**The Good News**

October 2016 / Volume 2 / Issue 1

October Is . . .

Apple Month

Cranberry Month

Eat Better, Eat Together Month

Farm to Plate Month

Pork Month

October 10-14 is Farm to Plate Week, October 1 is World Vegetarian Day, October 3 -Walk to School Day, October 13 - Midwest Apple Crunch Day, October 16 - World Food Day, October 28 - Chocolate Day, October 29 - Oatmeal Day,  and October 31 - Halloween.

Source: <https://snaped.fns.usda.gov/nutrition-through-seasons/holiday-obervances#topcalendar>

**Important Reminders**

**My Broken Heart**

JC Family Home Association received news on September 21, 2016 that an employee, Aeriel, has brain tumors; she was diagnosed with Breast Cancer on September 22, 2016.  The test results from the biopsy are not in yet.  We do not know the extent of how this will affect us, for right now we are shorthanded and I apologize for forms not being sent out in a timely manner.  Aeriel is the office assistant and without her some things will not get done.  She is responsible for keeping the webpage up-to-date and I will be spending my weekend figuring that out so we can continue to utilize the webpage the best we can.  The office may have days or parts of days when it is closed, we will keep this to a minimum; however, please call before coming to be sure someone is here especially mid-month through the end of the month.

**Both Same Group**

What does my claim note mean when it says both same group at snack time?  Currently there are four food groups for CACFP:

* Milk
* Fruits and Vegetables
* Meat or Meat Alternate
* Grains

When you serve apple slices and carrot sticks, these items are both in the Fruits and Veggies group, which we call both same group.

**Drop in Visits Start Again in October**

There will be some route changes so you may have a different visitor and a different visit schedule.  Please always have your paperwork on-site, complete, and up-to-date. If you do your claim on the computer you need to be able to print the paperwork out for us.  Thank you

**Tentative Check Disbursement Dates**

**Claim Month     Payment Date**

April                        May 31, 2016

May                         June 24, 2016

June                       August 1, 2016

**Claim Month          Payment Date**

July                             August 31, 2016

August                        September 30, 2016

**September               October 29, 2016**

**Healthier Kansas Menus - CACFP**

I thought the resource sounded awesome for you to bring up and use to help with menu planning.

* Menu - Two 4-week seasonal cycle menus
* Recipes
* Purchasing, Preparation, and Serving Instructions
* Production Records

Access at www.kn-eat.org Child & Adult Care Food Program, Resources, Healthier Kansas Menus - CACFP

If you have been doing this a long time and would want to look at some of the ideas for menus they have put together or if you are new and would love to have someone else plan your menus, here it is. <http://www.kn-eat.org/CACFP/CACFP_Menus/CACFP_Resources_HKM.html>

**YouTube Live Videos**

My most recent video from Thursday September 22, 2016 can be viewed anytime.  I have part 1 and part 2.  To see any and all of the videos just go to youtube.com and search JCFHA, then click on the channel.  Next video will be posted on or near October 20, 2016.

**What's New**

**New Calendars will be delivered October - January - a donation of $5 is appreciated for them**

**Farm to Plate Month**

What is it and why does it matter?

The term "farm to plate" encompasses efforts to serve local or regionally produced foods in early child-care and education settings; provide hands-on learning activities such as gardening, farm visits, and culinary activities; and integrate food-related education into the curriculum.  These factors can increase children's willingness to try new foods.  Farm to plate is actually recognized by the Centers for Disease Control and Prevention as an opportunity to increase access to healthy environments for improved early eating habits and obesity prevention in early care and education.  With daily opportunities to serve local products through the CACFP, farm to plate can benefit local and regional farmers, ranchers, as well as food processors, manufacturers, and distributors.  Incorporating seasonal and locally produced foods is included as a best practice in the CACFP meal pattern final rule.

**UP and Coming**

**JC Naz Heaven's Path**

Would you like to have a turkey with all the fixings for Thanksgiving?  JC Naz is giving away complete meals ready-to-cook.  They are not cooked, but they will have the food you need to cook up a great Thanksgiving meal.  I will have more information in the November Newsletter.

**Early Implementation - Starts October 1, 2016**

* Reimbursing infant meals when the mother breastfeeds on-site
* Allowing yogurt, whole eggs, and ready-to-eat cereal under the infant meal pattern.
* Serving meat and meat alternates in place of the entire grains component at breakfast no more than three times per week.
* Counting tofu and soy yogurts as a meat alternate.

Look for more information about early implementation in your renewal packet.

**Program Renewal Packets October 2016**

* Civil Rights
* Appeal Process
* Commitment Page (CN Label Products)
* Early implementation information
* Electronic Certification Page (optional)

In early October we will mail out the Program Renewal Packets and have you fill out and send back the needed information with your October Claim.

**MIDWEST APPLE CRUNCH DAY**

Help support local farms and encourage healthy food choices!  On Thursday, October 13, 2016 at noon, consider adding local Kansas apple slices to the menu at lunch to celebrate Farm to Plate Month and be a part of the "crunch heard around the region."  More information about Apple Crunch Day will be posted on www.kn.eat.org.

**GET MOVING**

**Color Walks**

What a better way to get physically active and enjoy the wonders of fall at the same time other than a 'Color Walk"!  The idea of this activity is similar to the popular "I Spy . . ." game. You simply choose a single color and go outdoors with the kids and walk around trying to identify as many items of that color as possible.

**First Aid & CPR Trainings**

Attention: If anyone needs to get your certification updated in CPR and First Aid, there will be a class on Saturday October 22, 2016 in Manhattan. Safety Training Solutions/John Creager will be teaching the class. The location is at the First Lutheran Church 930 Poyntz Ave Manhattan,KS.

It's from 9am-1pm (might end earlier). The cost is $50/per person. The church is letting us use the classroom for free but said if anyone would like to make a small donation to their youth group that would be great!

To sign up go to Safety Training Solutions website & click on locations/Manhattan. There is also a contact number if you are having trouble signing up! Hope to see you there!

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.

**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

Consultant:  Christine Moravec

Office Assistant: Aeriel Lockwood

Assistant Director:  Vanda Taylor

**USDA Nondiscrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits.  Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.  Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA program discrimination complaint form, (AD-3027) found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.  To request a copy of the complaint form, call \*866) 632-0002.  Submit your completed form or letter to USDA by:

Mail:U.S. Department of Agriculture

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.