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December 2010



CHILD MANAGEMENT ASSOCIATES

Providers' Playground

What's for Snack?

Cinnamon Raisin Soft Pretzels

Tantalize your taste buds with the sweet smells of cinnamon sugar and freshly baked bread swirling through your kitchen. These soft pretzels are simply scrumptious served warm from



the oven or reheated in a toaster oven.

Ingredients:

- 3/4 cup raisins
- 3-3/4 cup all purpose flour
- 1/4 cup brown sugar
- 1-1/2 tbsp baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 cups plain yogurt
- 1 egg
- 1/4 cup granulated sugar
- 1 tsp. cinnamon
- 2 tbsp. butter

Instructions:

1. Preheat the oven to 375 degrees F (190 degrees C). Line two large cookie sheets with parchment paper and grease the

2. Measure the raisins into a bowl and pour boiling water over to cover. Let soak while you prepare the rest of the ingredients.
3. In a large bowl, mix together the flour, brown sugar, baking powder, baking soda and salt.
4. In another bowl, whisk together the yogurt and the egg. Pour the yogurt mixture into the flour mixture and stir well until everything is blended. Drain the raisins and add to the dough, mixing well - the dough will be quite soft.
5. Sprinkle some additional flour onto the counter or table (or wherever you like to work) and turn the dough out onto this floured surface. Knead the dough about 10 to 15 times, just to make it all uniform, then cut into 12 equal pieces. Working with one lump of dough at a time, roll it out into an even rope about 1/2-inch

(1 cm) thick. Twist it into a pretzel shape -- experiment until you get it right - and place on the prepared cookie sheet. Repeat with the remaining lumps of dough.

Stir together the cinnamon and sugar and melt the butter in a small dish. Brush each pretzel with some butter, then sprinkle evenly with cinnamon sugar. Bake for 18 to 20 minutes or until lightly browned on top.

Serve with a glass of milk.



How kids can help:

Mix and knead the dough. Form the pretzel shapes and sprinkle with sugar mixture.

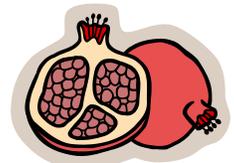
Makes 12 pretzels

Recipe from: <http://recipes.kaboose.com/cinnamon-raisin-soft-pretzels.html>

Fun Food Facts... Pomegranate

- An entire pomegranate has about one hundred calories and yields a little over a half cup of pomegranate seeds
- A pomegranate tree can grow up to fifteen feet in height and may live for more than one hundred years.
- The antioxidant potential of the pomegranate fruit is thought to be up to three times higher than that of green tea and red wine.
- There is more scientific research being done on the health benefits of pomegranate than almost any other fruit due to its potential health benefits.

From: http://www.xomba.com/fun_facts_about_pomegranates



Business Corner

FDCH Renewal:

Please be aware that we will be updating our FDCH form and renewal system in the near future. The general process of filling out the form will be the same. We are implementing a new system throughout the upcoming year in which your FDCH will reflect your agreement month. Please be advised that in order to facilitate this change, **you may need to fill out more than one FDCH this year.** If you receive an FDCH form in the mail, please complete the form and return it to CMA as soon as possible.. We appreciate your assistance in helping us comply with

these new USOE standards.

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 who 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.

FBI Background History Reports:

All relative care providers who have lived in Utah for less than FIVE years must obtain a Criminal History Record from the FBI. This is also required for any adults who live in your home or helpers who have lived in Utah for less than five years. If you fail to comply with this regulation, you risk losing the ability to participate in the CACFP.

CMA will be closed on Friday, December 24th and Friday, December 30th for Christmas and New Year's Day

CMA
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Claim Due Dates

November Claims Due by:
Monday, December 6th

Last Day for November Claims:
Friday, January 28th

Last Day for September Claims:
Monday, November 29th



Upcoming Trainings in January

Both Trainings in January will be held at the West Jordan Library: 1970 West 7800 South

January 4th 6-8 pm and January 19th 6-8 pm

Please call CMA to register, seats fill up fast. Those who show up at training without pre-registering may not have the training materials available to them.



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