

Providers' Playground



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What's for Snack?



Grilled Cheese Sandwich

Total prep & cook time: 15 min.

4 Sandwiches, 4 Servings:

Nutrition data is based on non-dairy cheese slices and spread, and whole wheat bread.

Ingredients:

- 8 slices firm whole grain bread
- 8 cheese slices (vegan or dairy)
- 1 - 2 Tbsp veggie spread or butter

Directions:

1. Heat a large griddle or frying pan on medium to medium-low
2. Lay out 8 slices of bread on your work surface
3. Spread each piece very thinly with soft veggie spread or butter
4. Place 4 bread slices spread side down on the pan.
5. Arrange 2 cheese slices overlapping each other on each slice of bread in the pan
6. Cover each slice of bread and cheese with another slice of bread, spread side up
7. Cook for 5 minutes or so on each side, until the sandwiches are nicely browned and the cheese melted
8. **Caution:** Don't go off and leave your sandwiches cooking while you check your email. They're likely to burn

<http://www.savvyvegetarian.com/vegetarian-recipes/grilled-cheese-sandwich.php>



key rules to live by:

- **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
- **From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow, your kids will be choosing only from the foods you buy and serve.
- **Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food on several different occasions for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

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This institution is an equal opportunity provider

Down to Business!



Field Trips

As you should already be aware, providers are required to inform CMA in advance anytime they plan to be away from their home during daycare hours. We know many providers enjoy taking daycare children on field trips during warm summer days. Please remember to give CMA a

field trip schedule before you leave! This will help to avoid Not Home corrective action.

A reminder that if you plan to claim any meals during a field trip, the meal must be pre-approved. You must fill out a field trip request form detailing the menu to be served and how you plan to keep the food at the appropriate temperature.

Remember! **Any meals daycare children receive from a summer food program site MAY NOT be claimed with CMA.** This could result in disqualification from CACFP.



How to Play:

1. Divide all players into groups of two and give each pair a balloon.
2. Players should line up in two lines, with partners facing each other. Every player should then take one big step backwards.
3. Each player holding a balloon gently tosses it to their partner. If

Every provider who participates with CMA has several forms that must be renewed annually.

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.

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 be stress-free!



the other player catches it successfully, the partners each take another step backwards. If the balloon breaks, it's game over!

4. If you're playing with a group of people, keep playing until only one pair is left. If you're playing with a friend, see how far apart you can get before the balloon breaks. Try to beat your record!

<http://kids.nationalgeographic.com/kids/activities/moreactivities/water-balloon-toss/>

Activity Time:

Water Balloon Toss...!!

YOU WILL NEED:

- An even number of people
- Water balloons or eggs (at least one for every two people)
- Clothes that can get wet or messy

Claim Due Dates:

Last Day for May Claims:

Tuesday, July 30th

Last Day for June Claims:

Thursday, Aug. 29th

July Claims

Due:

Tuesday, Aug 6th



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'