



Inside This Issue:

- What's for Lunch?
- Stay Active!
- Business Corner
- Claim Due Dates
- Training Dates

April 2011

Providers' Playground

What's for Lunch?

Creamy Pasta with Peas

Green peas are in season in the spring time. Take advantage of the fresh produce with this delicious and kid-friendly recipe!

The bowties (farfalle) are always popular with kids, but you could use other short pasta shapes in this recipe, such as fusilli, orecchiette, or penne.

Prep: 10 minutes
Total: 30 minutes

Ingredients:

Coarse salt and ground pepper

12 ounces whole grain farfalle (bowtie) pasta

1 package (10 ounces) fresh green peas

3/4 cup heavy cream

1/3 cup canned reduced-

sodium chicken broth

1/2 cup grated Parmesan cheese

2 tablespoons pine nuts

1 bunch (5 ounces) arugula, tough stems removed, chopped

2 grilled chicken breasts, sliced

Directions:

In a large pot of boiling salted water, cook pasta until al dente, according to package instructions; add peas 1 minute before end of cooking. Drain; return pasta and peas to pot.

Meanwhile, in a large skillet, combine cream and chicken broth; simmer until thickened slightly, 7 minutes. Stir in Parmesan until melted.

Add sauce to pasta and peas; toss to combine. Season with salt.

Toast pine nuts in a skillet over medium heat, shaking frequently, until golden, 1 to 2 minutes. Add to pasta along with arugula; season with pepper. Toss to combine, and top with grilled chicken breast.

Serve with orange slices and milk.



Recipe from: *Marthastewart.com*

Stay Active!

Make a "Get Moving!" Calendar!

Visit: http://www.aahperd.org/headstartbodystart/toolbox/activityCalendar/upload/Calendar_Eng-2009-10.pdf and print a calendar or make your own! For each day of the month, write down an activity for the kids to do. Here are some examples:

<p>Day 1: Jumping obstacle course – line up pillows across the floor and try to jump from one to another without touching the floor.</p>	<p>Day 2: Feel your heart. Walk for 5 minutes, feel your heart again. Is it beating faster? Why?</p> 	<p>Day 3: Get outside! Go on an "around" walk. Walk around your house, walk around a light pole, walk around a leaf on the ground...</p>	<p>Day 4: Write out the alphabet on a sheet of paper. Using this as your guide, create the letters with your body.</p>	<p>Day 5: I spy something red! Go outside and take turns saying, "I spy something ____" and then together run to that object</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------

Business Corner

Join the Top Star program and Receive Great Benefits!



By the first grade, one in five Utah children are at an unhealthy weight, increasing their risk of heart disease, type II diabetes and other chronic diseases. Since life-long eating and physical activity patterns are established early in childhood, efforts to prevent childhood obesity must start early on in a child's life.

The Davis, Tooele, and Weber-Morgan Health Departments are piloting a new childhood obesity prevention program for childcare settings. The **TOP Star** (Targeting Obesity in Pre-school/Childcare Settings) program helps child care providers to assess what they're currently doing and, from there, determine opportunities for improvement in the areas of **nutrition, physical activity, breastfeeding, and screen time** (the use of TV's, computers, video games). Based on the self-assessment, providers choose 3 areas of improvement and map out an

action plan with guidance and support from their local health department.

Participating daycares will receive:

- Personalized training and implementation toolkit as well as classroom resources and materials
- Free continuing education for staff
- Ideas to improve the health and wellness of children, adults and families
- Handouts and information for parents and staff
- A certificate of completion and TOP Star window cling to display at the center
- Several incentives along the way and a larger incentive for completion
- Media, state, local and parental recognition
- Listing on the Utah Department of Health and local health department's websites as a TOP Star center
- A healthier environment for both staff and children to enjoy

We hope you will join this important initiative to improve the health of the children in your daycare and to create a healthier future for all Utah citizens.

If your daycare is located in one of these three counties and you are interested in participating or have further questions, contact CMA at 801-566-1007 or you may contact the program directly:

Davis County Health Department

Tiffany Leishman

801.525.5073

tleishma@daviscountyutah.gov

Tooele County Health Department

Malaena Toohey

435.277.2481

mtoohey@utah.gov

Weber-Morgan Health Department

Rochelle Creager

801.399.7187

rcreager@co.weber.ut.us



Claim Due Dates

March Claims Due:

Wednesday, April 6

Last day for February Claims:

Friday, April 29

Last Day for January Claims:

Thursday, March 31

Upcoming Trainings: *Last one this school year!*

April 27, 2011 @ Murray Library

166 East 5300 South, Murray

6pm-8pm



Please call CMA to register, seats fill up fast! Those who show up at training without registering may not have the training materials available to them.

This institution is an equal opportunity provider.