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March 2011



Daylight Savings Time!
Sunday, March 13th

CHILD MANAGEMENT ASSOCIATES

Providers' Playground

What's for Snack?

Sweet Potato Pancakes

Prep Time: 10 minutes

Cook Time: 5-10 minutes

Ingredients

- 1 large zucchini, shredded (about 1 cup)
- 1 large sweet potato, peeled and shredded (about 1 cup)
- 2 eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons flour
- 2 tablespoons olive oil

Directions

1. Mix zucchini, sweet potato, eggs, salt, pepper, and flour until well combined.
2. Heat olive oil in a large non-stick skillet over medium heat.
3. Using a soup ladle, drop about ¼ cup of mixture into skillet and cook each cake until golden brown, about 2-3 minutes on each side. Serve as is or with applesauce.

Serve with a glass of milk



Nutrition Facts	
Serving Size (78g) 6 pancakes	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	6%
Cholesterol 70mg	24%
Sodium 220mg	9%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 3g	
Vitamin A 90%	Vitamin C 10%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat:	Less than 65g	80g
Saturated Fat:	Less than 20g	25g
Cholesterol:	Less than 300mg	300mg
Sodium:	Less than 2,400mg	2,400mg
Total Carbohydrate:	300g	375g
Dietary Fiber:	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe from: <http://kidshealth.org>

Stay Active!

You're in the driver's seat when making sure kids in your home get enough exercise. To limit sedentary time, don't let kids spend too much time in strollers, car seats, and high chairs. All these can keep kids from being active enough.

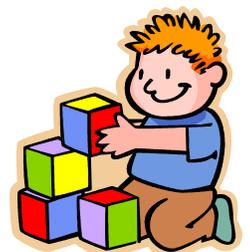


Limiting television is another good way to help keep children physically active. TV, including videos and DVDs, is not recommended at all for kids under age 2. Those guidelines relax for older toddlers, but kids don't need to watch TV. Even educational programs aren't as enriching as real-life activities, such as figuring out how a toy works, playing games, or singing songs together.

If you choose to allow some TV time for older toddlers, try to follow this guideline: No more than 1 to 2 hours of quality children's programming per day. If possible, choose noncommercial TV because commercial TV exposes kids to food advertising, which often pushes low-nutrient snack foods and drinks. Another option is age-appropriate videos, especially those that invite kids to play along.

Here are some ideas on how a toddler can stay active:

Listen to music and dance together. Explore the backyard or playground together. Climb stairs and use climbing equipment, with supervision. Use push and pull toys (popcorn popper, play broom, vacuum). Imitate animals or adults at work (mowing lawn, making dinner, using tools). Play with shape sorters and other floor toys. Play sports. Enjoy imaginative play (playing with toy cars, making play figures talk, caring for a doll). Build with blocks.



Business Corner

Fire Extinguishers:

Please remember that all providers participating in the CACFP must have a current tagged fire extinguisher available in their homes at all times.



If you buy a new fire extinguisher, keep a copy of your receipt so your monitor can see it is new. If you do not have a receipt showing it was purchased within the last year, you must get the fire extinguisher inspected and tagged. ***If you send a copy of the receipt to us, please be sure to write your name on it!***

Fire extinguishers should be stored in an easily accessible location. It is recommended to have at least one fire extinguisher on each floor of your home.

Do not put them in closets because that will cost you valuable time when you are reaching for it. And even though a fire extinguisher may not match your décor, do not put it behind curtains or drapes.

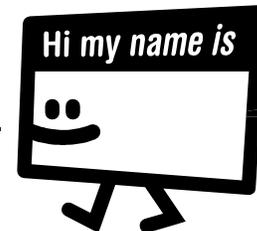
The most important places to have a fire extinguisher are in areas that are more susceptible to fire. These areas are the kitchen and the garage.

Kitchen: According to U.S. Fire Administration statistics, the kitchen is the place where fires most often start. If you have a fire extinguisher in the kitchen, most grease fires can be contained. Do not put the fire extinguisher near the stove as it will be out of your reach if the fire is on the stovetop. You should not have to risk burns just to reach your extinguisher. Therefore, the best place to put the fire extinguisher is by the door of the kitchen so you have easy access to it.

Garage: It is a good idea to keep a fire extinguisher here because in most

homes, this is the place we use as storage. Often, leftover paints, solvents, and building materials will be piled up without a second thought. Again, the best location to mount the fire extinguisher is by the door.

Is Your Name and Provider Number On It?



You should always ask yourself this question before submitting anything to CMA. In order for our office to process all the paperwork that comes in, it is very important that we are able to easily identify what belongs to who. **Please be sure that everything you submit to us has your NAME and PROVIDER NUMBER clearly written;** whether it is your monthly claim or just a quick note! Thank you!

Claim Due Dates

CMA
8831 S Redwood Rd.
Suite D1
West Jordan, UT 84088
P: 801-566-1007
F: 801-566-1158

February Claims Due:

Friday, March 4

Last day for January Claims:

Wednesday, March 30th

Last Day for December Claims:

Monday, February 28th

Upcoming Trainings:

The previously scheduled trainings in Manti and Richfield were cancelled.

Dates:

Monday March 14th Manti City Office Bldg.: 50 S Main St 6-8 pm

Tuesday March 15th Richfield Quality Inn: 540 S. Main St 6-8 pm

Tuesday, March 22nd Spanish Fork Library: 49 South Main Street 6-8 pm

Please call CMA to register, seats fill up fast! Those who show up at training without registering may not have the training materials available to them.

*For Manti and Richfield Trainings,
please register with Jen : 435-773-7909*

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