The Good News

April Volume 2 / Issue 7

**April is . . .**

**Celery Month**

**Garden Month**

**Pecan Month**

April 6th - walking Day, April - 12th Grilled Cheese Sandwich Day, April - 16th Easter, April 22nd - Earth day, April 23rd - Picnic Day, April 30th - Raisin Day, April 2-7th Public Health Week, April 9-14th - Garden Week, April 17-23rd - Egg Salad Week

**Important Reminders**

**Training 2017**

**April**

April 4th - Holton 6:30-9:30 - First Baptist Church - 404 Juniper Dr

April 6th - Concordia 6:30-9:30 - CCCC RM 257 - 2221 Campus Drive

April 18th - Wamego 6:30-9:30 - Senior Citizen Building - 501 Ash St

April 22nd - Manhattan 9:30-12:30 - Manhattan Public Library - 629 Poyntz

**May**

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

May 18th Manhattan 6:30-9:30 - Manhattan Public Library - 629 Poyntz

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

**Claim Reminder** - Infants - Once an infant turns 12 months old you can leave them on the infant menu but you have to offer all the required components for a one year old.  The day the baby turns one you can transfer them to the child menu.  You have the 13th month to wean them off of the formula and onto whole milk.

**Preschool and School Closings –** Please let us know when these schools are out of session, information helps us to process your claim. Thanks

**Home Visit reminder** - When you are closed or will be away from home for the day or part of the day, please contact the office and let us know, so that we do not try to visit you on those days, or during that time.

**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.  No March video has been posted to our YouTube channel, JCFHA Food Program.  More videos coming after training time is complete.

What's New

**An "Egg-Cellent " Idea**

With the implementation of the updated CACFP Meal Pattern beginning October 2017, facilities will have the option to serve a meat/meat alternate in place of the grain component at breakfast no more than 3 times per week.

Eggs can supply menus with an all-natural source of high quality protein. Considered a "nutrient dense" food, one large egg contains varying amounts of 13 essential vitamins and minerals plus six grams of protein for just 70 calories. The unique nutritional composition eggs provide can help meet the nutrient needs of younger children. Eggs also are available at a lower cost than other proteins, typically less than $0.19 per serving, which can help offset the higher cost of other items like fresh fruits and vegetables.

Hard-boiled eggs can be used to help create delicious and nutritious meal options. They're easy to slice, dice or cut into wedges, and paired with fresh vegetables and fruits, hard-boiled eggs help complete a satisfying breakfast, lunch or snack!

The American Egg Board has many egg ideas and resources to help facilities incorporate eggs into breakfast, as well as meals and snacks throughout the day. Among the many recipes and ideas included is the EggPop. The steps to creating and serving EggPops are simple and easy. Take a protein-rich, hard-boiled egg, insert a stick and dust with savory spices such as lemon and pepper seasoning or salt-free seasoning mixes, or let children do their own dipping in various sauces such as honey mustard, Thai chili sauce, garlic aioli or even Sriracha for older children who like some heat.

Also available from the American Egg Board are "Eggucation" resources for children to help them learn more about where eggs come from and how they move from the farm to the table while showing children the benefits of a healthy diet and exercise. Preschool lessons include activity sheets as well as "Eggsperiments" that can be done in the classroom.

American Egg Board: http://www.aeb.org/

**Get Moving!**

**In the Garden**

Gardening is a great way to not only enjoy some fresh air, but to get some exercise and increase physical activity as well! Gardening activities can include pulling weeds, removing rocks, digging, planting, spreading compost, cultivating, and raking. Some may only think of gardening as fun activities or way to grow food, but studies have now shown that it is also a good way to get physical activity, especially for children. Results from a 2014 study showed digging and raking to be high-intensity, while other actives such as weeding, mulching, hoeing, sowing seeds, and harvesting were considered to be moderate intensity. Children can gain benefits from gardening activities, not only from learning about how food grows, but also by giving positive health benefits.

Based on research from: https://www.sciencedaily.com/releases/2014/01/140131130850.htm

**Cook's Corner**

Egg Salad Sandwich

Ingredients:

6 Servings

6 fresh large eggs, hard-cooked, peeled, chilled

1 Tbsp. dehydrated onion

1/4 cup and 2 Tbsp. fresh celery

1/8 tsp ground pepper

1/8 dry mustard

3 Tbsp. Mayonnaise

1 Tbsp. sweet pickle relish

12 Servings

12 fresh large eggs, hard-cooked, peeled, chilled

2 Tbsp. dehydrated onion

3/4 cup fresh celery

3/8 Tsp. ground pepper

3/8 Tsp. dry mustard

1/4 cup and 2 Tbsp. mayonnaise

2 Tbsp. sweet pickle relish

Directions:

1. Finely chop eggs.
2. Combine eggs, onion, celery, pepper, mustard, mayonnaise, and pickle relish. Mix lightly until well blended.
3. Cover and refrigerate until ready to use.
4. Spread 1/3 cup of egg salad onto one slice of bread of choice\*. Top with second slice of bread. Cut each sandwich in half.

\* At least one serving of grains per day must be whole grain rich with the new CACFP Meal Pattern.

Adapted from the USDA recipes for Child Care: <http://www.theicn.org/Templates/TemplateDefault.aspx?qs=cEIEPTYzJmIzTWdyPXRydWU>=

**UP and Coming**

Key Changes

to the CACFP meal patterns

* There is a separate vegetable component and a separate fruit component at lunch, supper, and snack;
* Juice may fulfill the entire vegetable component or fruit component at one meal per day
* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
* At least one serving of grains per day must be whole grain-rich
* Grain-based desserts do not count towards the grains requirement
* A meat/meat alternate may be used to meet the entire grain component at breakfast no more than three times per week
* Tofu and soy yogurts may be used to meet the meat/meat alternate component
* Unflavored whole milk must be served to children 1 year old; unflavored low-fat (1%), or fat-free milk must be served to children 2 through 5 years old; unflavored low-fat (1%), unflavored fat-free or flavored fat-free milk must be served to children 6 years old and older and adults
* Yogurt must contain no more than 23 grams of sugar per 6 ounces
* Deep fat-fried foods (cooked by submerging in hot oil or other fat) that are prepared on-site cannot be part of a reimbursable meal
* Parents and guardians may provide no more than one meal component of a reimbursable meal for children or adults with non-disability dietary need

**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 . For questions or additional information, contact Emily Brinkman at 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**

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Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

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Fax: (202) 690-7442; or

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