



Inside This Issue:

- What's for Snack?
- Stay Active!
- Business Corner
- Claim Due Dates
- Training Dates

January 2011

Providers' Playground

What's for Snack?

Healthy Party Snacks

Even celebrations can be filled with healthy choices. Try these instead of sweets or chips:

1,2,3 Sesame Salsa

Mix equal parts black beans (rinsed), corn, and mild salsa. Serve with baked tortilla chips.

Self-Serve Fruit Salad

Set out a variety of cut-up colorful fruits in different bowls.

Give your child a small bowl and invite him to create his own snack!

Super Shapes

Try making snacks into fun shapes.

✂ Cut a sandwich into four squares.

✂ Slice a whole-wheat pita into triangles

Breakfast on the Go

Even if you're rushed, you can start the day in a healthy way. Try these instead of doughnuts or pastries:

Fruit and Cream Cheese Sandwich

Layer low fat cream cheese and sliced fruit on whole-grain bread, 1/2 bagel, or English muffin.

Breakfast Taco

Sprinkle shredded low fat cheese on a whole-wheat tortilla. Microwave for 20 seconds and serve with a



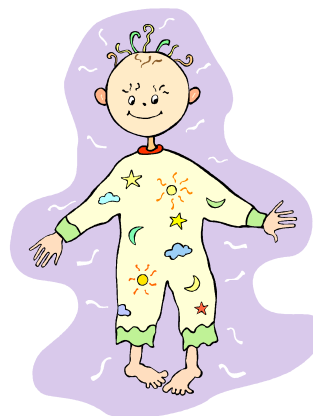
spoonful of salsa, if desired.

Stay Active!

After you've been indoors for awhile, get moving! Read this poem together and act it out:

Look at me! Look at you!
 Look at what our bodies can do!
 Dance, dance, dance!
 Run, run, run!
 Moving our bodies is so much fun.
 We can jump, jump, jump!
 We can hop, hop, hop!
 We can wiggle, wiggle, wiggle!
 Then we can stop, stop, stop.

By adding more movement into a child's day, you will be developing an important habit for a healthy life!



**CMA will be
 closed on Monday,
 January 17th for
 Martin Luther King
 Day**

Business Corner

Web Claimers:

Please remember that you must keep **daily** meal and attendance records. This may be done online or on an alternate record; such as a notebook or a calendar. When a monitor performs a home visit, you must be able to show your records, either by presenting your alternate record, or showing your online records on webkids.com. If you are unable to show daily meal and attendance records, all meals and snacks for the previous days of the month will be disallowed. Please note, if you cannot present an alternate



record, we may check your records on webkids from our office to ensure that record keeping is compliant.

Claims and Miscellaneous Paper-

work:

Please do not turn in miscellaneous paperwork with claims. **All paperwork is**

due by the 1st day of the month. All claims are due by the 4th business day of the month. If paperwork is submitted with claims, it may be considered late, and possibly will not be processed until the claim period is over. In order to avoid late paperwork and possible loss of reimbursement funds, turn in all paperwork BEFORE turning in a claim. This will allow CMA staff to process important documents before the claim period begins. We appreciate your cooperation in making the claims process run smoothly!



Renew your child enrollments!

Each year, parents must sign a “Child Enrollment Renewal Form” that reviews their child’s day care schedule, school times, and other important information. When you receive a renewal in the mail, please:

1. Have parents verify their child’s information and make any necessary changes.
2. Have parents sign the form next to their child’s name.
3. Send it back to CMA as soon as possible.

Renewals are distributed by the provider’s last name as follows:

PROVIDER Last name starts with:	Renewal due by:
J	Jan 1st
L, H, U	February 1st
B, D	March 1st
E, F, T, Y	April 1st
C, I, M, O	May 1st
N, P	June 1st
A, S, W, Q, U	July 1st
G, K, R, V, Z	August 1st

CMA

8831 S Redwood Rd.

Suite D1

West Jordan, UT 84088

P: 801-566-1007

F: 801-566-1158

Claim Due Dates

December Claims Due by:

Thursday, January 6th

Last Day for October Claims:

Thursday, December 30th

Last Day for November

Claims:

Friday, January 28th

Upcoming Trainings:

Northern Utah:

West Jordan Library: 1970 West 7800 South

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

Southern Utah:*

Fillmore Library: 25 South 100 West

February 10th 6-8 pm

St. George Washington Branch Library: 220 North 300 East

February 11 th 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.

* For southern Utah Trainings, please register with

Jen : 435-773-7909

This institution is an equal opportunity provider.