

## Providers' Playground

### What's for Snack..?



#### Impossibly Easy Banana Ice Cream

##### Ingredients

- 3 large, very ripe bananas - peeled, cut into pieces and then frozen
- ½ teaspoon cinnamon
- ½ teaspoon pure vanilla extract
- Pinch of sea salt
- Fresh fruit, chopped; chocolate chips, coconut flakes or nuts/seeds - your choice!

##### Instructions

1. Let bananas soften at room temperature for about five minutes.
2. Mix bananas, cinnamon, vanilla and salt in a blender until smooth and creamy, this may take a minute.
3. Pour into bowl, mix in favorite ingredients and serve immediately, or add to your favorite popsicle molds and freeze

[http://mylifeandkids.com/impossibly-easy-banana-ice-cream/#\\_a5y\\_p=1467696](http://mylifeandkids.com/impossibly-easy-banana-ice-cream/#_a5y_p=1467696)



#### CMA will be Closed the following dates:

- ◆ July 3, 2015
- ◆ July 24, 2015

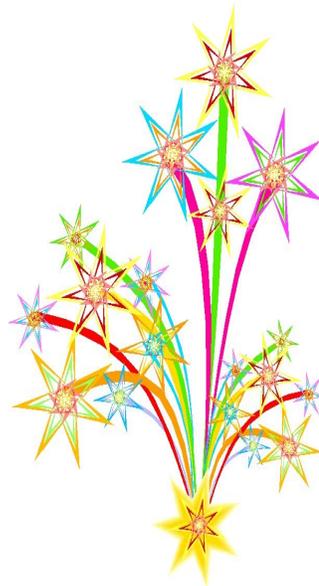
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### Fun Food Facts!

Did you know?

- Strawberries are the only fruit with seeds on the outside.
- Eating a lot of onions will make you sleepy.
- The first fruit eaten on the moon was a peach.
- Lemons contain more sugars than strawberries.
- There are over 400 varieties of natural cheeses.
- Pumpkins are not a vegetable but rather a fruit.
- It takes 12 honeybees to produce one tablespoon of honey.
- Orange doesn't rhyme with any other word.
- Pear is a fruit that ripens from the inside out.
- There are over 1000 different kinds of apples.
- Popcorn has existed for about 6000 years.
- Celery requires more calories to eat and digest than it contains.



#### CMA

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[www.cmautah.net](http://www.cmautah.net)

<http://lunchhero.ca/fun-food-facts>

## Claim Due Dates:

### Last Day for April Claims:

Monday, June  
29th

### Last Day for May Claims:

Thursday, July  
30th

### Last Day for June Claims:

Monday, July  
6th

## Down to Business!

**Hurry and sign up for your discounted CPR & First Aid Class for \$35, call our office to get more info!**

***(Relative Care Providers Only) Upon completion of CPR and First Aid class, CMA needs you to provide a copy of the certificate to update our records.***

***Next class will be July 14th from 6pm-9pm in Murray***

### Reminders:

1. For a child enrollment to be valid it must be signed by the parent.
2. 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.
3. If you decide to serve meals away from 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.



### **Firework Art Project**

You will need:

- 7 Straws
- A piece of white paper
- Paint of your choice

Directions:

1. Start by stretching out the straws as far as they can go and group them together in your hand.
2. Spread out the top of the straws so they are sticking

out. Have someone put a piece of tape around the bottom of them as you're holding them. Let go and put another piece right under the top.

3. Have the kids dip the straws into blue paint first and stamp it all over the paper. If the paint doesn't show up great, have them press each straw individually against the paper. Add some red paint and your fireworks are done! Add some glitter if you want some sparkle to them.



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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'**