**The Good News**

**November 2016 / Volume 2 / Issue 2**

November Is . . .

American Diabetes Month

Peanut Butter Lovers Month

Sweet Potato Awareness Month

November 3 - Sandwich Day, November 6 - Daylight Savings Time Ends, November 11 - Veteran's Day, November 14 - World Diabetes Day, November 17 - Homemade Bread Day, November 17 - Take a Hike Day, November 18 - Office Closed in observance of Veteran's Day, November 24 & 25 - Office Closed, November 24 - Thanksgiving, November 25 - National Parfait Day, November 29 - Chocolates Day.

Source: http://food.unl.edu/fnh/april-food-calendar

**Important Reminders**

**Aeriel Update**

Thank you for your prayers.  Aeriel has completed a ten (10) session radiation treatment and she has started her chemo therapy sessions.  She's tired and not able to work right now.  The brain tumors caused vision problems, and so far the retina specialist said it looks like the tumors shrunk but they don't know how much of her vision will return or how long it will take.  We miss her, and we are training new employees to help out with processing claims.

**Deadline for receiving the October claim and all supporting documentation is November 14th.  This is very early so please be sure to mail your claim in promptly.**

**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

**Healthier Kansas Menus - CACFP**

I thought the resource sounded awesome for you to bring up and use to help with menu planning.

Menu - Two 4-week seasonal cycle menus

Recipes

Purchasing, Preparation, and Serving Instructions

Production Records

Access at www.kn-eat.org Child & Adult Care Food Program, Resources, Healthier Kansas Menus - CACFP

If you have been doing this a long time and would want to look at some of the ideas for menus they have put together or if you are new and would love to have someone else plan your menus, here it is. http://www.kn-eat.org/CACFP/CACFP\_Menus/CACFP\_Resources\_HKM.html

YouTube Live Videos

Please send your questions in and I will answer them in a short video.  The videos from October are posted to the YouTube channel, and they are about the early implementation and the convenience product page.  To see the videos just go to youtube.com and search JCFHA, then click on the channel.  The video in November will come out after Thanksgiving.

**What's New**

**Servings versus Portions**

Knowing the difference between a serving and a portion can help in planning and serving meals that meet the nutritional needs of young children, as well as the CACFP requirements.

A "serving" is the amount of food suggested in an educational tool such as MyPlate or on a food label.  A food label's Nutrition Facts reflect the serving amount listed on the package.  In most cases, the food label serving size is different from the CACFP serving size for young children, as food labels use a standard serving size for the general public; whereas, the serving sizes for the CACFP meal pattern increase by age group to meet nutritional needs of growing children.

A "portion" is the amount of food that one chooses to eat at any one time.  For example, a box of ready-to-eat cereal may list 1 cup as the serving size; however, if 1 1/2 cups are poured into a bowl that is known as a portion.  A child in care may self-serve a 1/4 cup serving of broccoli during family-style meal service, and take a second portion of broccoli when the bowl is passed again later.  The planned serving size was 1/4 cup, but the portion is the total amount the child took.

When planning menus to meet meal pattern requirements, use the age group specific CACFP serving sizes.  Be sure to know how serving sizes of a food or recipe compare to the CACFP requirements.

**Sweet Potato**

Selection. Storage.  Nutrition.

**How to Select:**  Choose firm, small-to-medium sized potatoes with sooth skin.  Avoid cracks, soft spots and blemishes.

**How to Store:**  Store sweet potatoes in a cool, dark, place for use within 3-5 weeks.

**Nutrition Benefits:**  Fat free, good source of dietary fiber and potassium, high in vitamin A and C.

https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/sweet-potatoes-and-yams

Get Moving

Nature Hike with Children

Parents or providers can get their children out for a hike almost anywhere.  There are many ways to get children interested in exploring and active at the same time!

Find items that appeal to the 5 senses - make a list of what you find.

Take a leaf hike and collect as many different types of leaves as you can find.

Take a hike just to listen.  What sounds do you hear and what do you think made that sound?

**Midwest Dairy Debuts ten "bite size" recipe videos**

Midwest Dairy's series of ten (10) short, "bite size" recipe videos feature dairy-infused recipes from Midwest Dairy.  Recipes range from pita pizza faces to fruit smoothies.  Check out the videos and consider sharing with staff and families through social media pages like Twitter and Facebook.  Be sure to share with JCFHA.

https://www.youtube.com/playlist?list=PLGHALcHigFlQ1BDnBKu8SVxkUoCMs9y9a

**UP and Coming**

**JC Naz Heaven's Path**

Would you like to have a turkey with all the fixings for Thanksgiving?  JC Naz is giving away complete meals ready-to-cook.  Go to http://www.jcfamilyhomeassociation.com/whats-new for more information.

**"Moo-ving" Beyond Fruits and Vegetables**

Fruits and Vegetables are often gateway products to farm-to-plate programs.  Many child nutrition programs are considering local meats and dairy products in program meals also!  In Kansas, to be served in child nutrition programs:

Local agricultural products such as eggs, meat, poultry and milk must come from a licensed facility.

Livestock and poultry products must be slaughtered at a KDA or USDA inspected facility.

Egg products (shell, liquid, frozen, dried) must be USDA inspected.

Milk must come from a licensed and inspected facility.  Liquid milk is tested several times in the supply chain and must be pasteurized.

Refer to www.kn-eat.org, Farm to School, for more information on using locally sourced foods in Child Nutrition Programs.

**New Recipes, New Adventures!**

Expand children's adventurous taste buds with new side dishes and entrees from Team Nutrition!  These custom-made, kid-tested, standardized recipes provide crediting information to help centers meet the current or upcoming meal pattern requirements.  The recipes are available in quantities of 25-50 servings and 50-100 servings.  In addition to these new recipes being standardized and credited, they provide more whole grains, beans and legumes, and dark green and red/orange vegetables.  I found the sauces, gravies, and seasoning mixes to be helpful, these recipes are designed for day care centers and schools, so watch the serving size and adjust accordingly.

http://www.fns.usda.gov/usda-standardized-recipe

**Program Renewal Packets October 2016**

* Civil Rights
* Appeal Process
* Commitment Page (CN Label Products)
* Early implementation information
* Electronic Certification Page (optional)

This packet is due with your October claim.  If we have questions we will be calling in late November.

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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