



The Good News

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JC Family Home Association

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Please add our phone numbers to your contacts so you know who is calling you.

April is . . .

National Food Days

- **Easter - Sunday, April 4, 2021**
- **Fresh Tomato Day - Tuesday, April 6, 2021**
- **Day of the Mushroom - Friday, April 16, 2021**
- **Garlic Day - Monday, April 19, 2021**
- **Picnic Day - Friday, April 23, 2021**
- **Raisin Day - Friday, April 30, 2021**

National Food Weeks

- **National Public Health Week - Monday, April 5, 2021 to Sunday, April 11, 2021 (1st full week of April)**

National Food Months

- **Garden Month**
- **Move More Month**
- **Pecan Month**
- **Stress Awareness Month**

[April Food Calendar \(unl.edu\)](http://unl.edu)

Reimbursement table to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
March	April 16, 2021	April 30, 2021
April	May 17, 2021	May 28, 2021

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.

Mealtime for Toddlers training - we are excited about bringing this training to you by zoom, we need you to call and sign up and we need information from you. We need to know how many families are in your care so we can send you enough parent handouts for you to distribute. As part of this training we are asking that you give your parents a two page informational paper. We will also need you to have grain item labels available, most of you have them in a baggie or notebook. You will also need a calculator which I know can be scary, but you can handle it.

The training will be 6pm - 8pm on April 20, April 27, May 18, and June 22. You will be required to have your video on and there will be times when the audio will be on during break out sessions. When the training is over you will be sent a survey monkey survey with questions you will need to answer in order to receive your certificate. Any provider signed up for the April 20th will need to let us know soon as we need to get training materials mailed to you. Thank you.

JC Family Home Association is an equal opportunity provider, employer, and lender.

Be sure to be filling out your cover sheet as completely as possible. Starting with your name and claim month then moving on to the child's name, age, hours in care (should match the hours the parent put on the enrollment form), and days in care. Then the mealtimes should be listed in the area provided, this really helps us. Let us know if you are open or closed or if you will be open or closed. Also list the children who are no longer in your care, so we can drop them off of the attendance page, if they come back just check with us to look up if we still have the child's enrollment in your file. Let us know if you enclosed any new enrollments this helps us make sure we got all of them out of the envelope, and it helps when you send by email for us to know that you have mailed the enrollments. Sign and date, and also mark if you need items in the area provided. Thank you!

Mushroom Facts for Kids

- Mushrooms are also called toadstools.
- Mushrooms are a fungus, and unlike plants, mushrooms do not require sunlight to make energy for themselves.
- The mushroom is a very nutritious food. Differing species can be a good source of vitamin B along with essential minerals such as copper and potassium. While fat, carbohydrates and salt content is very low.
- Traditional Chinese medicine has utilised the medicinal properties of mushrooms for centuries.
- Modern studies suggest mushrooms can be useful for antibacterial, anti-inflammatories and antioxidants. While also helping to reduce blood pressure, moderate blood sugar, reduce cholesterol, enhance the immune system, reduce stress and help in fighting many types of cancer.
- A single Portabella mushroom can contain more potassium than a banana.
- Mushrooms are made up of around 90% water.
- The mushroom is used in many cuisines throughout the world and it is known as the "meat" of the vegetable world.

For more information about mushrooms and the complete list of fun facts for kids you can visit <https://www.sciencekids.co.nz/sciencefacts/food/mushrooms.html>

New No Kid Hungry Resource – Educational Content for Parents and Caregivers

Cooking Matters is excited to share two new video series developed to help parents and caregivers in the kitchen! The Kitchen Finds series shows how to take common pantry ingredients and turn them into healthy, delicious meals. The Meal Prep Made Easy series demonstrates how to use common ingredients across meals to maximize time spent in the kitchen and feed a family for several days. Both series are the newest installment in a large bank of video resources on the Cooking Matters YouTube channel. The Cooking Matters Facebook page runs weekly Facebook Lives, now including new voices and perspectives from parents and expert guests. Head to the Spanish Cooking Matters Facebook page for content created specifically for Spanish speakers!

Planting a Garden

April is National Gardening Month, and the USDA has great resources on introducing children to vegetables through gardening in its Dig In! Nutrition Education curriculum. If you're new to planting a garden, check out this guide that will help you in every step from knowing what type of garden you want to plant to every phase of cultivating and harvesting your delicious fresh produce.

Dig In! Gardening Guide

