

# ❖ The Good News ❖

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## Janet's Notes

This is our \*2nd to last newsletter by bulk mail\*. We will still be mailing out a paper form to those providers who have called the office and let us know that they would like to still receive one. The newsletters can be found at <http://jcfha5.wix.com/jcfha> along with downloadable forms, tutorial videos, resources, schedule a visit and several handbooks. Coming soon <http://jcfamilyhomeassociation.org> will be providing more resources for providers and for individuals who want to be licensed.

**Not knowing policy changes or procedure changes because you didn't read the newsletter, either online or in print form, is not an excuse. Appropriate measures (i.e., meals disallowed, CAP issued, or SD process) will be taken.**

Please read the home visit section on Page 2 of this newsletter carefully, we have a new program available and we are trying it out on a few providers.

Team nutrition has come out with a cool new sticker #GimmeFive along with other great FREE resources at <http://tn.ntis.gov>.

Summer is here and we have had some hot hot days! Stay cool and keep up the good work.



## July Is...

Berry Month  
Blueberry Month  
Grilling Month  
Ice Cream Month  
Picnic Month

Salad Week - July 27-31

July 1	Claims and Enrollments Due
July 3	Eat Beans Day
July 3	Office Closed
<b>July 4</b>	<b>Independence Day!</b>
July 7	Macaroni Day
July 19	Ice Cream Day
July 28	Hamburger Day

Source: [www.food.unl.edu/fnh/june/calendar](http://www.food.unl.edu/fnh/june/calendar)

**Please mail your Claim on the 1st!**  
**PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!**

**Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.**



**JC FAMILY HOME ASSOCIATION STAFF**

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**HOME VISITS**

We are trying something new this year, for your third visit we always schedule your visit and send a note letting you know when we will be there. This year we want for some of you to schedule your visit with us. We are using SetMore Calendar and we will have you sign up for your appointment date and time.

Go to <http://jcfha5.wix.com/jcfha>, click on events, click on Book a Visit (if you are using your mobile phone, tap on the three lines in a box, tap the V next to events and tap Book a Visit) choose home visit, choose JC Family Home Association, choose date & time, and provide a good email address.

**For August visits they will need to be scheduled by July 24, 2015.**

The dates Available are:

August 11 & 19 for Topeka

August 12 for Council Grove

August 13 & 20 for Holton, Hoyt, Circleville and Silver Lake

August 18 for Auburn/Wakarusa

**For September visits they will need to be scheduled by August 24, 2015.**

The dates for Junction City home visits are: September 10, 15, and 16.

The following providers need to schedule their home visit: Delgado, James, Jungels, Landreville, A., Landreville, L., Leone, McWhirter, Morse, Rowell-Thompson, Sederlin, Smith, P., and Taggart.

The dates for Manhattan home visits are: September 17, 22, and 24.

The following Manhattan providers: Crawford, Freeman, T., Gotchall, Latham, Layman, Masterson, Patton, Pfeifley, Post, VanHorn, Wollenberg, and Woodmansee.

Questions? Call the office and we will help you out.

Pie-in-the-face contest - after training in the spring one provider from each area will be chosen to put a pie in the director's face! Starting with your July Claim and ending with your December claim, your name will be entered into the drawing if we receive your claim by the 4th working day of the month. See table below:

<u>Claim Month</u>	<u>Receive By Date</u>
<u>July Claim</u>	<u>August 6, 2015</u>
<u>August Claim</u>	<u>September 4, 2015</u>
<u>September Claim</u>	<u>October 6, 2015</u>
<u>October Claim</u>	<u>November 5, 2015</u>
<u>November Claim</u>	<u>December 4, 2015</u>
<u>December Claim</u>	<u>January 6, 2016</u>



**CPR/First Aid Training by Tina**

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class.** Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!

