

◆ The Good News ◆

Volume 30 Issue 1

January 2015

Janet's Notes

Save the date for trainings in your area

Holton - February 12, 2015, 6:30pm - 8:30pm, First Baptist Church, 404 Juniper Dr. Topic: Scoop on Sodium

Topeka - February 21, 2015, 9:30am - 11:30am, Public Library, 1515 SW 10th Ave, Topic: Scoop on Sodium

Junction City - February 24, 2015, 6:30pm - 8:30pm, Senior Citizen Building, 1025 Spring Valley Rd, Topic: Scoop on Sodium

Abilene - March 5, 2015, 7pm - 9pm, Brethern Christ Church, 11th & Buckeye, Topic: Scoop on Sodium

Wamego - March 12, 2015, 6:30pm - 8:30pm, Senior Citizen Building, 501 Ash St, Topic: Scoop on Sodium

Clay Center - March 26, 2015, 6:30pm - 8:30pm, Clay Center Health Dept., 820 Spellmen Cir, Topic: Food Safety First

Manhattan - April 11, 2015, 9:30am - 11:30am, Public Library, 629 Poyntz Ave, Topic: Scoop on Sodium

Concordia - April 16, 2015, 6:30pm - 8:30pm, CCCC Room #257, 2221 Campus Dr, Topic: Food Safety First

Junction City - May 2, 2015, 9:30am-11:30am, Senior Citizen Building, 1025 Spring Valley Rd, Topic: Infants and Allergies

Salina - May 12, 2015, 6:30pm - 8:30pm, Public Library, 301 W. Elm St, Topic: Scoop on Sodium

Manhattan - May 21, 2015, 6:30pm - 8:30pm, Public Library, 629 Poyntz Ave, Topic: Infants and Allergies

January Is...

	Get Organized Month
	National Thank You Month
	National Staying Healthy Month
	Oatmeal Month
Jan. 1	Claims and Enrollments Due
Jan. 1	New Year's Day! (office closed)
Jan. 6	Bean Day
Jan. 19	Martin Luther King, Jr. Day (office closed)
Jan. 21	National Hugging Day
Jan. 28	National Kazoo Day
Jan. 29	Kansas Birthday!
	National Puzzle Day
Jan. 31	Backwards Day

Source: www.theteacherscorner.net

Please mail your Claim on the 1st!

PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!

Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.



JC FAMILY HOME ASSOCIATION STAFF

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 785-762-2424
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Check Stub Corrections

****Mistake on check stubs and direct deposit vouchers. Checks dated 11-26-14 should say October reimbursement and checks dated 12-26-14 should say November reimbursement. Year to date total is correct****

What's Cooking? USDA Mixing Bowl!

Now available, What's Cooking? USDA Mixing Bowl! This new interactive tool is designed to help educators, health professionals, community leaders, and consumers find nutritious and budget-friendly recipes. This extensive collection taps into consumer enthusiasm for recipes and promotes cooking at home as a key strategy for encouraging Americans to eat healthier meals.

Children's days and times on your Coversheet should match the days and times on their enrollments. If their days and/or times have changed please be sure and have a parent of the child fill out an Updated Enrollment. If you need an enrollment just call the office and we will send you one.

SOME REMINDERS

Please be sure you are telling us when there is No School. We have providers in several school districts and we do not know when there is No School unless you give us the dates on your Coversheet.

When serving Peanut Butter at Lunch - please be sure and serve another protein. The minimum serving of Peanut Butter is 3 Tablespoons.

Please be sure that you are only serving one of these a week at Lunch or Supper or Snack. Hot Dog, Corndog, Bologna, Sausage, etc.

Please be sure you are serving the correct amount of Breast milk or Formula to Infants under the age of 8 months. The serving sizes on the Infant Menus are for Infants 8 months and older.

CPR & Basic First Aid Certification - Riley County - February 10, 2015 - 6:00pm-10:00pm - at Family & Child Resource Center, 2101 Claflin Rd., Manhattan - Safety Training Solutions - Cost \$60.00 - Call 785-861-7450 or register at www.safetytrainingsolutions.net. See your Child Care Aware News for January/February 2015 for more listings of trainings.

CPR/First Aid Training by Tina

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class**. Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!



PROMOTE HEALTHY HABITS

There are several things everyone can do to promote healthy eating habits in child care. Below are just a few tips for providers and children.

Providers:

Talk to children about how food grows:

- Invite a local farmer to talk about fruits and vegetables. Ask the farmer to bring a variety of fresh fruits and vegetables for the children to touch, smell, and taste.
- Take a field trip to a local farm or community garden for children to learn the steps for planting, growing, and harvesting fruits and vegetables. Talk about how different foods grow underground, above ground, and on trees.
- During mealtimes, talk about fruits and vegetables and how they help children grow healthy and strong.
- Play the Mystery Bag Game. Place a fruit or vegetable in a bag. Ask the children to reach inside the bag, feel the fruit or vegetable and describe how the fruit or vegetable feels. Younger children may need to feel items outside the bag first, when first learning about textures.
- Plant a garden on a small patch of yard, in raised beds, or in containers.

