**The Good News**

**March 2017 / Volume 2 / Issue 6**

March Is . . .

Flour Month

Frozen Food Month

National Nutrition Month

Noodle Month

Sauce Month

March 1st - Peanut Butter Lover's Day, March 7th - Cereal Day, March 17th - St. Patrick's Day, March 21st - Ag Day, March 22nd - World Peace Day, March 25th - Pecan Day, March 26th Spinach Day, March 6-10th - National School Breakfast Week, March 19-25th - National Agriculture Week, March 20-26th - Salt Awareness Week

Source: <http://food.unl.edu/march-food-calander>

**Important Reminders**

**Training 2017**

We are starting the trainings in March because KSDE has a training March 2, 2017 that Janet will need to go to for updated information.

**March**

March 9th - Abilene 6:30-8:30 - Brethren Christ Church - 11th and Buckeye

March 14th - Junction City 6:30-8:30 - Senior Citizen Building - 1025 Spring Valley Rd

March 25th - Topeka 9:30-11:30 - Topeka Public Library - 1515 SW 10th

March 30th - Clay Center 6:30-8:30 - Clay Health Dept. - 820 Spellman Cir

**April**

April 4th - Holton 6:30-8:30 - First Baptist Church - 404 Juniper Dr

April 6th - Concordia 6:30-8:30 - CCCC RM 257 - 2221 Campus Drive

April 18th - Wamego 6:30-8:30 - Senior Citizen Building - 501 Ash St

April 22nd - Manhattan 9:30-11:30 - Manhattan Public Library - 629 Poyntz

**May**

May 9th- Salina 6:30-8:30 - Salina Public Library - 301 Elm St

May 18th Manhattan 6:30-8:30 - Manhattan Public Library - 629 Poyntz

To sign up you can call the office, email, or register online at [www.jcfamilyhomeassociation.com](http://www.jcfamilyhomeassociation.com) or on the Facebook JC Family Home Association Page <https://www.facebook.com/JCFHA> using the book now button.

**Make Plans to Celebrate CACFP Week - March 12-18, 2017**

CACFP week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers and in afterschool and summer feeding programs across the country. Start making plans to participate the week of March 12-18!

**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**

October 2016 Nov. 23, 2016 November 2016 Dec. 28, 2016

December 2016 Jan. 30, 2017 January 2017 Feb. 27, 2017

**February 2017** **Mar. 31, 2017** March 2017 April 28, 2017

April 2017 May 26, 2017 May 2017 June 22, 2017

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

**YouTube Live Videos**

Please send your questions in and I will answer them in a short video.  The video from February has been posted to our YouTube channel, JCFHA Food Program.   <https://www.youtube.com/watch?v=H6L_OsY8eIo> this video talks about change in October 2017.  Good news and bad news.

**What's New?**

**Little Kids Digging In: Farm to Early Care and Education**

Help healthy habits take root in children by introducing local foods, nutrition education and farm related activities in child care and home day care facilities. Take a look at some of the Farm to Early Care Education resources and learn how to implement these initiatives in your region. Learn best practices about procuring local foods, updated CACFP meal pattern guidelines, and nutrition education for Farm to Early Care and Childcare programs with these resources: Procuring Local Foods for Child Nutrition Programs, CACFP Best Practices, Grow It, Try It, Like It, and Nutrition and Wellness Tips for Young Children.

**Cook's Corner**

**Chicken Curry Casserole**

**Preparation Time: 15 minutes**

Cooking Time: 1 hour 5 Minutes

Servings 6 (1 cup each)

**Ingredients**

1 Cup brown rice, long-grain, regular, dry

1 tablespoon canola oil

1/4 cup low-sodium chicken broth

3/4 cup fresh celery

1 cup fresh onions, peeled, diced

1 1/4 cup fresh carrots, peeled, shredded

1 1/2 teaspoons curry powder

1 teaspoon garlic powder

1/2 teaspoon ground black pepper

3/4 teaspoon salt

1/2 cup low-fat plain yogurt

1 1/2 cups cooked fajita chicken strips, diced 1" (12 oz.)

