

The Good News

September Volume 5/ issue 12

JC Family Home Association

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**September Is . . .**

**National Food Days**

* [**Macadamia Nut Day**](https://food.unl.edu/#macadamia)**(September 4)**
* [**Cheese Pizza Day**](https://food.unl.edu/#cheese)**(September 5)**
* [**Acorn Squash Day**](https://food.unl.edu/#acorn)**(September 7)**
* [**Celiac Disease Awareness Day**](https://food.unl.edu/#celiac)**(September 13)**
* [**Peanut Day**](https://food.unl.edu/#peanut)**(September 13)**
* [**Eat a Hoagie Day**](https://food.unl.edu/#hoagie)**(September 14)**
* [**Linguine Day**](https://food.unl.edu/#linguine)**(September 15)**
* [**Guacamole Day**](https://food.unl.edu/#guacamole)**(September 16)**
* [**Better Breakfast Day**](https://food.unl.edu/#betterbreakfast)**(September 26)**
* [**Coffee Day**](https://food.unl.edu/#coffee)**(September 29)**
* [**Hot Mulled Cider Day**](https://food.unl.edu/#cider)**(September 30)**

**National Food Weeks**

* [**Waffle Week**](https://food.unl.edu/#waffle)**(1st week)**
* [**Vegetarian Awareness Week**](https://food.unl.edu/#vegetarian)**(2nd week)**

**National Food Months**

* [**Better Breakfast Month**](https://food.unl.edu/#breakfast)
* [**Chicken Month**](https://food.unl.edu/#chicken)
* [**Childhood Obesity Awareness Month**](https://food.unl.edu/#ChildhoodObesity)
* [**Cholesterol Education Month**](https://food.unl.edu/#cholesterol)
* [**Food Safety Education Month**](https://food.unl.edu/#foodsafety)
* [**Fruits & Veggies--More Matters Month®**](https://food.unl.edu/#fruits-veggies)
* [**Mushroom Month**](https://food.unl.edu/#mushroom)
* [**Papaya Month**](https://food.unl.edu/#papaya)
* [**Potato Month**](https://food.unl.edu/#potato)
* [**Rice Month**](https://food.unl.edu/#rice)
* [**Whole Grains Month**](https://food.unl.edu/#whole-grains)
* [**Wild Rice Month**](https://food.unl.edu/#wildrice)

**\* Day(s) changes yearly**

<https://food.unl.edu/september-food-calendar>

**Tentative Reimbursement Dates**

**August Claim – September 25**, September Claim – October 30, October Claim – November 24, November Claim – December 31.

**New Crediting Food Book**

We will be training on the book in spring of 2021, the question is in what form the training will be given. At this time it looks like we will need to use Zoom for the training, I’m not sure that face to face trainings will be allowed. In this newsletter and the ones following I will highlight something important for us to know. The Crediting Food Book works closely with the Food Buying Guide and we will all have to become familiar with that tool as well. This newsletter I’m focusing on one question about Granola. Q: Is granola cereal a creditable grains item? A: Commercial or homemade granola cereal is credited like other breakfast cereals; it must both be made with whole grains, enriched meal and/or enriched flour, bran or germ, and meet the sugar limit. We have found that most granola doesn’t meet the sugar limits.

**Online Training – has to be completed by Sept 31, 2020.**

I’ve sent out e-mails with this information and I’ll follow up with more e-mails and phone calls in the months to come. Thank you for those who have already completed the training and sent in their certificates.

Some of you are frustrated with this process because often times the website will not let you advance on to the next section of the class. I’m sorry for that inconvenience; hopefully the I.T. person will be working towards a solution.

**Zoom Training** will be August 27th from 6:00 – 8:00 pm. Thank you to those who attended and make sure you complete the survey monkey questions so we can issue the certificate to you.

**Annual Enrollment Forms were mailed out August 10, 2020, if you didn’t receive a green envelop with the new light blue highlighted enrollment forms then please call the office ASAP. We can’t process your August claim without this information.**

**New book for infants: Feeding Infants in the CACFP**, this book is now available and we have been handing it out to providers who currently have infants in care, if you need one let us know.

In the CACFP both store-bought baby foods and foods prepared in the provider’s home may be part of a reimbursable meal or snack in the CACFP. Purchasing Baby Food

Many different store-bought baby foods are creditable. Water, broth and vitamins (such as ascorbic acid) may be additional ingredients. These ingredients are added to make the food the right consistency for the baby and may be part of a creditable infant food. As a best practice, avoid choosing baby foods that have added sodium (salt), fat, and/or added sugars, like fruit juice concentrates or syrups. Foods high in added sodium, fat, and sugar are less healthful for the baby.

**Home Visits**

We are doing visits in September; these visits will be announced unless we haven’t had a drop-in visit with you yet this year or if you are on a Corrective Action Plan for your paperwork not being up-to-date. I’ve been sending my announcements by calendar invite instead of snail mail. I know this is something new but all will be ok. The invite comes by email so be sure to check yours.

**New From KSDE**

**Crunch Off – October 14th**

Kansas is participating in the Mountain Plains Crunch Off with nine other States!  Mark your calendars and make plans so that children can bite into a local apple, or another local food of your choice, on this day.  The state with the most “crunches” will be crowned the Crunch Champion!   We encourage you to host your event Wednesday, October 14, but any date in October will work.  Due to COVID guidelines; there is no requirement to have your group participate together at the same time.  Individually, virtually or in small groups are all allowed.

Registration begins August 1 at this link, <https://www.surveymonkey.com/r/535866Q>.  A toolkit with resources and marketing information is provided at the registration link.  If you have any questions, please contact Barb Depew, Farm to Plate Project Director at [bdepew@ksde.org](mailto:bdepew@ksde.org) or phone 785-296-0062.

Looking for a four week spring/summer meal menu with recipes, preparation and serving instructions, can be found at <https://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Resources_HKM.html>

**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.