

Providers Playground



What's for snack? **Ingredients:**



- 6 cups Honey Nut Cheerios cereal
- 6 tablespoons butter or margarine
- 4 1/2 cups miniature marshmallows
- Green food color
- Red cinnamon candies or sliced gumdrops

2. Pour the cereal into a 4-quart bowl. Set the bowl aside.

3. Place the butter and marshmallows in a 3-quart saucepan. Heat over low heat, stirring constantly, until the mixture is smooth. Remove the saucepan from the heat.

4. Stir in the food color until the mixture is evenly colored.

5. Pour the marshmallow mixture over the cereal and stir until the cereal is evenly coated.

6. Lightly spray your hands with cooking spray. For each tree, shape about 1/4 cup of the cereal mixture into a Christmas tree shape on the cookie sheet

7. Press the candies into the trees to look like ornaments.

8. Refrigerate until firm, about 1 hour. Store the trees in a loosely covered container.

Make It:

1. Line a cookie sheet with waxed paper

www.kidactivities.net

CHEERIOS CHRISTMAS TREE



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.

Navigating the supermarket takes some clever thinking and a bit of insider knowledge keep the following rules in mind:

Serve This!	Not That!
Sun Chips Original (~16 chips, 28g) 140 calories, 6 g fat (0.5 g saturated) 130 mg sodium.	Fritos Pinch of Salt (134 chips, 28 g) 160 calories, 10 g fat, (1.5 g saturated) 75 mg sodium.
Rold Gold Sticks (~48 pretzels, 28 g) 100 calories, 0g fat, 580 mg sodium.	Pepperridge Farm Snack Sticks Toasted Sesame (12 sticks, 31 g) 140 calories, 5 g fat, (1 G saturated) 330 mg sodium.

CMA

8831 S Redwood Rd.

Suite D1

West Jordan, UT
84088

P:801-566-1007

F:801-566-1158

www.cmautah.net

Down to Business!



and bubble their provider number on each page of their claim . When CMA processes claims, the computer knows who the claim belongs to by reading the bubbled provider number. If the provider number is not bubbled in, it creates an error. If the provider number is not bubbled on each page of the claim form, the claim may not be scanned properly or may not be scanned at all. Also, remember to always use a No. 2 pencil! If you need help with this, or for information on your provider number, please contact the CMA office.

Don't forget to BUBBLE your provider number!

Due to the high volume of claims received each month, it is important that every provider both write

Upcoming Trainings:

West Valley Library Training:

- Tuesday, January 15,2013
- Thursday, January 24,2013

Murray Library Trainings:

- Tuesday, February 19,2013



Santa Cards

What you'll need:

- Green construction paper or cardstock
- Construction paper or felt in red, white, peach and pink

- 1 small white pom-pom
- Scissors Glue stick or felt glue
- White or gold paint pen
- Pink paint
- Small round sponge applicator
- Black marker
- [Pattern](#)

How To Make it:

1. Fold cardstock or construction paper into a card
2. Following [the pattern](#), cut out Santa pieces from felt or construction paper. If using construction paper, you can either cut out pink cheeks or you can use the sponge applicator to add pink paint cheeks

3. For construction paper, use the glue stick to add Santa to the front of the card. First glue on the hat, then the face, then the hat brim ([see image](#)). Next, add the cheeks, then the beard. If using felt, using felt glue to attach the pieces.
4. Use a paint pen (or any marker) to add "Ho! Ho! Ho!" across the top of the card. We also wrote "Merry Christmas" on the
5. Cut one side of the pom-pom to make it flat, glue the flat side to the point of Santa's hat.
6. Use a black marker to dot on two eyes.

Claim Due Dates:

Last Day for September Claims:	Last Day for October Claims:	Last day for November Claims:
Thursday, November 29th	Tuesday, December 28th	Thursday, December 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'