Introduce new fruits and vegetables through taste testing:

- Before trying the new food, ask the children if they think the food will taste sweet, sour, bitter, or salty. Tell what sweet, sour, bitter, and salty taste like.
- Ask if they think it will be mushy, chewy, crunchy, or crispy.
- Talk about the colors.
- Talk about the nutrients in each new fruit or vegetable and describe how they help children grow healthy and strong. Try the fruits and vegetables along with the children.

Children:

Allow children to explore healthy foods:

- Place "play" fruits, vegetables, and other food related items in the dramatic play area for children to enjoy during free play.
- Allow the children to prepare easy picture recipes during snack time. Choose simple picture recipes that include no more than four steps and only a few ingredients.

Eating healthy foods and drinking healthy beverages, such as water, are only part of incorporating healthy habits. Avoid eating "sweet" foods too often. Too many foods high in sugar can lead to obesity, tooth decay, and other health issues.

Source: Mealtime Memo for Child Care, January 2014

Knowledge for Life

Ask the Agent

Q.—How long can I store opened lunch meat?...cooked ham?...casseroles?...or fresh fruits?

A.—Each one of these types of food have their own storage limits. Here is how long you can store them in your refrigerator (with the temperature set at 32-40°F)

Lunch Meat:	3-5 days
Cooked Ham:	3-4 days (sliced)
Casseroles:	1-2 days
Fresh Fruits:	1 month (whole apples)

Some other common holiday menu item refrigerator storage limits that could also be helpful:

Homemade bread:	2-3 weeks
Baked fruit pies:	2-3 days
Baked pumpkin pie:	2-3 days
Homemade dips:	2 days
Cream pies:	1-2 days
Prepared vegetables:	2 days
Meat leftovers:	3-4 days
Leftover broth/gravy:	1-2 days
Soups/Stews:	2-3 days

I found an excellent list of foods and recommended safe storage limits through the North Dakota State Extensions Service. You can access that resource on the Geary County Extension website: <http://www.geary.ksu.edu> You will find it following the tabs on the left side of the page:

Health and Nutrition>Food Safety>

Look for **Food Storage Guide**. You will find it in the middle of the page.

Source: K-State Research and Extension News
www.ksre.ksu.edu

The Good News

J.C. Family Home Association
P O Box 1203
Junction City, KS 66441

Non-Profit Organization
 U.S Postage PAID
 Junction City 66441
 Permit No. 14

Q—How long can I store...?—

Homemade breads	2-3 days
Cream pie	1-2 days
Homemade dips	2 days
Baked pumpkin pie	2-3 days
Baked fruit pie	2-3 days
Homemade breads	2-3 weeks
Some other common holiday menu items requiring extra storage limits that could also be helpful:	
Fresh fruits	1-2 days
Casseroles	3-4 days (allied)
Cooked meats	3-5 days
Lunch meats	3-5 days

Store them in your refrigerator (with the temperature set at 33-40°F).

A—Each one of these types of food have their own storage limits. Here is how long you can store them in your refrigerator (with the temperature set at 33-40°F).

Q—How long can I store...?—

- HEALTHY HABITS
- Invite a local farmer to talk about fruits and vegetables. Ask the farmer to bring a variety of fresh fruits and vegetables for the children to touch, smell, and taste.
 - Take a field trip to a local farm or community garden for the children to learn the steps for planting, growing, and harvesting fruits and vegetables. Talk about how different fruits grow underground, above ground, and on trees.
 - During mealtimes, talk about fruits and vegetables and how they help children grow healthy and strong.
 - Play the Mystery Bag Game. Place a fruit or vegetable in a bag. Ask the children to reach inside the bag, feel the fruit or vegetable and describe how the fruit or vegetable feels. Younger children may need to feel items outside the bag first, when first learning about textures.
 - Plant a garden or a small patch of yard or ground with a few containers.
- Introduce new fruits and vegetables through taste testing.
- Before trying the new food, ask the children if they think the food will taste good, sour, bitter or sour. Tell the children that...

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

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Thanks for the Best Choice Labels. Keep them coming.

The money we receive from these labels allow us to purchase Training supplies.

Welcome New Providers

Stacie Davis	Vermillion
Amanda Ricketts	Manhattan
Samantha Smith	Junction City
Rhonda Zarger	Manhattan

- Please remember that we must have an enrollment for your personal children even if you do not get reimbursed for them.
- Please remember to tell us what kind of infant cereal you are serving to your infants (such as rice, oatmeal, etc.).