

Providers' Playground

What's for Snack?:

Guacamole

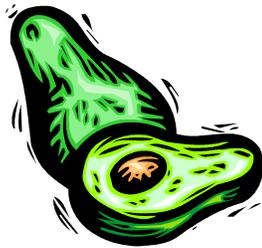
Have the kids help with this one!

Here's what you will need to make it:

- 1/2 tomato diced
- 1/4 cup diced onion
- salt
- salsa
- an avocado
- whole corn tortilla chips
- fresh jalapeño finely diced (optional)
- mixing bowl
- fork
- knife

Here's what you have to do:

Guacamole is made out of mashed avocados - a fruit that grows on trees



in tropical climates.

To start, carefully slice an avocado in half; twist each half in opposite directions. You can tell if the avocado is ripe when it's a little soft.

Remove the big pit in the middle of the avocado and scoop out the green stuff into a bowl.

Mash the avocado with a fork until it's smooth.

Add the diced tomato, chopped onion, and a little bit of salt.

Now eat your guacamole

with some chips!

It's *muy rico!* That means very delicious in Spanish.

By the way, don't throw out your avocado pit! You can grow a tree from it!

Wash the pit and stick four toothpicks around its middle. The toothpicks should look like an X if you look at them from the top. Balance the pit over a glass of water, with the large part of the pit under the water level. Stick it on a sunny windowsill. Once the pit grows roots and two sets of leaves, plant it in soil. You'll have a nice avocado plant!

Recipe from: pbskids.org

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Are Your Meals Healthy?

Check out this cool website:

<http://www.nutritiondata.com>

What You Can Do Here:

Analyze ANY Recipe:

One of the most powerful features of Nutrition Data is that it allows you to create and analyze your own recipes in the My Recipes area.

Generate Custom Nutrition Facts Labels

Every Nutrition Facts page includes a link to a high-resolution image of a Nutrition Facts label. Use these to teach the children about the nutritious foods they are eating. You can also show them to the parents!



CMA
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Claim Due Dates:

Claims are due on the 4th business day

of every month!

June Claims Due:

Wednesday, July 7th

Last Day for May Claims:

Thursday, July 29th

Last day for April Claims:

Tuesday, June 29th



Business Corner

Summer Day Care Hours:

If your day care hours have changed for the summer months, please call CMA and let us know. Monitors do drop-in visits based on the hours providers write on their FDCH, and the meals claimed. ***Please call our office and tell us if you have adjusted your day care hours for the summer months!***



Fire Extinguishers:

All providers on the program must have a current fire extinguisher in their home. A fire extinguisher must have a tag or other documentation from an authorized inspector/seller showing when the extinguisher expires. The documentation of the expiration date should be kept along with the fire extinguisher.

A fire extinguisher may not have to be re-inspected and tagged every year. Be sure to ask for documentation of the expiration date from the inspector/seller. If you have any questions regarding this issue, please contact CMA.



Keep your Copies!

Please remember to keep copies of your paperwork in your CMA binders. Monitors look at

Enjoy a Pretend Picnic!

Young children like to play “pretend”. Make an everyday meal into an outdoor pretend picnic. Let your kids pick the menu and set the table with colorful napkins, plastic utensils, and paper plates. Play “The Teddy Bears’ Picnic” song if you have it. Let your children invite a teddy bear too!

your claims, enrollments, FDCH, and sign in and out forms during their visits. Please keep copies of these forms in an easy-to-find place. If you realize you are missing your copy of any CMA forms, please call our office and we will mail it to you!

Direct Deposit:

If you need to change your direct deposit account information, written documentation of the change must be given to CMA no later than the ***first Friday of the month***. When deposits are sent to closed accounts, CMA must wait until they bounce out of the providers bank and notice is given to our bank. Therefore, if account information is not given to CMA in time, deposits will be delayed.



Bubble Claim Menus:

CMA will no longer be using the menu and attendance forms with the yellow provider copy attached to the back. CMA will again send a copy of the menu form on the back of the CIF Form in the envelope with check reimbursements.

This institution is an equal opportunity provider.