



Child Management Associates Providers' Playground JANUARY 2016

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CMA will be closed the following dates:

- ◆ Friday, Jan 1
- ◆ Monday, Jan 18

CMA

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Fun Facts & Trivia

How many do you know?

- ◆ A shrimp's heart is in its head
- ◆ Tigers have striped skin, not just striped fur
- ◆ A cat has 32 muscles in each ear
- ◆ There are 293 ways to make change for a dollar
- ◆ A shark is the only known fish that can blink with both eyes
- ◆ Maine is the only state that's one-syllable
- ◆ Most people fall asleep in 7 minutes
- ◆ A crocodile can't stick its tongue out

<http://kids.niehs.nih.gov/games/jokes/trivia.htm>

What's for Snack: Egg Snowmen



© Roxy's Kitchen

Ingredients:

- *6 large & small hard-boiled eggs.
- *Peppercorns *1 carrot *1 skewer/stick
- *Uncooked pasta *Parsley

Directions:

Peel egg shells. Peel carrot & cut 6 pieces from each end to use for hats. Cut tops/bottoms off eggs. Use skewer to poke hole thru carrots & eggs, remove skewer and insert uncooked pasta to hold in place & snap off extra pasta on top. Use peppercorn for eyes & buttons & a small piece of carrot for nose. Place small pieces of parsley in for arms/broom.



Winter Craft Time

Items needed:

- ◆ Construction/Scrapbook paper
- ◆ Scissors
- ◆ Glue

Instructions:

- ◆ Use template (or free hand) to cut out children's heads, mouths, bodies, and scarves using construction/scrapbook paper.
- ◆ Allow children to add snowflakes, hair, teeth to their liking.

<http://www.craftymorning.com/children-catching-snowflakes-winter-craft-kids/>



Just a Reminder

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
© Harvard University

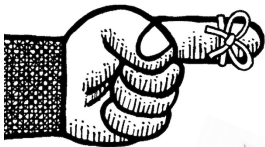
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

To ensure that meals are in compliance & reimbursable please make sure that all components are being met.

- ◆ Are you serving fruits, vegetables, whole grain, and a protein?
- ◆ Are your serving sizes appropriate for the child's age?
- ◆ Are you serving the correct milk for your children?
0-1 year olds—Formula/breast milk
1-2 year olds—whole milk
2-13 year olds—1% milk

Don't Forget



Before turning in your claim, please make sure you have done the following:

- ◆ Fill in bubbles completely with a number 2 pencil
- ◆ Bubble in your provider number on each page of your claim
- ◆ Do not staple claims and make sure claims are free of food/drink
- ◆ Make sure when erasing you do it completely with a pink rubber eraser
- ◆ Make sure you are filling in the correct child numbers for the meals you are claiming

Claim Due Dates:

Last day for November claims: Friday, Jan 29th	Last day for December claims: Monday, Feb 29th	Last day for January claims: Friday, Feb 4th
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Additional training above & beyond our annual training

Nutrition 101
Friday, January 22, 2016
9:00am-1:00pm
Public Safety Building -
Community Room
475 S 300 E, SLC, UT
84114

If you are still in need of CPR & 1st Aid Certification this must be done ASAP as all claims are on hold starting Dec 31, 2015 until you become certified. Please call
Karen—801-562-2663
to find out the next available class time.

Upcoming Trainings:

West Valley Library-3605 S 2880 W

- ◆ Thursday, January 7th 6-8pm
- ◆ Tuesday, February 2nd 6-8pm

Murray Library-160 E 5300 S

- ◆ Tuesday, January 12th 6-8pm
- ◆ Tuesday, January 19th 6-8pm (Tongan)