

Providers' Playground

What's For Snack?



Inside this issue:

What's for snack?	1
Did you know..!	1
Down to business	2
Claim due dates	2

Frozen Yogurt Covered Strawberries for Valentines Day



Ingredients:

- Vanilla yogurt
- 1 pint fresh strawberries
- Parchment paper
- Plate



Directions:

1. Clean and rinse the strawberries well.
2. Dip the strawberries almost all the way to the stem in the yogurt.
3. Place dipped strawberry on the parchment paper on the plate.
4. Place in freezer until the yogurt is frozen.
5. ENJOY..!

<http://www.pinkdandychatter.com/2012/02/recipe-frozen-yogurt-covered-strawberries-for-valentines-day.html>

Did you know..?

Breakfast Makes Kids Smarter

- Breakfast is an important meal. Kids who eat breakfast do better in school because they are better behaved and perform better, the American Dietetic Association explains. They also have an easier time maintaining a healthy weight. Some parents may struggle with getting their kids to eat in the morning, but breakfast can be quick and painless. Some simple yet nutritious breakfast options include whole-grain cereal and low-fat milk, a peanut butter and jelly sandwich, or whole-grain toaster waffles with fresh fruit.

Eat a Rainbow

- Fruits and vegetables come in a variety of different colors. These colors represent different nutritional components, such as beta carotene in carrots and the anthocyanin's in strawberries. MyPyramid for Kids recommends kids eat more dark green and orange vegetables. Kids should try to eat a different colored fruit and vegetable every day and make it goal to eat a rainbow of colors each week.

Healthy Bones Means More Than Just Milk

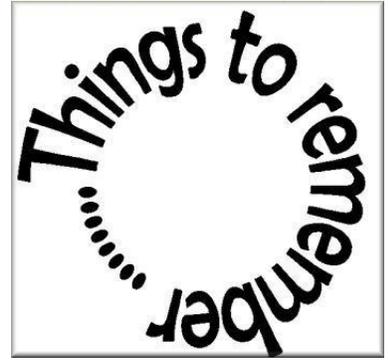
- Milk and milk products are high in calcium, which is important for strong bones, says MyPyramid for Kids. Milk isn't the only source of calcium, it is also found in soy milk and fortified juices, says the Vegetarian Resource group. Some vegetables, such as broccoli and Chinese cabbage, also contain calcium. Shellfish, salmon and sardines eaten with the bones, almonds and dried beans are also good sources of calcium, according to the National Institutes of Health Medline Plus.

<http://www.livestrong.com/article/149288-fun-nutrition-facts-for-kids/>

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

This institution is an equal opportunity provider

Down to Business!



Training:

It's that time again! Trainings are going to be held throughout the winter. Please be aware that we are only holding 1-2 trainings per area. If you see a CMA training coming to your area, please sign up as soon as possible. Registering for training is **Very Important!** Trainings with low-registration numbers may be cancelled.

60 DAY RULE..!

Claims submitted 60 days from the last day of any claiming month by regulation are not reimbursable.

Monthly Renewal paperwork:

Renewal paperwork is due the 1st of each month. If submitted with your monthly claim, renewal paperwork will be considered late.



Important Reminder!

If you are closed on weekends you still need to call the office and leave a voicemail at the office or email your monitor, so we can have it on record. Not emailing or calling can result in a NOT HOME which is counted against you.

- **Doris Wolfgramm-**
doris.wolfgramm.cma@gmail.com
- **Gail Baggs-**
Gail.baggs.cma@gmail.com
- **Luisa Iongi-**
Luisa.iongi.cma@gmail.com
- **Jennifer Field-**
eihsjen@yahoo.com
- **Ann Duong-**
Ann.duong.cma1@gmail.com

Upcoming Trainings

Please call and schedule!

Murray Library

166 East 5300 South, Murray UT 84107

- ◆ Tuesday, February 25th from 6pm-8pm.
- ◆ Tuesday, March 11th from 6pm-8pm.

West Valley Library

2880 West 3650 South, WVC UT 84119

- ◆ Tuesday, April 8th from 6pm-8pm.
(Vietnamese Only)

Spanish Fork Library

49 S Main St, Spanish Fork, UT 84660

- ◆ Tuesday, April 29th from 6pm-8pm.

Claim Due Dates:

Last Day for December
Claims:

Tuesday, March 1st

Last Day for January
Claims:

Monday, March 31st

Last Day for February
Claims Due:

Thursday, March 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'