**The Good News**

February Volume 6/ Issue 5

**JC Family Home Association**

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 **Please add our phone numbers to your contacts so you know who is calling you.**

**February is . . .**

**National Food Days**

* [Homemade Soup Day](https://food.unl.edu/#homemadesoup) (February 4)
* [Oatmeal Monday](https://food.unl.edu/#oatmeal) (February 10, 2020) \*
* [Happy Valentine's Day!](https://food.unl.edu/#happyvalentines) (February 14)
* [Almond Day](https://food.unl.edu/#almond) (February 16)
* [Chili Day](https://food.unl.edu/#Chili) (February 27, 2020) \*
* [Pistachio Day](https://food.unl.edu/#Pistachio) (February 26)
* [Strawberry Day](https://food.unl.edu/#Strawberry) (February 27)

#### **National Food Weeks**

* [Great American Pizza Bake](https://food.unl.edu/#greatamericanpizza) (2nd Week)
* [National Pancake Week](https://food.unl.edu/#nationalpancake) (4th week)

#### **National Food Months**

* [American Heart Month](https://food.unl.edu/#american_heart)
* [Bake for Family Fun Month](https://food.unl.edu/#bakeforfamilyfun)
* [Berry Fresh Month](https://food.unl.edu/#berryfresh)
* [Canned Food Month](https://food.unl.edu/#cannedfood)
* [Celebration of Chocolate Month](https://food.unl.edu/#celebrationofchocolate)
* [Cherry Month](https://food.unl.edu/#cherry)
* [Hot Breakfast Month](https://food.unl.edu/#hotbreakfast)
* [Grapefruit Month](https://food.unl.edu/#grapefruit)
* [Potato Lover's Month](https://food.unl.edu/#potatolovers)
* [Snack Food Month](https://food.unl.edu/#snackfood)
* [Sweet Potato Month](https://food.unl.edu/#sweetpotato)

\* Day(s) changes yearly

[February Food Calendar (unl.edu)](https://food.unl.edu/february-food-calendar)

**Enclosed in your checks/vouchers was a very important note:**

**Kansas State Department of Education (KSDE)(my boss) will be conducting a review of JC Family Home soon. During the review KSDE rep and JCFHA rep will conduct virtual visits to a select few providers through zoom. In preparation for the visits please do the following:**

* **Keep your paperwork up-to-date!**
* **Have your label system up-to-date and ready! (whole grains, cereals, and yogurt)**
* **Load the Zoom app on whatever device you would like to use for the virtual visit**
* **Have a current email on file with us, so when I send you the link you will be able to access it promptly.**

**A select few - not chosen by me but by KSDE. Probably 1 out of 10 get chosen, could be you!**

**Supporting documentation** for food served during the previous month and current month. I know that when this first came out during training we mentioned just cut out labels and put them into the baggies and you will be set, which is true if you serve the same products all the time. When you add variety to your menus, which is a good thing, you also need to update your baggie to stay current.

* + **Cereal labels** - this documentation provides proof that you are serving cereal that meets the requirement of 6 grams of sugar per dry ounce.
	+ **Yogurt labels** - this documentation provides proof that you are serving yogurt that meets the sugar requirement of 23 grams per 6 ounces.
	+ **Whole grain** - this documentation verifies the grains you serve meet the whole grain requirement and then you document in your claim with a WW or WG and we check to see that it is served once a day. Reminder: When we find you missing a whole grain for the day then the snack that day if it had a grain served will be disallowed, if the snack didn’t have a grain served then we will disallow the breakfast, if it didn’t have a grain served then we will disallow lunch for that day.

**CN labels or Product Analysis Sheets** are proof that we need for the commercial products that you serve, like chicken nuggets, chicken strips, chicken patties, fish sticks, burritos, pizzas, breaded meat and combination dishes that are purchased pre-made. The crediting food book has a notation next to all products that fit this category. This documentation needs to be kept for the three years plus the current year.

**Reimbursement table** to include dates for when all supporting documents are due to the office.

|  |  |  |
| --- | --- | --- |
| **Claim Month** | **All Supporting Documents\*****Due Date** | **Payment Date** |
| January  | February 16, 2021 | February 26, 2021 |
| February | March 16, 2021 | March 26. 2021 |

* **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.

**Training requirements for this year will be coming by zoom soon, we are going over training options and making up a schedule of availability. We want to do something similar to last year with all three of us presenting and the use of break out rooms.**

**14 Stress-Reducing Activities You Can Do at Home**

1 Do a quick exercise - like 20 jumping jacks, 10 push-ups or sit-ups, or run in place for 30 seconds.

2 Do something tactile - like popping bubbles in bubble wrap! Sorting out loose change, or making homemade slime.

3 Give yourself a massage - or better yet get someone else to do it for you.

4 Point your brain at a problem - do a crossword puzzle, or some other puzzle.

5 Dance like no one is watching - put on your favorite playlist and go for it.

6 Take a bath - A change in body temperature helps to reboot the body.

7 Try knitting - concentrating on a repetitive task.

8 Go ahead and stress bake! - except it may be the cooking all day that has you stressed out.

9 Stretch yourself - take 10 minutes to breathe and stretch, no need for a yoga mat.

10 Meditate—or even just consciously breathe.

12 Go on a cleaning binge - I need to do this, it does help me

13 Do progressive muscle relaxation (PMR) - from toes to head, don’t forget your face muscles.

14 Doodle - or color by number

**CACFP Week is Brought to You by the Letters . . . . C-A-C-F-P**

CACFP week is right around the corner, March 14-20, 2021. The National CACFP Sponsors Association has a number of free resources to help with planning at <https://www.cacfp.org/national-cacfp-week-main/>

BlueBerry Parfait

1 Cup yogurt (must meet sugar requirements)

2 Cups blueberries

4 Tbsp crushed graham crackers

In each of four plastic cups, layer 1/4 cup yogurt, 1/2 cup blueberries, and 1 tablespoon graham crackers.

For a complete breakfast, serve one parfait to each child with 3/4 cup of milk.