

### Providers Playground

#### What's for Snack..?

#### Pink Lemonade Bars



**Hands-On Time:** 15 minutes

**Ready In:** 1 hour 20 minutes

**Yield:** Serves 24

**Ingredients :**

- 1 cup (2 sticks) unsalted butter - softened
- 1/2 cup granulated sugar
- 2 cups flour
- Pinch of salt
- 6 large eggs
- 1 cup freshly squeezed lemon juice
- 1 teaspoon lemon zest
- 1 1/2 cups granulated sugar
- 1/2 cup flour
- Several drops of red food coloring
- Powdered sugar for dusting

**Directions :**

1. Preheat oven to 350 F degrees and line a 9 x 13 baking pan with parchment or waxed paper.
2. Cream together butter and 1/2 cup granulated sugar. Stir flour and salt together and add to butter. Stir with a wooden spoon until a soft dough forms.
3. Press dough evenly into the bottom of the prepared pan. Bake for 25 minutes. Remove from oven and cool. Reduce oven heat to 325 degrees.
4. Blend eggs and remaining sugar until lemon-yellow and smooth. Add lemon juice, zest and food coloring until the color of pink lemonade. Add flour slowly, stirring constantly so lumps do not form.
5. Bake for 35 to 40 minutes or until firm. To check for firmness, give the pan a small shake -- if there is little movement in the center of the filling, it's done.
6. Cool completely and dust with powdered sugar before cutting.



### Did you know..?

#### Why water is so important for kids.?

##### The benefits of drinking water.

Besides getting your kids to drink plenty of milk each day, be sure you don't forget the H<sub>2</sub>O! Although it has no nutrients, **water is essential to your child's health.** It makes up more than half of kids' body weight and is needed to keep all parts of the body functioning properly.

Some of the benefits of drinking water include:

- Digestion support
- Constipation prevention
- Proper blood circulation

Water also helps transport nutrients and oxygen to cells, regulate body temperature, and maintain electrolyte (sodium) balance.

##### Here are a few facts about water to keep in mind:

- There's no specific amount of water recommended for children, but it's a good idea to give them water throughout the day — not just when they're thirsty.
- If your child doesn't like the taste of water, add some lemon or lime for flavor.
- Fruits and veggies are also good sources of water.
- Kids should drink more water when they're ill, when it's hot out, and when they're physically active.

<http://pediasure.com/kid-nutrition/water-for-kids>

## Down to Business...!!

### If you Move...

Relative care providers who plan to move must tell CMA IN ADVANCE in order to continue claiming. A new relative care self certification Form and FDCH must be completed. Also a monitor must



complete a visit at your new residence to ensure the home is in compliance. Please keep

in mind that all adults 18 years and older that live with the provider must submit a BCI. Licensed providers who move, must obtain a new state license at their new address in order to continue claiming with CMA.



### Play Dough Recipes

Using dough with young children is beneficial in so many ways. The malleable properties make it fun for investigation and exploration as well as secretly building up strength in all the tiny hand muscles to make them ready for pencil and scissor control. Making dough together is traditional, fun and easy, as well as being a learning process in and of itself.

## Activity Time

Try one of these fun recipes for the kids. Enjoy all the fun and creations.

### No-Cook Play Dough:

- 1/2 cup of salt
- 2 cups of plain flour
- 2 tbsp oil
- 2 tbsp cream of tartar
- 1.5 to 2 cups boiling water
- few drops of glycerin (for extra shine, stretch and smoothness- optional)
- Mix all of the ingredients together in a bowl then knead it until it becomes smooth. Done!

### Salt dough recipe:

- 1 cup of flour
- 1 cup of salt
- half a cup of water
- Mix it together and knead it.
- When ready to cook, put on a baking sheet in the oven at 100 degrees C/ 200 F for 2-3 hours.
- When cool, paint or decorate and then varnish or cover with gloopy glue when dry.

<http://www.theimaginationtree.com/p/play-dough-salt-dough.html>

## Claim Due Dates:

**Last Day for  
January Claims:**

**Monday, April  
1st**

**Last Day for February  
Claims:**

**Monday, April  
29th**

**Last Day for March  
Claims:**

**Thursday, April  
4th**

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