

Providers' Playground



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What's for Snack?

Very Vanilla Fruit Salad

Refreshing fruit salad is welcome anytime -- serve at brunch, at dessert or snack time.

Makes 10 (1/2-cup) servings.
 Prep Time: 15 minutes
 Refrigerate: 1 hour

Ingredients

- 2 cups strawberries, halved
- 1 cup blueberries
- 1 cup fresh or canned

pineapple chunks
 1 cup cantaloupe chunks
 2 kiwis, peeled and sliced
 1/4 cup confectioners' sugar
 2 teaspoons **McCormick® Pure Vanilla Extract** (any Vanilla Extract will do.)

Directions

- 1. Mix fruit, confec-

tioners' sugar and vanilla in large bowl. Cover.
 2. Refrigerate 1 hour or until ready to serve.

Tips

Raspberry Fruit Salad: Prepare as directed. Use McCormick® Raspberry Extract in place of the vanilla (any other Raspberry Extract will do as well.)

ENJOY.!



Serve this not that!

Each month, Provider's Playground will offer some helpful advice, yummy recipes, and interesting food facts from the popular books "Eat This Not That!" by David Zinczenko.

Navigating the supermarket takes some clever thinking and a bit of insider knowledge-- keep the following rule in mind:

Serve This!	Not That!
Horizon Organic Mozzarella String Cheese (1 stick, 28g) 80 Calories, 5g fat (3g saturated fat) 170 mg sodium.	Kraft Live Active Natural Cheddar (1 Stick, 28g) 120 calories, 10 g fat, (6g saturated fat) 180 mg sodium.
Mission White Corn Tortillas (2 tortillas, 51 g) 110 calories, 1.5 g fat. (0g saturated fat) 3 g fi-	Mission White Soft Taco Size (1 tortilla, 49 g) 150 calories, 3.5 fat (1.5 g saturated) 1 g fiber.
Campbell's healthy request chicken tortilla: 130 cal, 2.5 g fat, 480 mg sodium	Wolfgang Puck organic tortilla soup: 160 cal, 3.5 g fat, 980 mg sodium

CMA

8831 S Redwood Rd.
 Suite D1
 West Jordan, UT 84088

P: 801-566-1007

F: 801-566-1158

www.cmautah.net

This institution is an equal opportunity provider

Down to Business!

Paperwork

For all reviews, providers are expected to have their CACFP paperwork up to date and available. Although the sponsor may keep copies of the records, you must keep the following original documentation onsite.

- Menu's
- Each child's original enrollment form



Daily records :

- Child attendance (Sign in and out sheet.)
- Number of meals by type.
- Meals served to enrolled children in attendance

Failure to have records could result in disallowed meals.

Substitutions

Providers may make food substitutions when one allowable food item from the planned menu is replaced by another food from the same food component category. For example, peaches replace apples. These substitutions are permitted to meet child's food preferences, food allergies, or other health concerns,

or when a menu item is not available. All substitutions must be documented on menus .



Please Remember:

Make sure your provider number is bubbled in on every claim form, that is turned into our office. If claims turned in are not properly completed they will be sent back to you for correction. This might cause your claim to be late.

Training coming soon!

April 17, 2012 @ Murray Library

from 6pm-8pm. 160 East 5300 south.

April 24, 2012 @ Murray Library

from 6pm-8pm. 160 East 5300 South. (*Vietnamese Only*)

Please remember that all providers (*and their helpers*) must attend two hours of annual CACFP training every year. The upcoming training will focus on encouraging kids to develop healthy and

active lifestyles. Remember, this year's theme is physical activity, so come ready to move!!!



Claim Due Dates:

Last Day for January Claims:

Friday, March 30th

Last Day for February Claims:

Wednesday, May 2

March Claims Due:

Thursday, April 5th



CMA is now on Facebook! Become a fan and stay updated with training dates, great recipes, and other food program resources that can make your daycare a CMA success!!!

Search for 'child management associates'