## Top 10 Reasons to Shop at a Farmers Market

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Supporting local farmers, both new and small, helps them to be successful and grow the local economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get kids involved by picking out something new to try, and helping prepare it for a meal or snack.
5. It strengthens the community by meeting your local farmers; learn about foods grown in the area and catch up with friends and neighbors while stocking up with local goods.
6. Farmers markets offer foods that align with MyPlate guidelines and fit with the CACFP meal pattern.
7. Farmers often have recommendations for preparing their products. Visit <http://www.fruitsandveggiesmorematters.org/mainrecipes> to learn how to use fresh fruits and vegetables and see seasonal suggestions.
8. You can try a new fruit or vegetable! Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. To learn how to select and store them go to the above website, click on the ***Fruit or Vegetable Nutrition Database***.
9. SNAP and WIC benefits are accepted at some farmers markets, encouraging families to shop where healthy choices are plentiful.
10. Farmers markets are easy to find. Use the ***USDA Farmers Markets Search*** at <http://search.ams.usda.gov/farmersmarkets/> to find one near you.

Adapted from <http://www.nutrition.gov/farmers-markets>

## Keep your food safety cool with these seasonal favorites!

### Melons

- Avoid using whole melons with visible signs of decay or damaged rinds (cut or cracking) due to the increased risk that harmful bacteria may have contaminated the inside fruit of the melons.
- Wash the outer surface of the melon thoroughly under running cool tap water to remove surface dirt. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Discard cut melons after 4 hours if maintained at 41°F or above. Keep cut melons in the refrigerator if waiting to be served.
- Mark the date on refrigerated cut melons to indicate that they must be consumed or discarded within 7 days.

### Tomatoes

- Wash tomatoes in clean water that is about 10°F warmer than the internal tomato temperature to prevent exterior bacteria from entering the interior of the tomato during washing.
- Ensure whole tomatoes are free from obvious signs of soil and skin damage, such as punctures, prior to cutting, slicing, or dicing. Either cut away any bruised or damaged areas, or do not use the tomato.
- Hold tomatoes at 41°F or below after cutting, including when waiting to be served, or on a salad bar.
- Ensure the temperature of tomatoes purchased as fresh-cut (i.e., sliced, diced, or chopped) is a 41°F or lower upon delivery and the tomatoes were kept cool continuously during transport. Reject fresh-cut tomatoes delivered at a temperature higher than 41°F.
- Mark the date on refrigerated cut tomatoes to indicate that they must be consumed or discarded with 7 days.
- Do not store cut tomatoes in direct contact with ice or water.

### Leafy Greens

- Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria.
- Do not rewash packaged produce labeled "ready-to-eat", "washed", or "triple washed."

Read more from NFSMI's publication Best Practices: Handling Fresh Produce in Schools at <http://nfsmi.org/ResourceOverview.aspx?ID=351>

# The Good News

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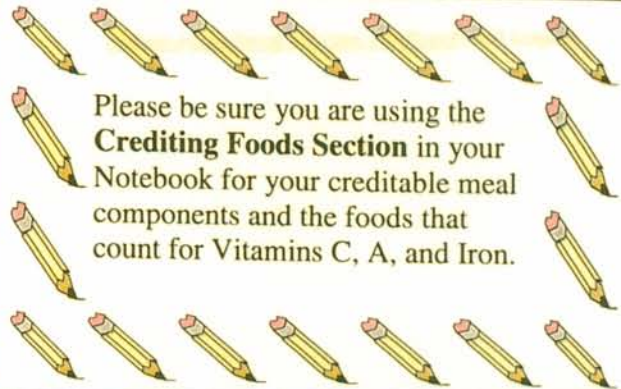
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## Thanks for the Best Choice Labels. Keep them coming.

The money we receive from these labels allow us to purchase Training supplies.

Please remember that if we receive an Enrollment Form that we cannot accept-we will send an Enrollment Form to the parent with a return envelope and a date that we need the form back by. So if you have a parent that lets you know that they received an Enrollment-please ask them to fill it out and return it to us. Thank You.



Please be sure you are using the **Crediting Foods Section** in your Notebook for your creditable meal components and the foods that count for Vitamins C, A, and Iron.