

Providers' Playground



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What's for Snack?

Finger fruit with dip

For the **fruit dip**:
Mix together:

- 3 Tbsp brown sugar
- 1 cup plain yogurt

For the **fruit**:

- Sliced mangoes
- Sliced pears
- Apples
- Bananas
- Melons

Why should you include mangos in your diet?

For every 100 calories of mango, you get:

- 76% your Daily Value of **Vitamin C**
- 9% DV of **Vitamin E, vitamins B6, K, Phosphorous, Magnesium, and potassium.**



Recipe and picture from:

<http://blog.superhealthykids.com>



CMA office will be closed:

Monday, July 4th

Monday, July 25th

New Menu Requirements!

These important changes to the menu requirements must be implemented immediately. *These new requirements will be reviewed by CMA monitors at all upcoming visits.*

1. Milk requirements:

- Milk served to children *over 2 yrs old* must be **1% or skim** - 2% and whole milk is no longer approved for children over 2 yrs.
- Milk served to children *under 2 yrs old* must be **whole milk.**

2. Soy Milk:

- Soy milk is approved as a milk alternative without the need for a Doctor's note.
- The only qualifying soy milk brands in Utah are:

A. Pacific Foods of Oregon Ultra Soy Plain and Vanilla

B. Stremicks Heritage Foods 8th Continent Original or Vanilla

C. Pearl Organic Soymilk Smart Creamy Vanilla or Chocolate

- Silk soymilk does **NOT** qualify as a substitute in this category.
- The requirements related to milk or food substitutions for a child who has a medical disability or allergy and who submits a medical doctor's statement remain unchanged.

3. Water:

- Providers must make water available at all times during daycare hours.
- water may not be substituted for any meal components.

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Down to Business!

Do your day care hours change in the summer?

Please remember to let CMA know if your hours change during the summer months. It is common that providers change their hours and days of operation based upon yearly school schedules. Monitors plan the required three annual visits based upon the meal

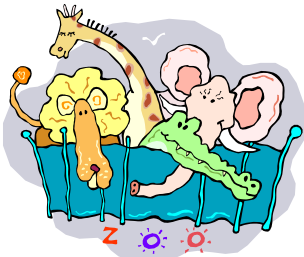
times and daycare hours written on each provider's FDCH Application for Participation. If your day care hours or meal times have changed for any reason, please call CMA immediately so we can update your form. Please be aware that ANY changes to your

daily meal times must be pre-approved. Whether it is a temporary change or a permanent one, **changes to meal times that are not pre-approved by CMA may be disallowed.**



Get changes pre-approved!!!

Going on a field trip?



As you should already be aware, providers are required to inform CMA in advance anytime they plan to be away from their home during daycare hours. We know many providers enjoy taking day-

care children on field trips during warm summer days. Please remember to give CMA a field trip schedule before you leave! This will help to avoid Not Home corrective Action.

Also, please be aware that if you plan to claim any meals during a field trip, that meal must be pre-approved. You must fill out a field trip re-

quest form detailing the menu to be served and how you plan to keep the food at the appropriate temperature.

Remember! **Any meals daycare children receive from a summer food program site MAY NOT be claimed with CMA.** This could result in disqualification from CACFP.

USDA replaces food pyramid with MyPlate!

On June 2, 2011 the USDA revealed their new icon to represent a healthy food plate for people in the United States. This image of a

sectioned plate, with fruits and vegetables taking up half the plate is the final design!



Claim Due Dates:

Last Day for April Claims:

Wed, June 29

Last Day for May Claims:

Friday, July 29

June Claims Due:

Wednesday, July 6

