



Child Management Associates

Providers' Playground



August 2015

What's for Snack..?

Fried Honey Bananas

Ingredients:

- 1 banana sliced
- 1 tablespoon of honey
- Cinnamon
- Olive oil or coconut oil



Enjoy!

Instructions:

1. Lightly drizzle oil in a skillet over medium heat.
2. Arrange banana slices in pan and cook for 1-2 minutes on each side.
3. Meanwhile, whisk together honey and 1 tsp of water.
4. Remove pan from heat and pour honey mixture over bananas.
5. Allow to cool and sprinkle with cinnamon.

<http://rachelschultz.com/2013/05/15/fried-honey-bananas/>

Inside this issue:

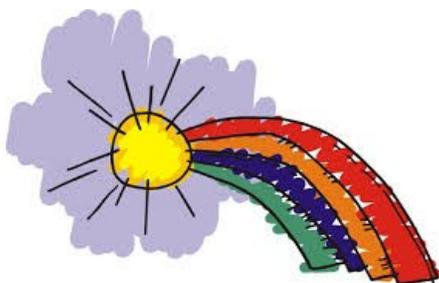
What's for snack?	1
6 Kinds of Nutrients	1
Claim Due Dates	2
Down to business	2



6 Kinds of Nutrients that provide your body with what you need to think, play and work properly.

1. **Proteins:** are used by the body for growth, and to help build and repair cells. Proteins also help keep muscles, skin, hair, and nails healthy.
2. **Carbohydrates:** are the main source of energy for your body. Some carbs like sugar give you quick energy. Other carbs such as starches give longer lasting energy.
3. **Fats and Oils:** are used to help the body store vitamins and build tissue to protect important organs. Fats are also used by the body as a "backup" fuel system.
4. **Vitamins:** are needed to help the body use carbohydrates, fats and proteins and to help its systems function. Many kinds of vitamins are essential to your diet.
5. **Minerals:** are used by the body to build new cells and control important body processes.

<http://idahoptv.org/sciencetrek/topics/nutrition/facts.cfm>



CMA
8831 South Redwood Rd. Suite D1
West Jordan, UT 84088
P: 801-566-1007
F: 801-566-1158
www.cmautah.net



Claim Due Dates:



<p>Last Day for May Claims: Thursday, July 30th</p>	<p>Last Day for June Claims: Friday, August 28th</p>	<p>Last Day for July Claims: Thursday, August 6th</p>
---	--	---

Down to Business!

Hurry and sign up for your discounted CPR & First Aid Class for \$35, call our office to get more info!

(Relative Care Providers Only) Upon completion of CPR and First Aid class, CMA needs you to provide a copy of the certificate to update our records.

Call to get the next available date!



A reminder, you received a letter informing you of the new state policy. They will conduct (at anytime) home reviews without CMA staff. This practice will be on going for all sponsors until future notice.



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	\$ 1.32	\$ 0.48
Lunch & Supper	\$ 2.48	\$ 1.50
Snack	\$ 0.74	\$ 0.20

Look for CMA Mail!

CMA send lots of important information to providers through the mail. Please look for re-newel paperwork and requests for information. With so much paperwork each month, **CMA will not send more than ONE reminder to providers when paperwork is overdue.** If you see a letter from CMA it's *always* important!



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'