**The Good News**

**April Volume 4 / Issue 7**

**April is . . .**

Walking Day (April 3), Fresh Tomato Day (April 6), Empanada Day (April 8), Grilled Cheese Sandwich Day (April 12), Day of the Mushroom (April 16), Garlic Day (April 19),

Easter (April 21, 2019), Earth Day (April 22), Picnic Day (April 23), Zucchini Bread Day (April 25), Prime Rib Day (April 27), Raisin Day (April 30)

Public Health Week (1st week in April)

Garden Week (2nd week in April)

Egg Salad Week (April 22-28, 2019 - the full week right after Easter Sunday) \*

Cancer Control Month, Celery Month, Garden Month, Pecan Month, Soyfoods Month, Stress Awareness Month

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

**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.**



**Salina - 4/4/2019 - Martinelli's Little Italy -158 Sante Fe Ave, 6:30-8:30**

**Junction City - 4/9/2019 - Dorothy Bramlage Library, 6:30-8:30**

**Wamego - 4/16/19 - Senior Citizen Building, 6:30-8:30**

**Manhattan - 4/27/19 - Manhattan Public Library - 9:30-11:30**

**Concordia - 5/7/19 - CCCC Room 257, 6:30-8:30**

**Kansas Team Nutrition Sub-grants and Resources**

Kansas Local Food & Gardening Sub-Grants for Child Care Centers and Daycare Home Providers

Child care centers and day care home providers have the opportunity to receive the USDA Grow It, Try It, Like It! gardening curriculum, the Kansas Farm Bureau Kailey’s Ag Adventure book series and sub-grant funds to implement nutrition education activities for children in their care! As part of a Team Nutrition Training Grant, KSDE CNW will award sub-grants to centers ($500 each) and to home providers ($200 each) along with program materials to implement a Local Kansas Food and Gardening nutrition education curriculum this spring. Applications will be available after March 15, 2019. For questions or additional information, contact Linnie Rieger at lrieger@ksde.org or call (785) 296-2276.

Applications due April 5, 2019

**Healthier CACFP Award**

$200 Sub-grants available - Contact Emily Brinkman, ebrinkman@ksde.org

Instant Oatmeal is creditable and it is a whole grain; however not all flavors of instant oatmeal will meet the sugar restrictions. I found that my favorite apples and cinnamon doesn't meet the requirement. I tried the peanut butter honey and it meets the sugar limit requirement and it was OK. My 3 yr old granddaughter ate it so, I guess it will work. I will be trying a peanut butter banana one that does meet the requirement the next time I buy instant oatmeal.

Providers have been able to find whole grain cinnamon toast sticks, so be on the look-out for those.

Providers have also found Scooby doo snacks and whole grain cinnamon goldfish crackers that are whole grain!



If you are not sure that a product will count as whole grain, then take a picture and send it to me.

Provider provided the picture for demonstration purposes, JCFHA doesn’t endorse products.

**Squirrel Snacks**

**Ingredients:**

Pita, whole wheat 4”

Avocado, sliced

Lettuce, shredded

Tomato, chopped

Carrots, grated

Turkey breast, lean, white meat

Honey mustard

**Directions:**

1. Cut each pita open
2. Spread 1tsp honey mustard in each pita
3. Combine turkey and vegetables together in large bowl
4. Place ½ cup mixture in each pita (can add more if needed)
5. Top each with 1 slice avocado

CACFP Crediting for 3-5 yr olds; Lunch/Supper: Grains, Vegetable, and Meat.

Please list the items on your menu not just “squirrel snacks”

**Serving it Safe**

**Prevent Cross-Contamination**

One of the most common causes of food-borne illness is cross-contamination, the transfer of bacteria from

* Hand to food
* Food to food
* Equipment to food

Microorganisms live throughout the kitchen and can easily move around by attaching themselves to people, food, and equipment. Cross-contamination can occur anywhere in a food-service operation but can be prevented by physical barriers or by food safety procedures.

**Contact Us**

JC Family Home Association

PO Box 1203 Junction City, KS 66441

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

Janet@jcfha.kscoxmail.com

JC Family Home Association

Director: Janet Dozier

Assistant Director: Vanda Taylor

Consultant: Christine Moravec

Consultant: Barbara Gabriel

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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.