

CHILD MANAGEMENT ASSOCIATES

PROVIDERS' PLAYGROUND



4th of July Firecracker Dogs

Ingredients

- 1 can refrigerated breadstick dough
- 2 packages hot dogs—16 hot dogs (1st ingredient should not be mechanically separated)
- 16 thick slices Colby cheese
- 16 skewers



Cooking Directions

- 1) Stick your skewers all the way through your hot dogs leaving about an inch and a half exposed out the top of each hot dog. Take a piece of breadstick dough and carefully wrap it around the hot dog until you get to the top. Place the wrapped dogs on parchment paper and bake according to the package directions for the dough. (Usually about 20 minutes at 350)
- 2) While the hot dogs are cooking take out your cheese slices, the key to this step is to go to your grocers deli counter and ask them to slice you pieces of cheese that are 1/4"-3/8" thick. Using a small star cookie cutter cut out 16 stars.
- 3) After your dogs have cooled for 2-3 minutes stick the star through the skewer at the top. Serve and enjoy!

<http://www.handmadeintheheartland.com/2014/06/4th-of-july-firecracker-dogs.html>

Craft Time: American Flag



Instructions

- Paint the top left quarter of the paper plate blue
- Draw stripes of the flag with a pencil
- Paint every other stripe red (leave the rest white or paint white)
- When blue paint is dry add stars (polka dots) by dipping the Q-tip in the white paint and pressing it onto the blue
- Let the paint fully dry and display

Supplies

- Paper plates
- Red/White/Blue paint
- Paintbrushes
- Q-tips

<http://abccreativelearning.com/paper-plate-american-flag-craft/>

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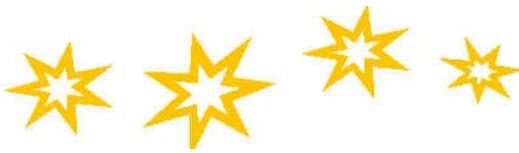
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CMA will be closed on
July 4th and July 24th



CMA

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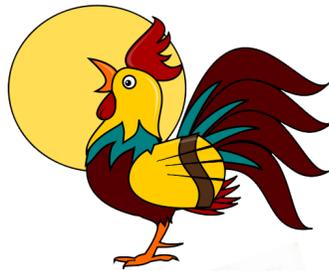
BREAKFAST is the most important meal of the day!

Breakfast provides your body daily with the necessary energy it needs to start each morning. Breakfast is important at any age from birth through those later years.

Eating breakfast also enhances focus and memory. Breakfast foods like fruits/vegetables, grains, protein and milk also contain important nutrients that your body needs.

Starting October 1, 2017, the Child and Adult Care Food Program (CACFP) New Meal Patterns will go into effect. One of the most exciting changes is that meat and meat alternates may replace the grain component at breakfast a maximum of three times per week. This change is a great benefit for adding protein to a child's diet.

Protein is a key nutrient that has many functions in the body such as building bones and muscles. Not only does it provide the necessary nutrients for these functions, but it also can provide additional energy throughout the day, helping you to stay fuller longer.



1/2 serving of grain (1-5 years) can be substituted for:

1/4 cup of yogurt

1/2 egg

1/2 oz of cheese

1/4 cup cottage cheese

1 tablespoon of peanut butter

1/8 cup of beans

1/2 oz of meat, poultry or fish

Protein Benefits Include:

- More energy
- Hunger control (keep you full, longer)
- Muscle maintenance
- Nutrients that help build bones & muscle

Healthy Breakfast Tips:

- Pick one food from at least three of the five food component groups
- Provide a variety of foods and colors
- Include foods that have whole grain, fiber, protein and are low in sugar



CPR and First Aid Certification

Please make sure you are watching your expiration dates. Your claims will be on hold if your certification is expired.

Classes are held every other Tuesday from 6-9pm. Call the office to sign up.

Remember, *ALL* classes must be hands on and must include infants.

CLAIM DUE DATES

June

Fri, July 7th

July

Fri, Aug 4th

August

Thurs, Sept 7th

This institution is an equal opportunity provider and employer.