

## Providers' Playground

### What's for Snack..?



### Frozen Yogurt Dots

1. Choose any yogurt of your choice.
2. Fill in sandwich bag or zip lock.
3. Cut a small whole in the tip of the bag.
4. Squeeze dime sized dots about an inch to half inch apart on a cookie sheet.
5. Place in freezer for about 30 minutes or until completely chilled.
6. Use spatula to remove from cookie sheet and place in bowl.
7. ENJOY.

<http://www.onegoodthingbyjillee.com/2012/03/frozen-yogurt-dots.html>

### Seven Super Steps to Safe Food In the Summer!

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#### CMA

8831 South Redwood Rd. Suite D1  
West Jordan, UT  
84088

P: 801-566-1007

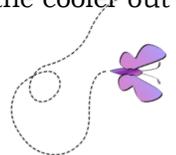
F: 801-566-1158

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

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>



## Claim Due Dates:

**Last Day for  
March Claims:**

**Monday, June  
1st**

**Last Day for April  
Claims:**

**Tuesday, June  
30th**

**Last Day for May  
Claims:**

**Wednesday, June  
4th**

## 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 June 10th from 6pm-9pm in SLC***

**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!

**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.

**F.Y.I.** Meals that are served outside of the providers approved meal times are not eligible for reimbursement. Also change in meal times must be approved by CMA even for only one meal time.

### **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.



### **Keep your Copies!**

Please remember to keep copies of your paperwork in your CMA binders. Monitors look at your claims, agreement, 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!

### **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!***

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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'**