



## The Good News

November 2024 Volume 11/ 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 - Saturday,

November 2, 2024

Sandwich Day - Sunday, November 3,  
2024

Spicy Guacamole Day - Thursday,  
November 14, 2024

World Diabetes Day - Thursday,  
November 14, 2024

Clean Out Your Refrigerator Day -  
Friday, November 15, 2024

Homemade Bread Day - Sunday,  
November 17, 2024

Take a Hike Day - Sunday, November  
17, 2024

Eat a Cranberry Day - Saturday,

November 23, 2024

Parfait Day - Monday, November 25,  
2024

Thanksgiving - Thursday, November  
28, 2024 (4th Thursday in  
November)\*

### National Food Months:

American Diabetes Month

Native American Heritage 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. The due date listed is the last possible date for the claim to be accepted. Your claim is due to the office on the 1st of every month with the grace period of up to the 5th working day of the month.

Claim Month	All Supporting Documents* Due Date	Payment Date
October	November 14, 2024	November 22, 2024
November	December 18, 2024	December 27, 2024

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

**October Claim is due a few days earlier! You will receive your reimbursement before Thanksgiving!**

In October we mailed out the Annual important information for CACFP program year 2025! This mailing will have a letter from me - read and file. Appeal process paperwork which is the same as the one in your original sign up notebook - read and file. Civil rights paperwork is also the same as the original sign up notebook. Read and file the information pages, sign the half sheet and return the white copy and file the yellow copy! **Electronic Submission Form:** fill out, sign and return (this form is important even if you don't normally send anything by email). Forms will be due back to us by November 15, 2024! Some of you will receive other forms as well, just call the office if you need further guidance.

We will also mail out CN label information after I get it together. If you have a product that you love using please send me a picture of the front and the UPC barcode and I will send it off for crediting

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information. Aldi, Great Value, Kroger, Members Mark - none of these companies will supply the needed information.

I will be attending a couple of classes in November and I can share information with you as I receive it and understand it. Class one:

#### Winter Wellness: Nurturing Immune Health in Kids

November 14, 2024 2:00 PM - 2:30 PM (EST)

##### Description

Brace yourselves for the winter as chilly winds bring along the symphony of sniffles and coughs. Get ahead and help prevent colds and flus by giving an extra boost of health to those in your care through providing immune-supporting nutritional foods and activities. Learn how to convert your child care center and family child care home into a fortress of wellness by adding delicious recipes to your menu and fun games to keep their bodies in top working order.

##### 2nd Class:

#### Menu Planning Boot Camp

November 20, 2024 11:00 AM - November 21, 2024 4:30 PM (EST)

##### Description

Get ready to become a menu planning expert with our Menu Planning Boot Camp! In just two days of training, you'll learn to understand CACFP menu requirements, how to select budget-friendly and accessible foods, and gain valuable insights from kitchen professionals.

Discover tips and techniques to unlock your inner chef and elevate your meal planning skills. Provide nutritious and delicious meals for those in your care with newfound confidence and expertise.

## November Is...

### Sweet Potato Month!

Sweet potatoes have a deep orange colored flesh and a sweet taste! They are a starchy vegetable and contain lots of vitamins and minerals. Sweet potatoes are high in vitamin C, which helps heal cuts and wounds. They are also high in vitamin A, which promotes good vision and cell growth. When Selecting a Sweet Potato, choose a small to medium size with smooth skin and firm feeling, they should be free from cracks, soft spots, and blemishes. Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

### Peanut Butter Month!

#### National Peanut Board Peanut Butter Fun Facts:

- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- There are enough peanuts in one acre to make 30,000 peanut butter sandwiches.
- Sixty percent of consumers prefer creamy peanut butter over crunchy.
- The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates high school.

#### Peanut Butter Power Dip:

##### Ingredients:

½ cup yogurt, non-fat plain

½ teaspoon vanilla

⅓ cup peanut butter

Sprinkles (optional)

##### Directions:

Wash hands with soap and water.

Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.

Chill dip in refrigerator until ready to serve.

Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices.

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