



# The Good News

November Volume 8/ Issue 2

## JC Family Home Association

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This newsletter will be posted on our website [www.JCfamilyhomeassociation.com](http://www.JCfamilyhomeassociation.com)

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

## November is . . .

- National Food Days
- Deviled Egg Day - Wednesday, November 2, 2022
- Sandwich Day - Thursday, November 3, 2022
- World Diabetes Day - Monday, November 14, 2022
- Spicy Guacamole Day - Monday, November 14, 2022
- Clean Out Your Refrigerator Day - Tuesday, November 15, 2022
- Homemade Bread Day - Thursday, November 17, 2022
- Take a Hike Day - Thursday, November 17, 2022
- Eat a Cranberry Day - Wednesday, November 23, 2022
- Thanksgiving - Thursday, November 24, 2022
- Parfait Day - Friday, November 25, 2022
- Throw Out Your Leftovers Day - Tuesday, November 29, 2022
- National Food Months
- American Diabetes Month
- Peanut Butter Lovers Month
- Sweet Potato Awareness Month

### November Food Calendar

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

Claim Month	All Supporting Documents* Due Date	Payment Date
October	November 14, 2022	November 22, 2022
November	December 16, 2022	December 30, 2022

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

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

**Thank you to those of you who have already turned in your civil rights ½ sheet and your electronic submission form.**

**Rice Cakes - Are they whole grain? Providers we need you to put WG next to the rice cake if you are counting it for the whole grain for the day. Keep in mind that not all rice cakes are whole grain. The first ingredient needs to be whole grain rice and then we need to apply the rule of three so the next two grains it lists need to be whole or enriched or it will not count as a whole grain. Chris will verify the**



product when she is there for your home visit. Reading the ingredient label is very important, for several reasons, but when determining if the product is whole grain it is essential.

Look at this example: Creditable and whole grain  
Ingredients: Whole grain brown rice



Look at this example: Creditable but not whole grain  
ingredients: Whole grain brown rice, **degerminated milled corn**, nonfat dry milk, buttermilk powder, salt, cheddar cheese (cultured milk, salt, enzymes), butter (cream, salt), whey, sunflower oil with natural tocopherol added to preserve freshness, corn syrup solids, maltodextrin, natural and artificial flavor, modified food starch, citric acid, yeast extract, potassium chloride, lactic acid, milk fat, onion powder.  
CONTAINS MILK AND SOY INGREDIENTS.



Look at this example: Creditable and whole grain  
Ingredients: Whole grain brown rice, sugar, fructose, maltodextrin, natural flavor, cinnamon, soy lecithin.  
CONTAINS SOY INGREDIENTS.

All product pictures are for reference only, JCFHA doesn't endorse any certain product over others.

Attendance is an important component to keeping accurate records. If you have 5 kids everyday for every meal, it can become a bit monotonous to write ABCDE in every box, but you need to be careful when one child is late and misses breakfast or has a dr appointment and misses lunch or maybe they were sick and didn't come that day. You need to be able to not claim them by accident if they weren't there to eat that meal. Sometimes when you know a child will not be there you have a drop in come and "fill their spot". For the food program if child "C" doesn't come that day and a drop in child comes, the drop in child can't be "C" they have to have their own letter, like "F". We understand attendance records can get a bit tricky when you have several coming and going during the day; however, we need you to be accurate with your recording of the attendance. Text "where did that kid come from?" to 785-307-4370, if you have read this newsletter.

### Culinary Quick Bites

Make sure to check out the KSDE YouTube Playlist for the most recent Culinary Quick Bites featuring blueberries, corn, tomatoes and aronia berries at:  
Kansas leads the world in the success of each student.

[https://www.youtube.com/playlist?list=PLd\\_2hYclboc\\_QUbcdjw6GfQP7i2Zv2MHM](https://www.youtube.com/playlist?list=PLd_2hYclboc_QUbcdjw6GfQP7i2Zv2MHM)

#FuelingKSKids is used by the Kansas State Department of Education, Child Nutrition and Wellness.