**The Good News**

**November Volume 5 / Issue 2**

**November is . . . .**

Deviled Egg Day (November 2), Sandwich Day (November 3), Cook Something Bold & Pungent Day (November 9), Spicy Guacamole Day (November 14), World Diabetes Day (November 14), Clean out Your Refrigerator Day (November 15), Homemade Bread Day (November 17), Take a Hike Day (November 17), Eat a Cranberry Day (November 23), National Parfait Day (November 25), Thanksgiving (November 28, 2019), Throw Out Your Leftovers Day (November 29)

National Fig Week (1st Week), Split Pea Soup Week (2nd week)

American Diabetes Month, National Peanut Butter Lovers Month, Sweet Potato Awareness Month

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



**October Claim - November 26**, November Claim - December 27, December Claim - January 31, 2020, January Claim - February 28, February Claim - March 27, March Claim - April 30, April Claim - May 29, May Claim - June 19, June Claim - July 31, July Claim - August 28, August Claim - September 25, September Claim - October 30, October 2020 Claim - November 24, November 2020 Claim - December 31.

**Office Closed November 11, 2019 in observance of Veterans' Day, November 28, and 29 in observance of Thanksgiving.**

**Appreciation Awards**

The following providers have turned their paperwork into our office in a timely manner for processing and they are not on a Corrective Action Plan for the time period of October 2018-September 2019: Jeannie Crawford, Tara Freeman, Darcy Hoke, Susan Laughman, Renelda Manning, Cindy Murphy, Debra Peters, Stephanie Resenbeck, Amanda Ricketts and Renate Woodmansee. Thank you for your hard work. I encourage all of you to do the paperwork daily and strive to meet all program requirements to include having your paperwork to us by the 5th working day of the month. We will be looking at providers west of Junction City in town along or near I70, some providers in Manhattan and east of Manhattan along I24 to include Wamego. The award comes with a $50 check for a job well done.

**Helpful Hints and Information From the Office**

Loose Granola is credited as a cereal so it has to meet the sugar limit requirements. If you bought the granola at the store and you can't produce the ingredient information to include the serving size and the sugar amount then it's not creditable. If you are serving a box of cereal called granola then please list it as granola cereal. Be sure to keep the ingredient panel for us to verify when we are on home visits.

**Cookies are not creditable even if they are homemade! Please do not serve cookies as a creditable component.**

When you serve a stew, stir fry, or pot pie, the vegetables in that main dish will all count as one vegetable serving, so be careful when menu planning to remember that you will need a vegetable or a fruit separate from the main dish.

**At lunch or dinner you can serve two vegetables, or one fruit and one vegetable, but not two fruits.**

Non-creditable infant formulas: Alimentum, EleCare, Neoscate, Neosure, Nurtrmigen, Pure Amino, and several more, we can't list all of them because the list is always changing. The infant can be on these formulas, but we need a medical statement on file in order to reimburse the meal. If you have a formula it must be FDA approved and iron fortified. When you have questions please call Vanda at 785-762-2623.

**Whole Grain Once a Day - In previous training we have informed you starting October 2019 we will deduct a meal if you fail to serve a whole grain once a day per regulations released October 2017. We have guidance now stating, “if a grain is served during the day and no whole grains are served provide technical assistance and issue a Corrective Action Plan. If non-compliance is considered severe and fiscal action is deemed necessary, take fiscal action on the meal or snack with lowest financial impact that contained a grain for the day(s) in which a Whole Grain Rich item was not served.” I know most of you are doing your best to serve a whole grain once a day, so I don't foresee many meals being deducted for this.**

**From KSDE**

**Food Safety Tip of the Month**

With the science of food safety constantly changing, it can be challenging to managing the risks associated with purchasing, receiving, storing, preparing and serving food in child nutrition programs. Shifting food production and processing methods have caused some harmful microorganisms to evolve and become more threatening to the food supply. A foodborne illness involving a harmful microorganism has the potential to cause both short-term effects and long-term health complications. Short-term effects include nausea, cramping, vomiting, diarrhea, fever, chills, headache, and stiff neck. Long-term health complications of a foodborne illness include Guillain-Barre syndrome, reactive arthritis, kidney dysfunction, neurological disorders, brain damage, irritable bowel syndrome, and chronic diarrhea.

