

Providers' Playground



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CMA
 will be closed
 Dec. 23 & 26
 for Christmas
 and
 January 2
 For New Year's
 Day

What's For Snack?

Mini Chicken Crepes

Chicken mixture:

- 16 ounce finely chopped mushrooms
 - 2 cloves garlic
 - 1 TBL Olive oil
- Sauté mushrooms and garlic in the olive oil

- 2 Cups chopped cooked chicken (shredded Rotisserie chicken works great here!)
- 1/2 tsp. salt
- pinch of garlic powder
- pinch of onion powder
- 1/4 cup chicken broth,

mixed with 1 TBL corn starch

Add chicken to mushroom/garlic mixture. Season with salt, garlic powder and onion powder. Add chicken broth and stir till bubbly and saucy. Add to crepes

Crepes:

- 1 1/2 cups low fat milk
 - 2 eggs
 - 1 TBL canola oil
- Mix well then add 1 cup flour
- Mix all ingredients very well until smooth. For mini

crepes, pour 1 TBL of batter onto greased hot griddle. Move griddle around until batter is spread as much as possible. Cook until it is heated through. You can flip, or just cook one side if it cooked all the way through.

This meal counts for 1 meat/meat alt. 1 veg., and 1 grain component.

Serve with salad and milk



Recipe from: <http://blog.superhealthykids.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.

Hot Cereals:

Hot cereals and oatmeal are a healthy choice to start the day— but make sure the one you're eating has all the nutrition you expect!

Eat This!

Quaker high fiber cinnamon swirl 1 packet has only 160 cal, 2 g fat, 6 g sugars, and packs 10 g of fiber!

Hodgson Mill cracked wheat 1/4 c serving has 110 cal, 1 g fat, 0 sugars, and 5 g fiber. This cereal contains the entire wheat berry.



Not That!

Quaker cinnamon & spice 1 packet has 170 cal, 2 g fat, 15 g sugars, and has only 3 g fiber.

Cream of Wheat instant maple brown sugar 1 serving contains 120 cal, 0 fat, 12 g sugars, and only 1 g fiber. Who cares if it's fat free with this much sugar and this little fiber?!



Zinczenko Eat This Not That! Supermarket Survival Guide Pg 130-131

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This institution is an equal opportunity provider

Down to Business!

- Sign in/Sign out forms:**

Don't forget that all providers (INCLUDING WEBKIDS CLAIMERS) must complete sign-in/out forms. **Parents** must initial by each child's name. Providers must sign their own children in and out. Providers should keep these records in their homes. Please **do not** turn this paperwork in with monthly claims. **Remember,**

all claim records must be recorded daily!

Providers not following this requirement will have meals **disallowed** during a review. If you have questions or need sign in/out forms mailed to you, please call CMA.

- Child Enrollment Renewals:**

After listening to provider feedback about annual child enrollment renewals, we have adjusted the sched-

ule to ensure that providers do not have enrollment renewals due over the summer months. CMA will mail you the form to complete and turn in approximately 30-45 days before the due date. **This new schedule will be effective Jan 1, 2012. Please make a note of your new child enrollment renewal dates!**



Due dates of child enrollment renewals by first letter of last name: (These dates are effective as of Jan 1, 2012)

Providers	Re-enrollments Due By:
A,J,K,Z	Jan 1st
L,H,U,G	Feb 1st
B,D,S	Mar 1st
E,F,T,Y	Oct 1st
C,I,M,O,R	Nov 1st
N,P,Q,V,W	Dec. 1st

Claim Due Dates:

Last Day for September Claims:

Tuesday, Nov. 29

Last Day for October Claims:

Friday, December 30

December Claims Due:

Tuesday, Dec. 6



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'

