**The Good News**

**August Volume 4 / Issue 11**

**August is . .** .

Watermelon Day (August 3), Trail Mix Day (August 31)

Farmers Market Week (1st full week in August)\*

Back to School Month, Catfish Month, Family Meals Month, Get Acquainted with Kiwifruit Month, Kids Eat Right Month, Peach Month, Sandwich Month

\* Day changes yearly

https://food.unl.edu/august-food-calendar

**New Rates – Per Meal Reimbursement Effective July 1, 2019**

|  |  |  |
| --- | --- | --- |
| **Meal Type** | **Tier 1** | **Tier 2** |
| **Breakfast** | **$1.33** | **$0.48** |
| **Lunch/Dinner** | **$2.49** | **$1.50** |
| **Snacks** | **$0.74** | **$0.20** |

**Payment Dates**

**July Claim - August 30**, August Claim - September 23, September Claim - October 31, October Claim - November 26, November Claim - December 27.

**Auditor Confirmations**

Our Auditor Gregg Haywood has mailed out confirmations to some of you, please fill them out and return them. He is auditing US not you, if you have any questions call him, he will help you.

**Enrollments** - Annual enrollment time is Here! We have mailed them to you the first part of August and they are due back to us before August 22nd. The current enrollments are yellow highlighted and they expire July 31, 2019. The new ones will be pink highlighted. If you have a visit in August we will pick up the enrollments at the time of the visit.

Feeding Infants Book has been posted to our website at https://www.jcfamilyhomeassociation.com/handbooks

**Update on Aeriel** - it is with a heavy heart that I let you know that Aeriel passed away July 5, 2019. At the young age of 31, Aeriel battled cancer and now that battle is over. Aeriel loved animals, probably more than people. She will be missed here in the office. We do some of the procedures because that's the way Aeriel would do it! Your thoughts and prayers have been greatly appreciated.

**Crediting Corn products** has changed and one of the changes is Corn Chex is now creditable as a whole grain also some corn taco shells. I didn't find any corn tortillas that would count and the Jiffy muffin mix will not count as a whole grain item.

Whole Wheat or Whole Grain Waffles - during home visits we have noticed some that aren't going to pass the rule of 3 and will not be considered a whole grain product for the day. Most of them say "Made with" whole grains and the first ingredient is often time enriched flour. We found one product a provider is serving that does count as a whole grain waffle and that is Lifestyle Fit & Active multi-grain waffles sold at Aldi's. Please be sure to ask about the products you are counting as whole grain to insure that you get credit for serving them and meeting your whole grain serving once a day requirement.

**Please List Back to School days on your cover sheet in August**

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**Yogurt Pops**

Yield 4 servings

**Ingredients**:

6 ounces yogurt, fat-free, flavored or plain

3/4 cups fruit juice

**Instructions**

1. Put the yogurt and juice in a bowl

2. Stir together well

3. Pour the mix into paper cups

4. Stick a Popsicle stick in the center of the mix in the cup.

5. Place the yogurt pops in the freezer until they turn solid.

**Notes**

Here are some good flavor mixes for yogurt pops:

-lemon yogurt with orange juice

-vanilla yogurt with raspberry juice

Use 100% fruit juice for no added sugars. Be sure the yogurt you use is creditable according to the sugar chart.

**Healthier CACFP Recognition & Monetary Award**

Be one of the first daycare home providers in Kansas to be recognized for the Healthier CACFP Award! Are you looking for a way to promote your child care program and stand out from all others? The Healthier Child and Adult Care Food Program Award is a USDA recognition system which supports day care home providers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care. Apply today to win an award! Those who qualify will receive statewide recognition as a Healthier CACFP Award Winner and a certificate to showcase the award at their site. In addition, the first 20 Healthier CACFP Awarded sites in Kansas will receive a monetary award of $200/daycare home! Monetary awards are only available through September 2019! For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at ebrinkman@ksde.org or (785) 296-2276.

**Farm to Plate**

Is Farm to Plate on your August menu? Farmer’s Markets are a great place to look. The Community Health Promotion Section in the Bureau of Health Promotion at KDHE has created a Farmers Market Fact Sheet. It contains a map of farmers markets (based on 2018 registrations). There is also information about a few Kansas specific and national resources for farmers and farmers markets. You can find the fact sheet on the Resources for Healthy Kansas Communities page, under the Nutrition header. This resource can also be helpful to source apples for the Mountain Plains Crunch Off October 16. Contact Barb Depew, Farm to Plate Director, if you need assistance sourcing local product for your programs and promotions.

**Crunch Off – October 16**

Kansas is participating in the Mountain Plains Crunch Off with nine other States! Mark your calendars and make plans so that participants can bite into a local apple on this day. The state with the most “crunches” will be crowned the Crunch Champion! Begin getting your Crunch group together; registration information will be shared in the September Newsletter. Contact Barb Depew at bdepew@ksde.org for information about sourcing local apples for the event.

**CACFP is truly a Link to Quality Child Care!**

Thank you for all your commitment to nourishing children with healthy meals, teaching them to Eat Smart and Play Hard and administering the CACFP with integrity! We appreciate you!

**Contact Us**

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