It is important for food handlers to have an understanding of the consequences if food safe practices are not followed all the time and every time. The video, “Years of Suffering that Could Have Been Prevented: The Story of Kate and Bernadette” is a true account of the suffering, hospitalization, and near death of a person who became sick from consuming a contaminated food. Video is available at https://www.foodshield.org/index.cfm/discover-tools-links/training-videos/fda-retail-food-safety-educational-videos/.

**New Healthy Beverage Recommendations for Kids 0-5**

New research shows that what young kids drink is just as important as what they eat – giving them the nutrition and hydration they need now and teaching them healthy habits as they grow. Now, there are new recommendations from some of the nation's leading health and nutrition organizations on what drinks are best for the healthy growth and development of kids ages five and under. These recommendations were developed by experts at the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association under the leadership of Healthy Eating Research and with funding from the Robert Wood Johnson Foundation. You can find the complete report, along with fun, informative materials like videos and printouts at HealthyDrinksHealthyKids.org.

**As we approach the season of Thanksgiving, it is the perfect opportunity to express sincere appreciation to each of you for your dedication and excellent work in administering the Child and Adult Care Food Program in Kansas!**

**Resources for menu planning**

One of our providers, Angie Callihan sent this link to me and asked if these menus would be ok for providers to use? The answer is yes; I looked over the example and just have a couple things to keep in mind when using these. 1) One breakfast listed strawberry sauce and the recipe they provided had more sugar than we like to see in recipes. I think most of you avoid giving the children extra sugar. If strawberries are in season then just serve strawberries. 2) One of the recipes used commercial pasta sauce and for our food program that sauce would not be creditable. This will be a great resource if you need some menu ideas and it provides the recipes and grocery list, so pretty handy potential time saver.

https://thekidmenus.com/

**Team Nutrition’s USDA standardized recipes will be moving to the Institute of Child Nutrition’s Child Nutrition Recipe Box!**

The Child Nutrition Recipe Box (CNRB) provides Child Nutrition program operators with recipes to prepare healthy and delicious meals that meet meal pattern requirements. These recipes are standardized to provide meal pattern crediting information for all meal pattern components and include recipes made with legumes, whole grains, and vegetables from the vegetable subgroups including dark green, red, and/or orange vegetables. The Child Nutrition Recipe Box will be rolled out in phases.

**Phase One - Available September 16**

On September 16, Child Nutrition programs will be able to access a growing collection of USDA Standardized Recipes on the CNRB website. Recipes will be organized by main entrées, vegetables, fruits, and grains, as well as alphabetically for users looking for a specific recipe. Users will be able to download and print recipes as needed.

**Phase Two - Available Spring 2020**

The Child Nutrition Recipe Box will provide tools and resources to help program operators navigate and implement standardized recipes. These resources will include:

Search tools to find recipes using a variety of search filters, such as USDA Program, Cooking Equipment, Recipe Categories, and Cuisine, to help users identify recipes of interest to them;

“Build My Cookbook” where users can save their favorite recipes to make a customized cookbook;

Shopping list feature where users can create a list of groceries from the selected recipes’ ingredients; and Consumer-friendly features such as star ratings, recipe reviews, and options to share content on social media. For up-to-date information on the Child Nutrition Recipe Box, please visit https://theicn.org/recipes/.

**Start Simple with MyPlate**

Get tips, ideas and a personalized plan to meet your food group targets. Find what works for you and your family within your food preferences, health goals, and budget at https://www.choosemyplate.gov/start-simple-myplate.

**Healthy Eating for Preschoolers**

This participant handout, available in both English and Spanish, provides healthy eating tips and provides a daily food checklist for 2-5-year old children, and can be downloaded at https://wicworks.fns.usda.gov/resources/healthy-eating-preschoolers.

**Contact Us**

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