

# Providers' Playground



## What's for Snack..?

### Inside this issue:

What's for snack?	1
Did you know..!	1
Down to business	2
Claim due dates	2



### Lemon Ice

Simply follow this easy recipe to make the lemon ice.

#### Ingredients:

- 3 cups water
- 1 cup sugar

- 1 cup lemon juice (we used 3/4 cup lemon juice)
- 1 Tbsp. grated lemon zest

#### Directions:

1. Mix water and sugar in a 2-qt saucepan; bring to boil over high heat. Boil uncovered, stirring occasionally, 5 minutes or until sugar is dissolved. Remove from heat; stir in lemon juice and lemon zest.

2. Pour into a 13 x 9-in. baking pan. Freeze 1 hour; stir. Cover; freeze 2 hours or overnight until firm.

3. Take your prepared lemon "cups" and then fill them with the frozen lemon ice.

<http://www.theidearoom.net/2010/07/lemon-ice.html>



## Are Your Meals Healthy?

### Top 5 Tips to Help Children Develop Healthy Habits

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.
2. **Keep things positive** - Kids don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.
5. **Encourage physical activities that they'll really enjoy** - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it. Check out these [activities for kids](#).



<http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Top-10-Tips-to-Help-Children->

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This institution is an equal opportunity provider

# Down to Business!

## Going on a field trip?

As you should already be aware, providers are required to inform CMA in advance anytime they plan to be away from their home during daycare hours. We know many providers enjoy taking daycare children on field trips during warm summer days. Please remember to give CMA a field trip schedule before you leave! This will help to avoid Not Home Corrective Action.

If you plan to claim any meals during a field trip, that meal must be pre-approved. You must fill out a field trip request form (which can be printed from our website [www.cmautah.net](http://www.cmautah.net)) detailing the menu to be served and how you plan to keep the food at the appropriate temperature.

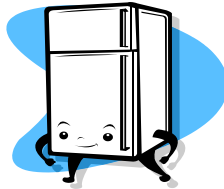
Remember! **Any meals daycare children receive from a summer food program site MAY NOT be claimed with CMA.** This could result in disqualification from CACFP.

## Menus are to be Posted!

Menus must be posted in a visible place where the parents can see and review what their children will be served each day.

## 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!



## Summer Day Care Hours:

If your daycare hours have changed for the summer months, let us know. Monitors do drop-in visits based on the hours providers write on their FDCH, and the meals claimed. ***Please call our office if you have adjusted your day care hours!***

## Fire Extinguishers:

All providers on the program must have a current fire extinguisher in their home. A fire extinguisher must have a tag or other documentation from an authorized inspector/seller showing when the extinguisher expires. The documentation of the expiration date should be kept along with the fire extinguisher. ***A fire extinguisher may not have to be re-inspected and tagged every year. Be sure to ask for documentation of the expiration date from the inspector/seller.*** If you have any questions regarding this issue, please contact CMA.

## Keep your Copies!

Please remember to keep copies of your paperwork in your CMA binders. Monitors look at your claims, enrollments, FDCH, and sign in and out forms during their visits. If you realize you are missing your copy of any CMA forms, please call our office and we will mail it to you!



## Last Spring Training.. Hurray and sign up. . !

- **Monday, June 16th at Murray Library**  
**6pm to 8pm.**



## Claim Due Dates:



**Last Day for  
March Claims:**

**Friday, May  
30th**

**Last Day for April  
Claims:**

**Friday, June  
27th**

**Last Day for May  
Claims:**

**Friday, June  
5th**

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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!!

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