

Providers' Playground



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CMA
 will be closed
 January 2 for
 New Year's
 and January
 16th for Martin
 Luther King Jr.
 Day

What's For Snack?

Goopy Grilled Cheese

Makes: 4 servings

Ingredients

- 8 slices whole wheat bread
- 1 tablespoon olive oil
- 1/4 cup fig jam or grape jelly
- 8 ounces thinly sliced Havarti or Monterey Jack
- 1 small pear, thinly sliced
- Nonstick cooking spray

1. Brush one side of each slice of bread lightly with olive oil. Turn over four of the slices and spread with jam. Top each with 1/4 of the cheese and 1/4 of the sliced pear, then the remaining bread slices, oiled side up.
2. Lightly coat a griddle or large skillet with nonstick cooking spray. Preheat over medium heat. Add

the sandwiches and cook 5 to 6 minutes or until the cheese is melted, turning once to brown both sides.

Nutrition facts per sandwich:

296 calories, 9g protein, 34g carbohydrate, 13g fat (6g saturated), 4g fiber

Healthy Cooking Tips

The jam or jelly adds a hint of sweetness that brings out the sharp flavor of the cheese. "Choose an all-fruit jam with no added sugar," suggests Sari Greaves, RD, a spokesperson for the American Dietetic Association.

Secret Ingredient

Sliced pear gives grilled cheese more than 4 grams of filling fiber, so you can go easy on high-fat cheese.

Cheesy Does It

Skip fat-free cheese, which doesn't melt as well as the real thing. Opt for reduced-fat or a

small amount of full-fat cheese. **Better Than Butter**

Brushing the slices with olive oil gives them a golden brown hue and heart-healthy monounsaturated fat.

From: <http://www.fitnessmagazine.com>

Serve with milk and carrot sticks.

This recipe counts toward :

- 1 grain serving
- 1/2 fruit/veg serving
- 1 protein serving



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 Zincenko.

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Serve This!	Not That!
Campbell's chunky grilled steak chili with beans: 200 cal, 3g fat, 870 mg sodium	Bush's Best Home style Chili: 250 cal, 17 g fat, 4 g trans fat, 810 mg sodium
Lipton Noodle Soup: 62 cal, 2 g fat, 720 mg sodium	Campbell's chicken noodle soup: 60 cal, 2 g fat, 890 mg sodium (sodium bomb!)
Campbell's healthy request chicken tortilla: 130 cal, 2.5 g fat, 480 mg sodium	Wolfgang Puck organic tortilla soup: 160 cal, 3.5 g fat, 980 mg sodium

Zincenko Eat This Not That! For kids Pg 204-205

This institution is an equal opportunity provider

Down to Business!

- **Web claimers must enter attendance times for all children:**

Please be aware that all providers using webkids must enter in and out times for each child every day. If you need help with this, please call CMA. Failure to submit attendance records with your claim will result in loss of reimbursement. If you prefer to submit attendance records on paper, they are due by the monthly claim due date.

- **Child Enrollment Renewals:**

After listening to provider feed-

back about annual child enrollment renewals, we have adjusted the schedule 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

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

Upcoming Training:

Tuesday, January 10th
 Murray Library
 6-8 pm
 166 East 5300 South
 Murray, UT 84107



Claim Due Dates:

Last Day for Oct. Claims:

Friday, December 30

Last Day for Nov. Claims:

Friday, Jan. 27

December Claims Due:

Tuesday, Jan. 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'

