



Providers' Playground

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What's for Snack?

No-Bake Apple Bars

- 1 1/2 C dried apples, finely chopped
 - 1 1/2 C chopped pecans
 - 3 C whole grain Total (or similar) cereal
 - 1 1/3 C honey
 - 1/4 C golden raisins
 - 1 Tbsp packed brown sugar
 - 1/3 C peanut butter
 - 1/4 C apple butter
 - 1/2 tsp ground cinnamon
 - 1 1/2 C quick cook oats
 - 1/4 C sunflower seeds
1. Line bottom and sides of 8 in. square pan with foil; spray foil with cooking spray. Sprinkle 1/2 C of the apples and 1/4 C of the pecans over bottom of pan. Place cereal in re-sealable food-storage plastic bag;

seal bag and coarsely crush with rolling pin or meat mallet. Set aside.

2. In 4 quart Dutch oven, heat 1/2 cup of the apples, the honey, raisins, and brown sugar to boiling over medium high heat, stirring occasionally. Reduce heat to medium. Cook uncovered about 1 minute, stirring constantly, until hot and bubbly. Remove from heat.
3. Stir peanut butter into cooked mixture until melted. Stir in apple butter and cinnamon. Stir in oats and sunflower seeds until well mixed. Stir in crushed cereal.
4. Press mixture very firmly and evenly (or bars will crumble)

onto apples and pecans in pan. Sprinkle with remaining 1/2 C apples and 1/4 C pecans; press lightly into bars. Refrigerate about 2 hours or until set. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

This recipe meets the 1/2 slice bread requirement for snack.



Recipe from: www.bettycrocker.com



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:

Work the edges— In general, the healthiest food in the supermarket is found along the walls. The dairy, produce, and meats and seafood are all in the outlying regions, while the inner aisles tend to be boxed, bagged, or canned foods. Generally, these items are composed of highly processed and mostly manufactured ingredients. The less time you spend in the inner part of the market, the better.

A great technique for cutting down on whining from hungry kids is to never let them into the center of the supermarket. If they're old enough, put them in charge of 'guarding the cart'— standing guard over the shopping cart, which you cleverly keep in the outskirts of the store (at the end of the aisle you are walking down). By doing this, and making targeted solo trips in the center of the market, you'll keep temptation away from their innocent eyes, at least until you get to the checkout counter!

Eat this not that supermarket survival guide, Zinczenko, 2009

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Down to Business!

Do you know when your forms are due?

Every provider who participates with CMA has several forms that must be renewed annually. Although at CMA we do our very best to help providers get forms in on time, it is the **responsibility of the provider** to ensure all paperwork is current. All providers should be aware of the following:

- 1. **Income Eligibility Form expiration date:** _____ ***(this form cannot be back-dated!!!)***
- 2. **FDCH expiration date:** _____
- 3. **License/Relative Care Certificate expiration date:** _____

- 4. **Child enrollment expiration date(s):** _____

If you don't know when these forms are due, ask your monitor or call the CMA office! Knowing when your forms are due will ensure you receive your reimbursement on time and stress-free!



Know your due dates!!!

Training coming soon!

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

dates and locations will be posted in this newsletter. CMA trainings at locations outside of Salt Lake County are generally held only one time per year. Therefore, if you live outside of Salt Lake County and see a training scheduled in your area, Please Attend!

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



Claim Due Dates:

Last Day for May Claims:

Friday, July 29

Last Day for June Claims:

Monday, Aug. 29

July Claims Due:

Thursday, Aug. 4