**Directions**

1. Preheat oven to 400° F

2. Combine brown rice and 2 1/2 cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside

3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.

4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt and yogurt. Add vegetables, brown rice and chicken. Mix well.

5. Pour mixture into 9" x 9" nonstick baking pan. Bake uncovered at 400° F for 15 minutes. Heat to an internal temperature of 165° F or higher for at least 15 seconds (use food thermometer to check the internal temperature). Serve hot. <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chicken-curry-casserole>

**Get Moving!**

**In your Backyard**

Children love to play and the back yard, courtyard or Local Park and great places to learn, explore, make up games and have fun. Backyard games can be inventive and encourage sustained concentration and application by kids. They don't have to be complicated or expensive - a bit of chalk; ball or skipping rope can all get a game underway. Playing in the backyard also allows for children to be noisy and messy, physically challenge themselves and move in ways that aren't possible indoors. Encouraging children to play is an important way to support health, coordination, self-confidence and happiness.

Try these popular activities: Hide and seek, skipping, hopscotch, throwing and catching games, chasing games (like tag and stuck in the mud), racquet games against a wall, French cricket or backyard cricket, or running and jumping.

Tips for backyard games:  Check the play space and remove or block off unsafe areas. Let children explore and make their own activities and rules - try not to interfere. Focus on what each child can do, not what they can’t. Make active play fun and positive. Be patient and provide plenty of time for children to practice movements. Be active with children - have fun and be a role model.

<https://www.healthykids.nsw.gov.au/parents-careers/physicalactivity-under-5s/in-your-backyard.aspx>

**Go For the Green**

See GREEN on St. Patrick's Day and throughout the year.

Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth.

Green fruits and vegetables include leafy greens such as spinach and romaine, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwi and limes.

Some GREEN ideas for St. Patrick's Day (or any day) include:

Tossed ROMAINE OR SPINACH salad. Add extra green with green peppers!

Corned beef with CABBAGE is a natural for St. Patrick's Day!

Include KIWI, GREEN GRAPES and/or HONEYDEW MELON in fruit salad.

Add AVACADO slices to salads and sandwiches. To maintain avocados' green color, serve them immediately after slicing or sprinkle them with lemon or lime juice.

Enjoy your favorite veggie dip in combination with BROCCOLI florets or a favorite fruit dip with GREEN APPLE slices.

Serve thinly sliced GREEN ONIONS over rice, pasta dishes, baked fish, or soups.

More ideas to start thinking GREEN - spinach noodles (topping of choice); spinach soufflé; spinach, asparagus and/ or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach in any chicken noodle/rice/orzo soups; glazed kiwi over a sponge/ angel food base. <http://food.unl.edu/go-green-st-patricks-day>

**UP and Coming**

**Whole Grains - October 2017**

Every day you will need to serve a whole grain. The whole grain can be served at Breakfast, Lunch or Snack. The whole grain could be bread, cereal, biscuit, roll, muffin, pasta, crackers, etc. If you serve only snacks then when you serve a grain it needs to be whole grain. In the situation that a home care provider does not serve a whole grain over the course of the day then the meal with the lowest reimbursement rate where a grain item was served will be disallowed.

**Please remember these are regulations that will start in October 2017.**

**Grant Opportunity**

**Power Panther Preschool Grant** - totally revised with new lessons and new stories - 9 in total that is designed to motivate preschool children to taste new, healthy foods and be physically active. $50 for the provider along with program materials to implement the Power Panther Preschool Program.  Applications will be available early February at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org) . For questions or additional information, contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) or call 785-296-2276.

**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

P.O. Box 1203 Junction City, KS  66441

785-762-2424 / Fax: 785-762-2623

[Janet@jcfha.kscoxmail.com](mailto:Janet@jcfha.kscoxmail.com)

jcfamilyhomeassociation.com

Director:  Janet Dozier

Consultant:  Christine Moravec

 Office Assistant: Leslie Korman

Office Assistant: Megan Majerus

Assistant Director:  Vanda Taylor

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Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

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Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).