

Providers' Playground

What's For Snack?



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Healthy Valentines Day Snack

Things you will need:

- * 1 Container of Strawberries
- * 20 Blackberries
- * 1 Bag of Grapes
- * 1 Container of Blueberries
- * 20 Toothpicks
- * 6-10 Mandarin Oranges
- * 1 tube of Black Gel Decorating Frosting
- * 20 Cupcake Cups (Pink)
- * 20 Cupcake Cups (White)

1. Line the serving dish with 20 pink cupcake cups,
2. Place the white cups inside the pink cups. Doubling up the cups will give the cups a little more stability, especially for those little awkward hands.
3. Fill each cup with a few grapes, blueberries, and mandarin oranges.
4. Cut the strawberries in half.
5. Using a toothpick, secure one blackberry to 1/2 strawberry.
6. Lay the ladybug's "body" on top of the cupcake cup. Repeat for all 20 cups.
7. Use the black decorating frosting to secure two eyes to the blackberry. Make dots on each side of the strawberry to create the ladybug effect.

And that's it! Really simple. I hope your little ones enjoy

Read more at: <http://servicersweb.com/healthy-valentines-day-snacks/> | [Servicers Web](#)

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Upcoming Trainings

West Valley Library

- 2880 West 3650 South, WVC UT 84119
- ◆ Tuesday, February 10th from 6pm-8pm.
 - ◆ Tuesday, March 24th from 6pm-8pm
 - ◆ Wednesday, April 8th from 6-8pm

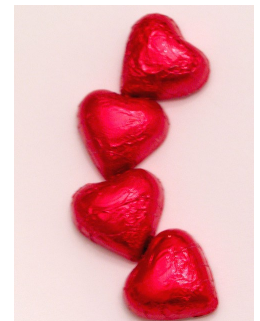
Murray Library

- 166 East 5300 South,
Murray UT 84107
- ◆ Tuesday, March 10th from 6pm-8pm.

Reminder:

All records must be in the home and up to date in order to be eligible for reimbursement. Failure to be in compliance will require meals being disallowed.

This institution is an equal opportunity provider



Down to Business!

The USDA has released their proposed Meal Patterns for the Child And Adult Food Care Program.

SUMMARY OF PROPOSED CHANGES

INFANTS

- Revise the infant age groups from three age groups to two age groups
- Introduce solid foods to infants beginning at 6 months of age
- Eliminate the service of fruit juice to infants of any age
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- Allow additional grain options for infant snacks

ONE YEAR AND OLDER

- Separate the fruit and vegetable component for children and adults
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- Require breakfast cereals to conform to WIC requirements
- Prevent grain-based desserts from counting towards the grains component
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- Allow tofu to be counted as a meat alternate
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day
- Disallow frying as an onsite preparation method for day care institutions and facilities
- Add a fourth age group (13 through 18 years) to the meal pattern for children.
- Prohibit flavored milk to children 2 through 4 years
- Allow flavored milk to children 2 through 4 years with no more than 22 grams per 8 fluid ounces
- Limit sugar content for yogurt to 30 grams per 6 ounce serving

You may comment on proposed changes by going to:

www.fns.usda.gov/cacfp/federal-register-documents.



Claim Due Dates:

Last Day for December
Claims:

Monday, March 2st

Last Day for January
Claims:

Wednesday, April 1st

February Claims
Due:

Thursday, March 5th



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'