

# ❖ The Good News ❖

Volume 30 Issue 3

March 2015

## Janet's Notes

"I've learned in my life that it's important to be able to step outside your comfort zone and be challenged with something you're not familiar or accustomed to. That challenge will allow you to see what you can do". J.R. Martinez

How many times have you heard someone say, "I'm going to stay home and take care of my children and I'll watch two or three others?" They state that so simply without much thought to the hard work of taking care of children. Let's call the person Alicia just for the sake of this story. Someone along the way tells Alicia she needs to be licensed to provide care in her home. Alicia makes a few phone calls, attends a couple meetings, and receives a packet of information. When Alicia receives this packet of several pages she might then think that this is out of my comfort zone. Alicia is a go getter though so she gets through the initial paperwork, makes several changes in her home to meet regulations and she's on her way. Then one day Alicia looks around and she has two infants and three toddlers in care it's 9am and she has already changed three poopy diapers, fed and burped the babies, fixed breakfast for the toddlers, and now is needing to clean up the spilt milk and various other food items once again. Alicia takes the crew down the hallway to wash up and brush their teeth, she gets everyone somewhat settled in the front room and takes five minutes to clean the table in the kitchen. You the provider can fill in what the toddlers are doing during their five minutes of "free time" better than I can know. In this example Alicia might feel overwhelmed and she might say that taking care of children is not in my comfort zone. Alicia might realize that she loves these children more than she ever knew anyone could so she presses onward.

Comfort zone - How many times have you had to step out of your comfort zone? How did that moment change your life? Was your life enhanced by that moment? Do you still feel out of your comfort zone when taking that step now? I googled comfort zone and found a definition, a circle graph, a hotel, a pet comfort zone product, other products, and an article on how to break out of your comfort zone. Great stuff. keep up the hard work of taking care of children.

## March Is...

National Craft Month  
National Frozen Food Month  
National Noodle Month  
National Nutrition Month  
National Peanut Month

National CACFP Week  
March 15-21, 2015

Mar. 1	Claims and Enrollments Due Peanut Butter Lover's Day
Mar. 5	<b>Training in Abilene</b>
Mar. 7	National Cereal Day
Mar. 12	<b>Training in Wamego</b>
Mar. 13	Good Samaritan Day
Mar. 17	St. Patrick's Day
Mar. 20	First Day of Spring
Mar. 23	Toast Day
Mar. 26	<b>Training in Clay Center</b>
Mar. 31	Tater Day

Source: [www.theteacherscorner.net/calendar](http://www.theteacherscorner.net/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.**



## Springtime



### JC FAMILY HOME ASSOCIATION STAFF

Director Janet Dozier  
 Assistant Director Vanda Taylor  
 Consultant Christine Moravec  
 Consultant Amanda Smith  
 Office Assistant Aerial Lockwood

P.O. Box 1203  
 785-762-2424  
 Fax: 785-762-2623  
 E-mail: Janet@jcfha.kscoxmail.com

### TRAINING TRAINING TRAINING

*Abilene - March 5, 2015, 7pm - 9pm, Brethren Christ Church, 11th & Buckeye, Topic: Scoop on Sodium*

*Wamego - March 12, 2015, 6:30pm - 8:30pm, Senior Citizen Building, 501 Ash St, Topic: Scoop on Sodium*

*Clay Center - March 26, 2015, 6:30pm - 8:30pm, Clay Center Health Dept., 820 Spellman Cir, Topic: Food Safety First*

*Manhattan - April 11, 2015, 9:30am - 11:30am, Public Library, 629 Poyntz Ave, Topic: Scoop on Sodium*

*Concordia - April 16, 2015, 6:30pm - 8:30pm, CCCC Room #257, 2221 Campus Dr, Topic: Food Safety First*

*Junction City - May 2, 2015, 9:30am-11:30am, Senior Citizen Building, 1025 Spring Valley Rd, Topic: Infants and Allergies*

*Salina - May 12, 2015, 6:30pm - 8:30pm, Public Library, 301 W. Elm St, Topic: Scoop on Sodium*

*Manhattan - May 21, 2015, 6:30pm - 8:30pm, Public Library, 629 Poyntz Ave, Topic: Infants and Allergies*

JC Family Home Association is committed to making training activities accessible to all participants. Please contact us at 785-762-2424 or Janet@jcfha.kscoxmail.com for special requirements or assistance needed. In order to accommodate you please let us know as soon as possible.

