**The Good News**

**January Volume 4 / Issue 4**

**January is . . .**

New Year’s Day - Jan 1, Spaghetti Day - Jan 4, Bean Day - Jan 6, Apricot Day - Jan 9, Peanut Butter Day - Jan 24, Blueberry Pancake Day - Jan 28 and

Bubble Wrap Appreciation Day - Jan 28

Egg Month, Oatmeal Month, Slow Cooking Month, Soup Month and

Wheat Bread Month.

<https://food.unl.edu/january-food-calendar>



The reimbursement for December claim will go out January 31, 2019. January Claim - February 28, February Claim - March 29, March Claim - April 26, April Claim - May 31, May Claim - June 20, June Claim - July 26, July Claim - August 30, August Claim - September 23, September Claim - October 31, October Claim - November 26, November Claim - December 27.



Please let us know on your cover sheet or menu form when school was closed, we can't reimburse you for a school age child if school is in session.

Please list fish, muffins, and crackers by type. Examples: Cod fish, Catfish, Tilapia, Chocolate chip muffin, Blueberry muffin, English muffin, Cheez-it, Triscuit, Ritz.

We need to know if you were open for a holiday if you claim meals on that holiday. Example in January will be New Year's Day and Martin Luther King Jr. Day.

**Income Eligibility Forms** are due 2 weeks after you receive them! We mail them the first of the month and they are due by the last week of that month, please don't wait till you mail off the claim, we need to determine your eligibility in the month you sign the form. It would be a best practice for you to call the office a few days after mailing the form to inquire about us receiving the form, so you don't have to go a month with tier 2 reimbursement or not getting paid for your personal children for a month while we re-send the form and you get the form back to us. The form is now available online



**Topeka** - 2/16 @ 2912 SW Indian Trail from 9:30 - 11:30 - please park across the street at the elementary school

**Holton** - 2/21 @ 404 Juniper Dr from 6:30-8:30pm

**Abilene** 3/7 @ 11th & Buckeye, Brethern Christ Church from 6:30 - 8:30pm

**Clay Center** - 3/26 @ 820 Spellman Cir from 6:30 - 8:30pm

**Salina** - 4/4 @ 158 Sante Fe Ave, Martinelli's Little Italy, Vanda and I will be eating at 6pm, training from 6:30 - 8:30

**Junction City** - 4/9 @ 230 W. 7th Dorothy Bramlage Library from 6:30 - 8:30pm

**Wamego** - 4/16 @ 501 Ash St from 6:30 - 8:30pm

**Manhattan** - 4/27 @ 629 Poyntz Ave from 9:30 - 11:30am

**Concordia**  - 5/7 @ CCCC Rm #257 from 6:30 - 8:30pm

Manhattan in May TBA.

Call the office, click "going" on the created event, e-mail us, or note on your cover sheet and let us know that you will be attending the training, this way we will have a certificate ready for you as well as plenty of materials to hand out.

This year we will focus on the conquering hero inside each of us, as we talk about the history of child nutrition education, role modeling, changes in regulations that we have overcome, a provider led section, serving sizes for toddlers and ideas for infant food. I'm excited to have the provider led portion this year, of course, it means participation from the providers! Please let me know if you would like the honor of sharing with the group or if you would nominate someone else. Chris and Vanda have been asked to supply me with names of providers they think are up to the task and several of you are.

Look over the following list of questions and be prepared to talk about them in training. Come with answers written down if it will help your brain to function better during training. My goal is to have providers helping providers!

Provider panelist would have answers to questions like:

What was your reaction to the whole grain once a day regulation?

What was a challenge? How did you overcome it?

Was there a change that you made over the past few years that had a positive impact on your children and families?

When you heard about needing to save your labels or boxes and packages for whole grains, cereals, and yogurts: What was your reaction? What is said in "Vegas" stays in "Vegas"

What system did you put into place?

What obstacles did you overcome?

What advice can you share for those who are still struggling?

What support do you need from your food program sponsor?

The focus will be mainly on whole grain implementation, documentation system or notebook, and NOT serving the sweet desserts; however, general menu planning and family style service would be other topics that you could share with the group.

**Contact Us**

**P.O. Box 1203 Junction City, KS 66441**

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

**Janet@jcfha.kscoxmail.com**

**jcfamilyhomeassociation.com**

**Director: Janet Dozier**

**Assistant Director: Vanda Taylor**

**Consultant: Christine Moravec**

**Consultant: Barbara Gabriel**

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Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

Email: program.intake@usda.gov.