**The Good News**

**July Volume 3 / Issue 10**

July is . . .

Berry Month

Blueberry Month

Grilling Month

Picnic Month

**Days of Interest**

Eat Beans Day - July 3, Office Closed on Independence Day - July 4, Macaroni Day - July 7, Hamburger Day - July 28

Source: https://food.unl.edu/july-food-calendar

**Tentative Reimbursement Date July 27th**

**Important Reminders**

**Enrollments**

Enrollments are good thru July 31, 2018, and then we will be doing new enrollments. Yes, that time is coming up again already! Families who do an original in June or July will need to fill out a new one in August, even if you only have them for a couple of weeks in August. We will be mailing the new enrollments out the last week of July and the first week of August.

**Cereal/Yogurt Chart**

The cereal/yogurt sugar limit chart that was previously posted to our website was incorrect, so if you printed out a copy of it, you will need to go in and print out the new one please. Find the updated version at http://www.jcfamilyhomeassociation.com/whats-new and scroll down to the cereal and yogurt sugar limits chart. Be sure to check the sugars if you’re not using the approved WIC list. Granola has the same sugar limit requirement as cereal.

**CDC Launches Website on Infant and Toddler Nutrition**

Good nutrition during the first 2 years of life is vital for healthy growth and development. Children grow and develop every day. As they grow older, their nutrition needs change. Children with healthier eating patterns in their first year of life are more likely to have a healthier eating pattern later on. Yet too many children are not eating a healthy diet. Creditable information about infant and toddler nutrition is important for parents and caregivers. CDC is providing this nutrition information and practical strategies on developing healthy eating patterns for infants and toddlers, from birth to 24 month of age. This website can be found at: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/index.html>.

**Lactose Free Milk or Soy Milk** – must have a current medical statement on file with us.

**It’s A Very Berry Month**

July is known as National Berries Month. There are a wide variety of berries which are packed full of antioxidants which can enhance the immune system and protect against cancer and heart disease. Researchers from the United State Department of Agriculture (USDA) found that blueberries, cranberries, raspberries and strawberries are among the top foods with high antioxidant activity.

Let’s look at how to include more berries into a daily diet:

* Add berries to foods that are eaten every day.
  + Add sliced strawberries to a bowl of whole grain cereal, blend some berries into yogurt, or add blueberries on a salad.
  + When grilling dinner, have some fun and make fruit kabobs. Try to incorporate berries with other fruits such as pineapple, bananas and grapes.
* Incorporate berries available in different forms.
  + Berries do not always have to be fresh. They can be frozen and added to yogurt for a nice summer treat.
  + Dried fruit is a great alternative to keep in a bag for on the go.

What to look for when shopping for berries:

* Do not buy bruised or oozing berries, and be sure to check the berries on the bottom of the container by turning it over.
* Look for firm, plump, full-colored berries. Make sure to cover and refrigerate the berries until ready to serve.
* Wash fruit before preparing or eating. Under running water, rub fruits with hands and dry after.

Celebrate National Berry Month in fun and nutritious ways. See ideas at: <https://snaped.fns.usda.gov/seasonal-produce-guide/blueberries> and <http://www.uscranberries.com/>. Parents and children enjoy a healthier diet and learn about the variety of berries and how great they taste. Everybody benefits with berries!

<https://food.unl.edu/documents/July%3A%20National%20Berries%20Month%20%282010%29.pdf>



**Cook's Corner**

**Whole Grain Blueberry Oat Muffin**

**Ingredients:**

1 ½ cups unsweetened applesauce

1 large egg

3 Tbsp oil

¼ cup 1% milk

⅓ cup sugar

1 ⅔ cups dry rolled oats

1 Tbsp baking powder

¾ tsp baking soda

1 ⅛ tsp ground cinnamon

1 cup whole wheat flour

1 cup unsweetened frozen blueberries

**Directions**:

1. Beat applesauce, eggs, oil, milk and sugar until smooth.

2. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20 – 30 seconds, until all dry ingredients are moistened.

3. Add blueberries and mix by hand to incorporate into the batter. (Add blueberries while still frozen to decrease color bleeding.)

4. Portion #30 scoop (about 2 Tbsp) of batter into each muffin cup.

5. Bake until lightly browned.

\*Conventional oven: 375° F for 16-20 minutes

\*Convection oven: 350° F for 12-16 minutes Makes 24 mini muffins

**Serving Size**: 1 mini muffin. **Crediting Information**: ½ oz eq Grains

[www.kn-eat.org](http://www.kn-eat.org), CACFP, Resources, Healthier Kansas Menus, Recipes

**Did you know?** The peak season for fresh blueberries in Kansas and North America runs from mid-June to mid-August. Be on the lookout at your local farmer’s market and grocery store for nutritious, tasty, Kansas-grown blueberries!

**GET MOVING!**

**Dragon Tag**

* Split players into groups of four or more and have them form chains by linking arms or grabbing each other’s’ shoulders. Give the last player in each chain a scarf, bandanna, or long sock that they hold behind them like a tail.
* Shout “Go” and the Dragons begin to chase each other, trying to grab the opponents’ tails while protecting their own. Only the first player in the dragon chain can grab another team’s tail. Each team’s chain must stay unbroken.
* Once a Dragon’s tail is captured, that Dragon stops and cheers on the other Dragons.
* Play until one player has all tails, or for a predetermined time period.
* When playing again, have the children switch positions so they can see what it is like to be a different part of the Dragon.

<https://www.verywellfamily.com/how-to-play-sock-tag-1257383>

**UP and Coming**

First Aid & CPR Training

* 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.
* CPR & First Aid by Kimberlee (Geary County) call 785-363-0011 for schedule.

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