### Training Notes

We have completed training in JC, Holton and Topeka. A few things have come about in trainings we are all realizing we have too much sodium in our diets. The proposed meal pattern changes are a concern also. Most providers are voicing concerns about

- Infants waiting until 6 months of age for introduction to solid foods.
- Infant meal pattern after 6 months of age being too much food.
- Disallowing flavored milk would lead some children to not drink milk at all.
- What will the financial impact of whole grains once-a-day be?
- If the provider decides to serve whole grain crackers at snack everyday will they be written up for not having variety?
- Clear definition of frying, ie deep fat fryer vs. sauté.

Go to CACFP.org, highlight the regulation, legislative and advocacy tab, click on CACFP proposed meal pattern changes, click on comment today.

**CACFP Week!**  
**March 15-21, 2015**

Order your **FREE** materials from Team Nutrition today! <http://tn.ntis.gov>

## New Guidance: Yogurt in CACFP

Can smoothies prepared by the provider be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit and grain components? Milk may be credited toward the fluid milk requirement in smoothies to meet meal pattern requirements for one meal in a day. Fruits and vegetables may be credited as juice in smoothies to meet meal pattern requirement for lunch and breakfast. Yogurt may be credited as a meat alternate in smoothies. Grains cannot be credited when served in a smoothie. Example:

Ingredient	CACFP Credit
4 fl. oz. fat free milk	1/2 cup milk
1/2 cup blueberry puree, Frozen	1/2 cup fruit juice
4 oz. low fat yogurt	1 oz. meat alternate

Smoothies do not have to contain the full fluid milk and full fruit or vegetable meal pattern requirement. Providers must always make certain that all components are offered in the required quantities to meet meal pattern requirements. Example above is for a 1-2 year old - please be sure and serve required amounts for children over 2.

Pureed fruit or vegetable included in a smoothie may be counted as the entire fruit/vegetable component at breakfast. However at snack, a smoothie containing juice and milk can credit as either juice OR milk and there must be another component served in addition to the fruit/vegetable and milk smoothie.

## More About the Benefits of Whole Grains

We hear a lot about the benefits of whole grains. By now, we would expect to know everything about them and why they are super healthy. We know that it is a good idea to consume whole grains (brown rice instead of white rice, whole wheat bread or pasta instead of white bread or pasta, etc.). But what about whole grains makes them so great? Well, to start, they are good sources of complex carbohydrates and contain important vitamins and minerals. They are also a healthy, low-fat option for snacks. Best of all (aside from tasting great), whole grains can lower risks of heart disease, certain cancers and other diseases. Eating whole grains can even help with weight management, lowering the risk for obesity.

## Black Bean and Cheese Quesadilla

2 (14 ounce) cans black beans, rinsed and drained  
4 large (10 inch) whole wheat tortillas  
3 cups shredded low-fat cheddar cheese or Mexican cheese blend

Preheat oven to 350 degrees F. Pour rinsed black beans into a small bowl. Mash with a fork. Place two tortillas on a baking sheet. Divide the mashed black beans evenly between two tortillas. Top with cheese. Place remaining tortillas on top of the beans and cheese. Cook about 10 minutes, or until the tortillas are crisp. Serve with low-fat sour cream or salsa.

## 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!!



## The Good News

J.C. Family Home Association  
P O Box 1203  
Junction City, KS 66441

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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.*

#### Welcome New Providers

Katlyne Reed      Wamego

Please remember to send us a copy of your License when it renews. We must always have your most current License.

Please be sure and tell us on your Coversheet if you are open or closed for a Holiday.