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Providers' Playground



4th of July toast for Breakfast or Snack

What you will need:

1. Whole wheat bread
2. Cream cheese
3. Strawberry Jelly
4. Bananas
5. Blueberries
6. Knife for spreading

How to Make:

1. Toast your whole grain bread.
2. Spread cream cheese on toast
3. Spread Strawberry Jelly
4. Place 9 blueberries in 3 rows of 3 each in the corner of the toast
5. Cut banana into slices then cut in half
6. Lay bananas on stripes across the toast to make stripes.
7. Eat and enjoy this healthy Breakfast or Snack.

<http://www.pinterest.com/pin/48343395973293651>

CMA

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CMA will be
Closed on
Friday, July 4th
And
Thursday, July
25th

New Staff

We have hired a new Monitor. Her name is Annie Nguyen. She speaks English and Vietnamese. She is going to school for Chemical Engineering. You may see her out and about conducting reviews and getting to know our providers. Please welcome her to CMA.

Reminders:

1. Meals must be served at approved meal times. It is not acceptable to change meal times unless permission is granted. If children are involved in sports we recommend providers don't claim dinner.
2. One month left to sign up for direct deposit. All providers should be receiving reimbursements by Direct Deposit.
3. If you decide to serve a meal away from the home you must fill out a field trip permission form and submit prior to field trip and get approval.
4. Children must physically be in your care during meal service times to be claimed.
5. Before enrolling a child ask the parent if they are enrolled with another provider.
6. For a child enrollment to be valid it must be signed by the parent.





Use food labels to help you make better choices.

- Most packaged foods have a Nutrition Fact label and an ingredients list. For healthier you, use this tool to make smart food choices quickly and easily.
- Check for calories. Be sure to look at the serving size and how many serving you are actually consuming. If you double the servings you eat, you double the calories.
- Choose foods with lower calories, saturated fat, trans fat and sodium.

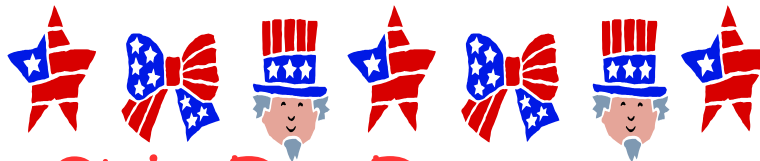
- Check for added sugars using the ingredients list. When a sugar is close to the first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup maple syrup and fructose.

Eat the Right Amount of Calories for you

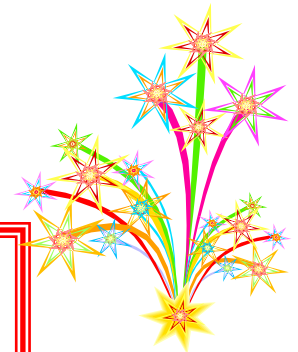
- Everyone has a personal calorie limit. Staying with your can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie. Cook more at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
 1. Check posted calorie amount
 2. Choose dishes that include vegetables, fruit and/or whole grains.
- Enjoy your food but eat less.
 1. Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
 2. Think before you eat.is it worth the calories
 3. Avoid oversized portions.



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Claim Due Dates:



**Last Day for April
Claims:
Monday, June 30th**

**Last Day for
May Claims:
Wednesday, July 30th**

**Last Day for
June Claims Due:
Monday, July 7th**

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'

