespoons sugar
* 1 teaspoon baking powder
* 1/2 teaspoon baking soda
* 3 eggs
* 1 container vanilla low-fat yogurt (6 oz)
* 3/4 cup water
* 3 tablespoons canola oil 1
* 3/4 cups sliced fresh strawberries
* 1 container strawberry low-fat yogurt (6 oz)

Meal Pattern Contribution: Fruits - 1/4 cup, Grains - 1 1/2 oz, M/MA - 1/2 oz

**Directions:**

1. Heat griddle to 375 degrees or heat 12-inch skillet over medium heat. Grease with canola oil if necessary.

2. In large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.

3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.

4. Pour eggs mixture all at once into flour mixture; stir until moistened.

5. For each pancake, pour slightly less than 1/4 c batter onto hot griddle. Cook 1 to 2 minutes or until bubbles on top, puffed and dry around edges. Turn; cook 1 to 2 minutes or until golden brown.

6. Top each serving (2 pancakes) with 1/4 cup strawberries and 1 to 2 tablespoons strawberry yogurt.

Adapted from: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/whole-grain-strawberry-pancakes>

**Farm to Plate**: Using the Whole Grain Strawberry Pancakes recipe as an example, farm to plate is a reality for many ingredients. With Spring having arrived, look for fresh, locally-grown strawberries at a Farmer’s Market. Also Kansas offers a number of flour mills that can be sources of locally-produced whole wheat flour. Most dairy products in Kansas are locally-produced, including low-fat yogurt. Finally, locally-produced eggs are plentiful across the state. Enjoy the quality and freshness of local products.

**GET MOVING!**

**Physical Activity Dice!**

This activity uses 2 dice, which can be made out of wood or cardstock. This game is easily adaptable for outdoors or inside on a rainy day and can accommodate any amount of children. On one dice, write an action such as jumping jacks, hop on one foot, toe touches, arm circles, sit-ups, and heel kicks on each of the six sides. On the other dice, write numbers. The level of the numbers can vary, using larger numbers when constructing the dice for older children. Once the dice are created, have the children form a circle with the dice in the middle. Each child takes turns rolling the dice and then all children perform the action shown on the one dice for the number of times shown on the other (i.e. heel kicks & 8; all children do 8 heel kicks). Repeat as long as the children are staying engaged.

<http://www.kn-eat.org/CACFP/CACFP_Docs/Newsletters/PY2018/2018_news_5.pdf>

UP and Coming

**First Aid & CPR Training**

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**

P.O. Box 1203 Junction City, KS 66441

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

Janet@jcfha.kscoxmail.com

jcfamilyhomeassociation.com

Director: Janet Dozier

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Office Assistant: Leslie Korman

Office Assistant: Raquel Mendoza

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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.