

### Providers Playground

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

##### Crispy apple-wiches



##### Ingredients:

- 1 large apple
- 1/2 lemon
- 2 Tbsp peanuts, tree nuts, or seed s
- Peanut butter
- 2 Tbsp granola

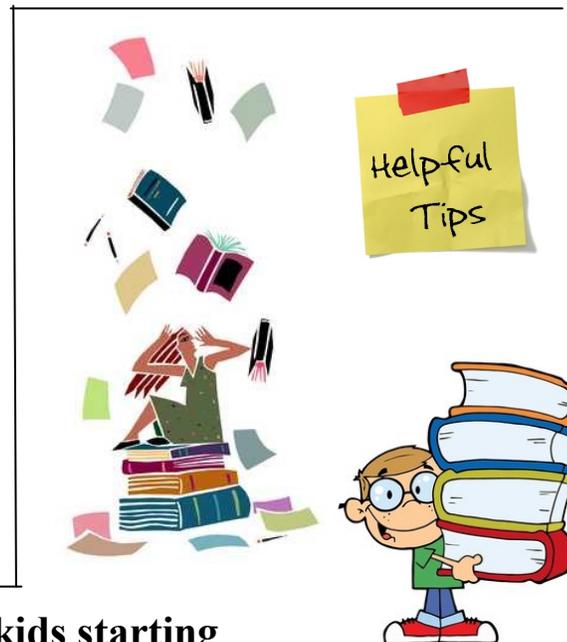
##### Directions:

Use an apple corer or melon baller to remove the apple's core. Cut half an inch off the top and bottom of the apple. Cut apple crosswise into four 1/2-inch-thick slices. They will look like bagels with holes in the center. Rub the cut side of the lemon over both sides of the apple slices to keep them from browning.

Spread peanut butter on two of the apple slices. Sprinkle granola over the peanut butter. Top with remaining apple slices.

Makes two crispy apple-wiches.

<http://www.redbookmag.com/kids-family/advice/healthy-kids-snacks#slide-1>



### Did you know..?

#### Tips for Elementary kids starting

1. **If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine!** A week before the first day of school is a good time frame in which to begin.
2. **Plan and shop for healthy breakfasts and lunches a week in advance.** This will save you precious time and prevent much stress in the long run!
3. **Parent involvement in education is important throughout elementary school!** Talk to your child's teacher regularly about his educational and social development or, if your schedule permits, volunteer your time in the classroom or become an active participant in your school's PTO/PTA.
4. **Save time on those busy school mornings by preparing your child's clothes a week ahead of time, already paired.** Place a pair of socks, underwear, a shirt, and matching bottoms together in the drawer so that your child can easily grab a stack and go.
5. **Support positive study habits early!** Create a homework center—a specific area in the house where your child can do homework each evening. Make sure that it's in a quiet place and stocked with enough supplies, such as pencils, erasers, paper, a folder or two, and a calculator.
6. **Prepare your child for social situations in the elementary school classroom.** A certain level of social anxiety is normal for elementary school aged kids. Teach her to introduce herself and make friends: "Hi, my name is Sarah; what's yours?" If she's older, role play various social scenarios with her—from sharing classroom supplies to encounters with older kids.

# Down to Business...!!

## New Reimbursement Rates

All family and group child care homes will be reimbursed with the following rates. These rates are effective July 1, 2014 through June 30, 2015.

Tiering Rates	Tier 1	Tier 2
Breakfast	\$1.31	\$0.48
Lunch & Supper	\$2.47	\$1.49
Snack	\$0.73	\$0.20

## Meals Served

Meals that are served outside the providers approved meal times are not eligible for reimbursement. Also change in meal service times must be approved by CMA even if only for one meal.

## Attendance Forms

Please be sure to bubble in the correct provider number on your claims as well as any other paperwork you send into the office, along with your name. Missing the provider name or number will delay your reimbursement being processed. Keep in mind that information cannot be scanned properly if forms are bent or damaged.

## 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

#### 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 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/>

## Claim Due Dates:

**Last Day for  
July Claims:**

**Thursday, August  
7th**

**Last Day for June  
Claims:**

**Friday, August  
29th**

**Last Day for May  
Claims:**

**Wednesday, July  
30th**

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