

Providers Playground

What's for Snack..?

Chocolate-Banana Grahams



http://www.eatingwell.com/recipes/chocolate_banana_grahams.html

A graham cracker smeared with Nutella and topped with banana and coconut is a light way to satisfy your sweet tooth.

INGREDIENTS :

- 1 square graham cracker, broken into 2 rectangles
- 1/2 teaspoon Nutella or other chocolate-hazelnut spread, divided
- 2 slices banana, about 2

inches long

- 1/2 teaspoon sweetened shredded coconut, toasted if desired, divided

PREPARATION :

Spread each graham cracker piece with 1/4 teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

ENJOY...!!

Did you know..?

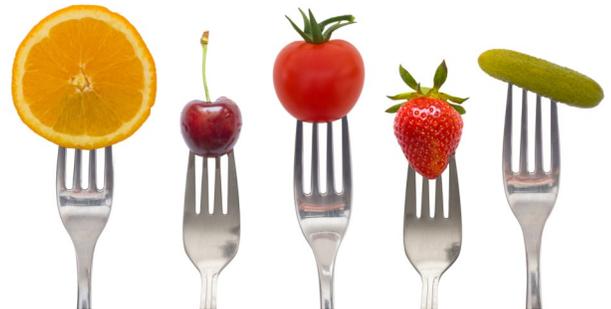
Developing healthy eating habits..

Children develop a natural preference for the foods they enjoy the most, so the challenge is to make healthy choices appealing. Of course, no matter how good your intentions, it's always going to be difficult to convince your eight-year-old that an apple is as sweet a treat as a cookie. However, you *can* ensure that your children's diet is as nutritious and wholesome as possible, even while allowing for some of their favorite treats.

The childhood impulse to imitate is strong, so it's important you act as a role model for your kids. It's no good asking your child to eat fruit and vegetables while you gorge on potato chips and soda.

Top tips to promote healthy childhood eating

- **Have regular family meals.** Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
- **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.
- **Get kids involved.** Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.
- **Limit portion sizes.** Don't insist your child cleans the plate, and never use food as a reward or bribe.



Down to Business.!

Summer Lunch.

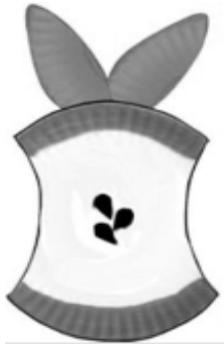
Please be aware that you may not claim a lunch that was provided as a free lunch at any local park or local recreation center. Lunch must be made at the providers own home and served by the provider in order to be claimed.

Don't forget to sign kids in and out!

Sign-in/out Requirement:

Don't forget that all providers must use sign-in/out forms. **Parents** must initial by each child's name. Also, providers must sign their own children in and out. Providers should keep these records in their binders. Monitors will review sign in/out forms during reviews.

These are considered part of daily record keeping requirements. *If the sign in/out sheets are incomplete, meals will be disallowed.* If you need blank sign in/out forms, please call the office!
Remember, all claim records must be recorded daily!



Activity Time

- Scissors
- Glue

OPTIONAL: You can substitute real apple seeds for the painted ones.

Instructions:

1. Cut leaf shapes off of opposite sides of the plate.
2. Paint the leaf shapes green and set aside to dry.
3. Paint the edges (top and bottom) of the plate red.
4. Paint or draw seed shapes onto the center of the plate.
OR – Glue real apple seeds into the center of the plate.
5. Let all the pieces dry.



This adorable apple craft uses a paper plate and introduces children to healthy eating.

Include an apple tasting at snack time or have apples on the day's menu.

Materials:

- Paper plate
- Red and green paint
- Paintbrush
- Black paint and marker

6. Glue the leaf shapes to the top of the plate to make your apple!



Claim Due Dates:

**Last Day for
March Claims:**

**Thursday, May
30th**

**Last Day for April
Claims:**

**Friday, June
28th**

Last Day for May Claims:

**Thursday, June
6th**

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This institution is an equal opportunity provider