

THE GOOD NEWS



The most significant asset you have is your ability to earn money by continuing to care for children. Are you doing everything you can to improve your skills and set yourself up to be successful going forward? Tom Copeland

What's New

The Annual Renewal Packets will be out by the end of this month! Don't forget to get them filled out and submitted to the office by October 23, 2015. This will help ensure that there is no lapse in your benefits.

The packet will include a checklist for you to complete. Some of the information is for you to read and file. Other information requires the parents to fill it out. The Civil Rights ½ sheet will need to be signed and dated by you and those who help you. We do have a civil rights video that you can also watch at:

http://www.kn-eat.org/CACFP/CACFP_Menu/CACFP_Training_Videos.html

Annual Enrollments need to be filled out completely by the parents, even if the parents did an original or update in August or September. We need new a new enrollment for the new program year. Enrollments and Civil Rights ½ sheet cannot be accepted through the email. We must have the original white copy.

Important Reminders

Claims:

Remember to mail your claims by the 1st!!! We don't want you to miss the cut off for the month and not receive your check! So please get those out to us through the mail or email. The circulation center for the USPS was closed in Topeka, so all our mail is now routed through Kansas City or Wichita. That means it can delay your claims.

Remember to put your name (the provider) on your claims.

Do **not use** the name of your daycare. We register the provider (Owner) of the Daycare not the Daycare itself. If you list the Daycare name it will delay your claim, because we have to find the provider. So put your name on the claims that way we can get those submitted quickly for you.

Pie-in-the-Face Contest:

After training in the spring one provider from each area will be chosen to put a pie in the director's face! We have a growing list already for July and August! So keep up the good work and get your claims submitted by the due dates below to get your name entered as many times as you can to win a chance to throw a pie in Janet's Face! Woot Woot... errr I mean be gentle with her. (hahahaha)

CLAIM MONTH	RECEIVED BY
SEPTEMBER	4TH
OCTOBER	6TH
NOVEMBER	5TH
DECEMBER	4TH

Recipes

Each month we will provide you with nutritious recipes that can meet your CACFP requirements. Let us know if you try any of them and what you thought. We would love to put Provider feedback in this section! If you have a tasty recipe that is easy, fun, or just nutritious please submit them to our staff at newsletter@jcfamilyhomeassociation.org.



Make Ahead Lunch Wraps

- 2 cups uncooked brown rice
- 4 cups water
- 4 (15 ounce) cans black beans
- 2 (15.5 ounce) cans pinto beans
- 1 (10 ounce) can whole kernel corn
- 1 (10 ounce) can diced tomatoes and green chiles
- 16 (10 inch) flour tortillas
- 1 pound shredded pepper-jack cheese

1. Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender. Remove from heat, and cool.
2. Place black beans and pinto beans into a colander or strainer, and rinse. Add corn and diced tomatoes with green chilies, and toss to mix. Transfer to a large bowl, and mix in rice and cheese.
3. Divide the mixture evenly among the tortillas, and roll up. Wrap individually in plastic wrap, place into a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.

CACFP Credit: ½ burrito will equal 1½ ounces meat/meat alternate and 1 bread/grain servings.

Source: *Bush's Beans*, <http://recipes.bushbeans.com>



Each Month will let you know what is happening around the country and in your communities. If you have something that you think would be a fun field trip or a great class for daycare providers, please email us at newsletter@jcfamilyhomeassociation.org or give us a call at the office so we can add it to the calendar. You are our best resource for things being offered in your area!

National Good Manners Month American Breakfast Month

Week 1:

Child Accident Prevention Week

Week 2:

Hispanic Heritage Week

Week 3:

National Child Care Week

Week 4:

National Dog Week

Sept. 7

Labor Day (Office is Closed)

Sept. 13

National Grandparents Day

Sept. 23

First day of Autumn

Source: www.theteacherscorner.net

Tips of the Month

Knowledge for Life

Ask the Agent



Q: My flour is in a canister. I have no idea if it is self-rising or not. Is there a way to test it to tell which it is?

