**The Good News**

**August Volume 2 / Issue 11**

August is . . .

Back to School Month

Family Meals Month

Kids Eat Right Month

Peach Month

Sandwich Month

August 3 - Watermelon Day, August 19 - Potato Day, August 31 - Trail Mix Day.

**Important Reminders**

**Enrollments**

Packets Have Been Mailed!

Brown Envelope with Bright Label

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. \*ALL CHILDREN IN YOUR CARE NEEDS AN ENROLLMENT FILLED OUT. All provider children need to have an enrollment filled out by the provider even if you are not reimbursed for the child. Packets include a stamped addressed envelope for your convenience.

**Reimbursement Rates**

July 2017 - June 2018

**Tier 1**

Breakfast $1.31 Lunch/Supper $2.46 Snacks $.73

**Tier 2**

Breakfast $ .48 Lunch/Supper $1.48 Snacks $ .20

Tier 1 rates stayed the same for all meals and snacks. Tier 2 rates stayed the same for breakfast and snacks and lunch/supper went down $.01.

**Why didn't the family child care reimbursement rates increase?**

USDA is required to update the reimbursement rates for inflation by using the Consumer Price Index for "food at home" which was nearly unchanged with only a slight decrease (.16 percent). Consequently, the rates for family child care homes are mainly unchanged.

**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 Mid-August for you to complete.

**License/ Ratio**

When using the license for 12, we need the second person to sign your coversheet please.

**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**

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**

**Family-Style Meal Service - Happy Times!**

Providing a nourishing and pleasant mealtime for children is one of the goals of Family-style Meal Service (FSMS). Mealtime can be challenging, especially when meals are not properly planned and/or children do not know what to expect when using Family-Style Meal Service.

Here are some tips that will make mealtime with children a success.

1. **Make a smooth transition**. Planning is important when children are learning when it is playtime and when it is mealtime. Try having some quiet time prior to a meal. The children should clean up their play areas so that no toys or other items will cause distractions. Reading a book to the children about food is a great way to prepare children for mealtime. It will provide the opportunity to talk to the children about the meal that is about to be served.

2. **Washing hands**. When it is time to go to the table, have children go to the restroom to wash their hands. Explain why it is important to have clean hands when eating a meal. By letting the children know the "why" behind washing their hands, it can minimize food safety issues and help develop healthy habits.

3. **Before sitting down**. Allow children to practice setting and cleaning the table during playtime. This will help the children become more comfortable with the task. Once they have practiced, have them set the table for mealtime.

4. **At the table**. Before starting FSMS, talk to the children about spills. Explain to them that spills may occur. When children know what to expect and how to manage a spill, they will not feel bad or embarrassed. To make less of a disruption when a spill happens, use an absorbent tablecloth and have paper towels readily available. Allow children to practice pouring, passing dishes during mealtime and wiping the table after they are done eating.

**Cook's Corner**

Grilled Fish Tacos and Peach Salsa

**Ingredients for the Salsa**:

\*1 can 15.25 ounces peaches halves, drained, rinsed, and chopped

1/2 cup chopped red bell pepper

1/4 cup chopped red onion

1 whole jalapeno pepper, seeded and finely chopped

1 TBSP chopped fresh cilantro

2 TBSP lime juice

**Ingredients for the Fish**:

4 tilapia fillets (about 1lb)

1 TBSP chili powder

1/4 Tsp low-sodium adobo seasoning

1 package low-sodium taco seasoning

8 6" whole wheat tortillas (warmed)

**Directions for the Salsa**:

In a medium bowl stir together all ingredients for Salsa and refrigerate.

**Directions for the Fish**:

1. Heat grill or grill pan over medium-high heat

2. Using paper towels pat fish dry and transfer to plate

3. In a small bowl stir together chili powder, low-sodium adobo and taco seasoning

4. Rub fish with spice mixture to coat completely

5. Place fish on hot greased grill grates. Cook, flipping once until fish is opaque and flakes easily with a fork (145 ), about 8 minutes.

6. Thinly slice fish

7. To serve fill each tortilla with 1/2 fish fillet and about 1/3 cup of Salsa.

Prep time: 30 minutes, Makes: 4 servings

\*If using fresh peaches - 2cups of sliced is equal to 1 can (15.15 oz) of peach halves. Locally grown peaches are available across Kansas. Keep it real, Keep it local!

Meal Pattern Contribution:

1/2 cup Fruit, 1/4 Cup Vegetables, 2oz Grains, and 2.5 oz Meat/Meat Alternate

**Get Moving!**

Play FitBall

It is very important that children get 60 minutes of physical activity per day. It is also important to make physical activity fun. Playing FitBall, is a fun and easy activity to help get children moving and sitting less.

1. Get an inflatable beach ball and write different activities with a permanent marker on each section of the ball, (spin, jump, touch your toes, etc.)

2. Arrange children in a circle and give the ball to one of the children

3. Play music and have children hand or toss the ball from one child to the next

4. Stop the music. The child holding the ball picks the activity closest to his or her right hand for the group to perform. Have children perform the activity for 10 seconds

5. Have children return to the circle and begin playing the music again

**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

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2. Fax: (202) 690-7442; or

3. Email: program.intake@usda.gov.