

# THE GOOD NEWS



December 2015 | Volume 1 | Issue 4

## What's New

*"We worry about what a child will become tomorrow, yet we forget that he is someone today."*

— Stacia Tauscher, dancer and artist

### Cranberry Friendsgiving Photo Contest



Cranberries are a staple on many menus and in decorations around the home this time of year. This year you can take a photo of one your cranberry dishes, drinks, and/or decor and publish them on Social Media (Facebook, Twitter, Pinterest, and Instagram) using the hash tag #FriendsgivingCranberryContest and enter to win \$2,000! The contest is continuing through December 14th, 2015. To get more ideas, recipes, and

information on the contest go to: <http://cranberryfriendsgiving.com/>.

### Tentative Check Disbursement Dates

Remember these are tentative so the date could change. We will be adding them to the Calendar for future months! Below are the dates as of this Newsletter.

November's reimbursement on December 30th

December's reimbursement on February 2

## Important Reminders

### Claims:

**Reminder:** On Infant Documentation, if the parents do not accept the formula provided by you, then they must show a creditable iron fortified formula. NA, Breast Milk, or None are not acceptable.

**Remember to mail your claims by the 1st!!!!** We don't want you to miss the cut off for the month and not receive your check! So please get those out to us through the mail or

email. The circulation center for the USPS was closed in Topeka, so all our mail is now routed through Kansas City or Wichita. That means it can delay your claims.

### Unannounced Home Visits

We are still doing the unannounced home visits for the new program year! Please call the office if you will be out during a meal time, when you're sick for the day, have appointments, are closed, or you have no children in care. This will allow us to avoid those times that you're unavailable for a home visit. Thank you!

### Pie-in-the-Face Contest:

We are almost there! We have a nice long list of possible pie throwers! Woot Woot! Keep up the good work by getting those claims in on time so that you can have more chances to win and THROW SOME PIE! (be gentle though.. we need her ahahahahaha)

CLAIM MONTH	RECEIVED BY
SEPTEMBER	4TH
OCTOBER	6TH
NOVEMBER	5TH
DECEMBER	4TH

## Recipe of the Month

### Eve's Tasty Turkey Tetrazzini



Turkey leftovers still in your fridge? I know how boring the old turkey warm up can get. This month I thought I would share a great recipe to freshen up that turkey and get you excited to use up the last of those leftovers!

Share pictures and reviews of your creations on the JC Family Home Association Facebook Page! We would love to see how it turned out for you.

#### Ingredients:

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons light butter (unsalted)
- 2 cups Mushrooms, sliced (fresh or canned)
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth

- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup peas (frozen)
- 2 tablespoons grated Parmesan cheese

**Directions:**

1. Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.
2. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
3. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
4. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
5. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.
7. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

If you have a tasty recipe that is easy, fun, or just nutritious let us know! We would love to share it! Please submit them to our staff at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org).

Source: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/eve-s-tasty-turkey-tetrazzini>



**National Read A Book Month**  
**Hi Neighbor! Month**  
**Safe Toys and Gifts Month**

**Dec. 4**

National Cookie Day

**Dec. 5**

Walt Disney's Birthday

**Dec. 13**

National Hot Cocoa Day

**Dec. 24**

*Office Open until 12pm*

Christmas Eve

**Dec. 25**

*Office Closed*

Christmas Day

National Eggnog Day

**Dec. 31**

Office open til 12pm

New Year's Eve

## Christmas Events in December

Junction City : <http://downtownmanhattanks.com/events/>

Manhattan : <http://downtownmanhattanks.com/events/>

Salina : <http://web.salinakansas.org/events?ce=true>

Source for Days of Interest: [www.theteacherscorner.net](http://www.theteacherscorner.net)

If you have something that you think would be a fun field trip or a great class for daycare providers, please email us at [newsletter@jcfamilyhomeassociation.org](mailto:newsletter@jcfamilyhomeassociation.org) or give us a call at the office so we can add it to the calendar. You are our best resource for things being offered in your area!

## Tips of the Month



### Donating Healthy Food to the Food Pantry

Many of us find ourselves cleaning out our cabinets and picking up some needed items to help our local pantries provide food for low-income families. Whether it is cleaning out the pantry or going shopping to give to those in need, being able to share with others is especially important during this time of good will towards men. We wanted to share what a local food pantry suggested for donations for healthy food. Our desire her at J.C. Family Home Association is to get the best nutrition we can into the hands of all children and this is an excellent way to do just that. First let us say... thank you for loving children and helping them in all that you do. Second, the list below should help you continue that gift with those children that need food in your community.

#### **Fruits and Vegetables:**

Fresh or Canned vegetables low or no salt added:

Carrots, sweet potatoes, corn green beans, Lima beans, green peas, tomatoes, asparagus, mushrooms, mixed vegetables.

Fresh or canned fruit in 100% juice, or no sugar added

Applesauce, no sugar added

Dried fruit, no sugar added

100% Fruit Juice

100% Vegetable Juice

#### **Dairy:**

Low-Fat or Non-Fat Shelf Stable milk, powdered or UHT

Low-Fat Soy milk, unflavored

Low fat pressurized cheese made from milk, non-refrigerated

#### **Whole Grains:**

Whole-grain enriched rice

Brown or Wild rice  
Whole-grain cereals with low sugar  
Whole-grain crackers  
Whole-grain hot cereals, oatmeal, Cream of Wheat  
Corn or whole-grain tortillas, non-refrigerated  
PopCorn  
Whole-grain granola bars

**Protein Foods:**

Fresh or canned meats and fish packed in water (chicken, tuna, salmon, sardines, etc...)  
Canned beans, low-sodium  
Dried beans/peas (black beans, black-eyed peas, chickpeas (garbanzo beans), kidney beans, navy beans, pinto beans, lentils, etc...  
Nuts and Seeds, low- or no-salt added (almonds, peanuts, sunflower seeds, pumpkin seeds, pecans, etc..  
Nut butter (peanut or almond)

**Other Items:**

Spaghetti Sauce, Tomato sauce (low- or no-salt added)  
Canned and shelf-stable soups and broths, low or no-salt added  
Vegetable oil  
Flour  
Sugar  
Spices

They also expressed these few items that they would appreciate us **NOT donating:**

Rusty or unlabeled cans  
Homemade items  
Noncommercial canned or packaged items  
Open or used items  
Alcoholic beverages  
Outdated or expired products

Whether you buy items or just clean out your shelves for the new year... Thank you so



## PROVIDER'S CORNER

much for thinking of others during this holiday season.

### **Gift Giving That Last All Year**

During the Holiday season many of you will be handing out small gifts to the children you provide daycare for in your home. Remember that those gifts and goodie ingredients are write offs at tax time! That's right. Those are a business expense and you can write them off by keeping your receipts!

I realize many of you are thinking... "But those are gifts from my heart to the children." That is true. You would give them gifts even if they were not a write off. So don't feel badly for helping recoup some of the cost of running your business at tax season. You are a CEO and the ability to save money so that you can add new toys, educational supplies, and craft supplies also adds to the quality of care that each of those precious children benefit from the rest of the year.

Just think of the gifts as the "gift that keeps on giving" to the children you care for. You are not doing it to write it off, you are just benefiting from your kind and generous nature towards those who you are caring for. So save those receipts and keep on giving to the environment you provide all year around.

Until next month... Smile because you make the difference in the lives of our most precious resource... our children.

Christi Plemons / Program Manager/ December 2015

## Contact Us

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