



Providers' Playground

What's for Lunch?:

Sailboat Sandwiches



These clever snacks are filled with tuna and topped with cheddar cheese sails!

Ingredients

- Crescent dinner rolls
- Tuna salad
- Cheddar cheese
- Toothpicks

Instructions

Slice the tops off the rolls and hollow them out. Fill the rolls with the tuna salad or any other filling. Slice the

cheese into rectangles about 1/8 inch thick. Cut the rectangles on the diagonal to make triangles. Insert a toothpick into each triangle to make little sails. Serve with a glass of milk and apple slices.

**Recipe and picture from:
<http://familyfun.go.com>*

4 Ways to Have Fun in the Sun

1. REMEMBER EASY-TO-MISS SPOTS

The most vulnerable parts of the body are often the ones that get overlooked when applying sunscreen. To make sure your kids are covered, teach them "BEENS." This useful acronym from Maryellen Maguire-Eisen, executive director of the Children's Melanoma Prevention Foundation, stands for Back of knees, Ears, Eye area, Neck, and Scalp (if visible).

2. DO SOME RESEARCH

With so many products clamoring for attention, it's not easy to know which sunscreen is right for your family. Luckily, the nonprofit Environmental Working Group offers online ratings of more than 1,000 sunscreens to help you determine which ones are safe and effective. Before slathering a sunscreen on your kids, see how it fares at ewg.org.

3. BE GENEROUS WITH SUNSCREEN

We may all use sunscreen, but most of us aren't putting on enough. "If you apply a third of the recommended dose of an SPF 30 product, the protection is more like SPF 10," says Maryellen Maguire-Eisen. Adults should apply an ounce (about a handful), and kids half that much, of a broad-spectrum sunscreen with an SPF of at least 30 every two hours, and more frequently if they're swimming or sweating.

4. COVER UP

To avoid burns when the sun is strongest (between 10 a.m. and 3 p.m.), dermatologist Elizabeth Hale recommends taking frequent shade breaks, wearing a UV-protective shirt while swimming, and using a sunscreen with zinc oxide.

hours."

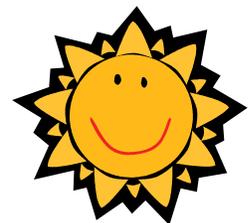
**Article from <http://familyfun.go.com/playtime>*

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CMA would like to welcome our two fabulous new monitors:

Skye S. and Gail B!



Thanks to everyone who participated in our monthly drawings! Keep an eye out for more CMA



Congratulations!

To May's drawing winner:

Minh Nguyen

CMA

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Claim Due Dates:



Claims are due on the 4th business day of every month!

May Claims Due:

Friday, June 4th

Last Day for April Claims:

Tuesday, June 29th

Last day for March Claims:

Friday, May 28th



Business Corner

Dropping Off Your Claim:

Please do not double park when dropping off claims or other paperwork at our office. All vehicles should be parked in a designated parking space. We like to be good neighbors and do not want to inconvenience people in nearby offices. Furthermore, remember to **NEVER** leave children unattended in a car during the hot summer weather!



Please Keep Your Sign in/out Sheets!

As of **April 1, 2010** all providers must use sign-in/out forms. Providers should keep these forms in their binders. **DO NOT** turn in sign in/out sheets with claims. These forms should be available at the request of your monitor during a review. Remember: all records must be recorded daily!

Fridge and Freezer Temperatures:



Keeping your fridge and freezer at the appropriate temperatures this summer will ensure that food tastes good and is safe to eat! Refrigerators should be set between 39 and 35 degrees. Freezers should be 0 degrees or below. Please take a moment to check your fridge and freezer to make sure you are ready for the summer heat ahead!

Potatoes are Vegetables!

Please remember when planning menus that a potato is considered a vegetable, not a grain. When serving potatoes as part of a meal, there should be another component such as bread, rice, or pasta to serve as the “grains” component of the meal.



Seven Super Steps to Safe Food In the Summer

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause food borne illness. Follow the suggestions below to Fight BAC!® (food borne bacteria) and reduce the risk of food borne illness this summer.

- 1. Wash, Wash, Wash Your Hands** (as in Row, Row, Row Your Boat). Always, wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2. Marinating Mandate.** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food.
- 3. Hot, Hot, Hot.** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- 4. Temperature Gauge.** Use a food thermometer to ensure that food reaches a safe internal temperature.
- 5. Where's the Beef?** Chicken and Fish? Hamburgers should be cooked to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.
- 6. Stay Away from that Same Old Plate.** When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot, soapy water first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.
- 7. Icebox Etiquette.** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun.

Article from: <http://www.fightbac.org>