



The Good News

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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.

March is . . .

- Peanut Butter Lover's Day - Friday, March 1, 2024
- Cereal Day - Thursday, March 7, 2024
- St. Patrick's Day - Sunday, March 17, 2024
- Poultry Day - Tuesday, March 19, 2024
- Spinach Day - Tuesday, March 26, 2024
- National School Breakfast Week - Monday, March 4, 2024 to Friday, March 8, 2024 (1st full week in March)*
- Colorectal Cancer Awareness Month
- Salt Awareness Week - Monday, March 11, 2024 to Sunday, March 17, 2024
- Frozen Food Month
- National Nutrition Month®
- Noodle Month
- Sauce Month

March 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
February	March 18, 2024	March 29, 2024
March	April 18, 2024	April 26, 2024

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

Communication helps so much! Please remember to notify us in advance of meal time changes and let us know if you are going to be closed and for how long.

Sides vs Vegetables - While processing claims we've noticed some of you claiming rice, noodles (macaroni and cheese) and that kind of thing towards the vegetable requirement. They may be considered awesome sides but they do not qualify as vegetables. We also noticed a few where both snack components were from the same group. If you have any questions about the meal components please let the home visitor or someone from the office know. We would love to help you.

The Cover sheet needs to be filled out at the beginning of the month! Not at the end. Chris can be out doing visits anytime during the month! I know in the past she came out mainly after the 10th, but now Janet and Peggy are doing the majority of claim processing and Chris is free to visit anytime during the month! Please keep your menus up-to-date! If you have a group license, we call it licensed for 12 then your helper needs to sign the cover sheet. If you are within the ratio for one adult present then you don't need the helper to sign.

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Training is ongoing! 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
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 20, 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	630pm - 830pm
May 7, 2024	Concordia, KS	CCCC Rm 257 2221 Campus Drive	6pm - 8pm

Celebrate March — Spinach day is March 26th!

Nutrition and Health Benefits of Spinach

Spinach is high in vitamin A, which helps keep eyes and skin healthy and helps to protect against infections. Spinach is also high in vitamin C, which helps heal cuts and wounds. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It is a good source of fiber, which helps to maintain bowel function.

How to Select Spinach

Spinach should have fresh green leaves. Avoid if the leaves are limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside.

How to Store Spinach

Loosely wrap spinach in a damp paper towel and place in a plastic bag. Refrigerate for up to five days. When ready to use, gently rub under cold running water and dry with a paper towel.

How to Prepare Spinach

- Add spinach to other stir-fry vegetables like bell peppers, broccoli and snap peas**
- Make an omelet with spinach**
- Try baked spinach, cheese and onion stuffed chicken breasts**
- Make a pesto using spinach, olive oil and garlic. Use it to top pasta or a protein source like fish**
- Add to a smoothie**
- Add frozen spinach to mashed potatoes for extra nutrients**

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