A: Yes. Self-rising flour contains two additional ingredients that regular plain flour does not - baking powder and salt. You can take a small portion and do a taste test. If the flour tastes salty, then you have self-rising flour. Some tongues may not pick up on the light salty flavor so you might want to try another test. Take about a tablespoon of the

unknown flour, place in a small bowl and add a bit of vinegar. If it begins to fizz, then you have self-rising flour.

If you have a recipe that calls for self-rising flour and you haven't any on hand, here is a recipe to make your own:

- 1 c. flour
- 1/2 t. salt
- 1 1/2 t. baking powder



Sift together and use as needed.

** For more information call Geary County K-State Research and Extension office at 785-238-4161.*

Food Allergy Tips

By Team Nutrition



How can a child tell the care provider that they are having an allergic reaction? A child may be having a reaction if he or she says:

- "My food is too spicy"
- "My Tongue is hot"
- "My tongue feels like there is hair on it"
- "There's a frog in my throat"
- "My lips feel tight"
- "My mouth feels funny"
- "My mouth itches"
- "It feels like something is stuck in my throat"
- "It feels like there are bugs in my ear"

- "It feels like there is a bump in the back of my throat"

A child may not always be able to tell the care provider in words if he or she is having an allergic reaction. If you see the child doing some of these behaviors, he or she may be having an allergic reaction.

- If a child is pulling or scratching at his or her tongue
- Some children's voices may become hoarse or squeaky if they are having an allergic reaction.
- The child's words may become slurred if their mouth is beginning to swell from an allergic reaction.

For more information and tips on handling food allergies go to: Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program, Appendix B: Care for Children With Food Allergies, <http://www.teamnutrition.usda.gov/library.html>

PROVIDER'S CORNER

Putting the "Pro" back into Provider

Each Month we will encourage you, inspire you, and/or enlighten you as the Owner/Operator of your daycare. This section will have an article on business tips, tax tips, motivation to press forward, and just about anything else that we feel will encourage you to remember you are a business owner and we are here to help you be the best one you possibly can be.

This month I wanted to focus on a important part of your business... YOU! You are the masterminds of the wonderful Daycare that you created and only you have the vision that brought you to decide to invest your time and money into creating an excellent environment and programs for the children and parents that are a part of it. However, YOU are an important investment too! You should see yourself as an Entrepreneur, because that is EXACTLY what you are!

Here at J.C. Family Home Association we want to remind you that you are important, professional, and we believe in your ideas. We are here to help you grow and find all the stuff to help run your business smoothly and efficiently. We understand that after a whole day of working it is hard to find time to search for programs, grants, schooling, training, etc... So we want to help you do that. Next month our Association website will launch and you are all members of our ASSOCIATION! We can't wait to get your feedback and create a page that offers what you need most. We want you to let us know what you want and need to help make it easier for you to get straight to business so you can get on with living your life.



This month I would like to feature an amazing article by Tom Copeland called, "[Its Time to Invest in Yourself](#)". Mr. Copeland is one of the leading authorities in the Business of Child Care. Learn more about this awesome trainer, author, and expert in running a Home Daycare:

<http://tomcopelandblog.com/about-tom>

I have made it my mission to bring you the best articles, programs, and provider spotlights to help keep you encouraged, build your skills, and know that you are a professional. At J.C. Family Home Association we believe in every provider we have enrolled. Now we want to show you that we mean it.

Until next month... Smile because you make the difference in the lives of our most precious resource... our children.

Christi Plemons / Program Manager/ September 2015

Contact Us

P.O. Box 1203 Junction City, Kansas 66441

Office: 785-762-2424 / Fax: 785-762-2623

newsletter@jcfamilyhomeassociation.org

Director: Janet Dozier / Janet@jcfha.kscoxmail.com

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Consultant: Alicia May

Office Assistant: Aerial Lockwood

Program Manager: Christi Plemons / christi@jcfamilyhomeassociation.org

USDA is an equal opportunity provider and employer.