



The Good News

February 2024 Volume 9/ Issue 5

JC Family Home Association

Director: Janet Dozier 785-307-4370, Office Manager: Peggy Smith 785-762-2623, and Consultant: Chris Moravec 785-579-5945. Email: jcfha5@gmail.com

This newsletter will be posted on our website www.JCfamilyhomeassociation.com

Please add our phone numbers to your contacts so you know who is calling you.

February is . . .

- **Homemade Soup Day - Sunday, February 4, 2024**
- **The Big Game - Sunday, February 11, 2024 ***
- **Oatmeal Monday - Monday, February 12, 2024 (2nd Monday in February)***
- **Valentine's Day - Wednesday, February 14, 2024**
- **Almond Day - Friday, February 16, 2024**
- **Chili Day - Thursday, February 22, 2024 (4th Thursday in February)***
- **Pistachio Day - Monday, February 26, 2024**
- **Strawberry Day - Tuesday, February 27, 2024**
- **Great American Pizza Bake - Sunday, February 11, 2024 to Saturday, February 17, 2024 (2nd Week in February)**
- **American Heart Month**
- **Bake for Family Fun Month**
- **Black History Month**
- **Canned Food Month**
- **Hot Breakfast Month**
- **Potato Lover's Month**
- **Snack Food Month**

February Food Calendar

Reimbursement table to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
January	February 16, 2024	February 29, 2024
February	March 18, 2024	March 29, 2024

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

Remember to notify us of any changes to meal times in advance. We need to know in advance if you are closed for the day. The second week of December when we were covered in snow and ice - We heard from 5% of you, we need more communication with us please.

While processing claims, we've noticed several providers claiming certain cereals as a whole grain item that do not qualify. We wanted to clarify that Rice Krispies and Honey Bunches of Oats do not qualify as whole grain. Honey Nut Cheerios are not creditable in the food program because the sugar content is too high. Please check the labels of your cereals, compare to the chart and ask us if you're not sure if a product meets the requirements. If you are using Goldfish crackers as a whole grain, make sure that the label says baked with whole grain, and the ingredient list has whole wheat flour as the first ingredient. Not all varieties of the goldfish crackers qualify as whole grain. Keep your labels to show to the home visitor.

JC Family Home Association is an equal opportunity provider, employer, and lender.

Training! Please contact Peggy or Janet at the office and get signed up for training. Providers are required to have 2 hours of training for the CACFP every year.

Date	City	Location	Time
Feb 27, 2024	Holton, KS	404 Juniper Drive	6pm - 8pm
March 7, 2024	Abilene, KS	1705 N. Buckeye Ave	6pm - 8pm
March 21, 2024	Marysville, KS	Lincoln Center 405 N. 4th Street	6pm - 8pm
March 28, 2024	Clay Center, KS	CC Health Dept. 820 Spellman Cir	6pm - 8pm
March 30, 2024	Topeka, KS	2912 SW Indian Trail	9am - 11am
April 9, 2024	Salina, KS	Health Dept. 125 W. Elm Street	6pm - 8pm
April 13, 2024	Junction City, KS	Dorothy Bram. Pub. Lib 230 W. 7th Street	9am - 11am
April 25, 2024	Manhattan, KS	First Baptist Church 2121 Blue Hills Rd	6pm - 8pm
May 7, 2024	Concordia, KS	CCCC Rm 257 2221 Campus Drive	6pm - 8pm

Celebrate February – Strawberry day is February 27th!

- **Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.**
- **Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.**
- **Store unwashed strawberries in their original container or in a paper lined container covered with plastic wrap in the refrigerator for 1-3 days.**
- **Add sliced strawberries to a salad**
- **Make a fruit salad using strawberries**
- **Top yogurt or ice cream with sliced strawberries**
- **Add sliced strawberries to cereal or oatmeal**
- **Add to the batter or top pancakes or waffles with chopped/sliced strawberries**
- **Add to a smoothie**
- **Add cut strawberries to baked goods and other desserts like pies**
- **Make jams and jellies**
- **Blend strawberries and add to lemonade**

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