

Providers Playground



What's for Snack..?



Finger Fruits with Dip.

For the **fruit dip:** Mix together:

- 3 Tbsp brown sugar
- 1 cup plain yogurt

For the **fruit:**

- Sliced mangoes
- Sliced pears

- Apples
- Bananas
- Melons

Why should you include mangoes in your diet?

For every 100 calories of mango, you get:

- 76% your Daily Value of **Vitamin C**
- 9% DV of **Vitamin E**, vitamins **B6, K, Phosphorous, Magnesium, and potassium.**

Recipe and picture from:

<http://blog.superhealthykids.com>

DAILY RANDOM FOOD FACTS:

- The inner part of the bread is called the “crumb” hence why small bits of this part of the bread are called crumbs.
- A cluster of bananas is formally called a “Hand”. Along that theme, A single banana is called a “Finger”.
- When cranberries are ripe , they bounce like rubber balls.
- The fear of vegetables is called Lachanophobia.
- Almonds are a member of the peach family.



Milk Requirements:

These important changes to the menu requirements must be implemented immediately.

These new requirements will be reviewed by CMA monitors at all upcoming visits.

1. Milk requirements:

- Milk served to children over 2 yrs old must be **1% or skim** - 2% and whole milk is no longer approved for children over 2 yrs.

- Milk served to children under 2 yrs old must be **whole milk.**

2. Soy Milk:

- Soy milk is approved as a milk alternative without the need for a Doctor's note.
- The only qualifying soy milk brands in Utah are:

A. Pacific Foods of Oregon Ultra Soy Plain and Vanilla

B. Stremicks Heritage Foods 8th Continent Original or Vanilla

C. Pearl Organic Soymilk Smart Creamy Vanilla or Chocolate

- Silk soymilk does **NOT** qualify as a substitute in this category.
- The requirements related to milk or food substitutions for a child who has a medical disability or allergy and who submits

a medical doctor's statement remain unchanged.

3. Water:

- Providers must make water available at all times during daycare hours.
- water may not be substituted for any meal components.

Down to Business...!!

Please Take Note..!

This is a federally funded food reimbursement program any funds received from CMA is not considered income, therefore please do not list CMA as an employer on any financial applications such as rental agreements or loan applications. Thank you CMA.



Don't forget to set your clocks ahead. Sunday, March 10th.

Renewals:

Incomplete reapplications for the Relative Care Provider Certification, makes you ineligible for reimbursement .

Claim Due Dates:

**Last Day for
December Claims:**

**Friday, February
1st**

**Last Day for January
Claims:**

**Monday, April
1st**

**Last Day for February
Claims:**

**Wednesday, March
6th**

Submitting Claim online:

Please make sure you verify in and out times and also double check the times for accuracy before submitting your claim, to avoid errors, Which CMA does now correct.



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 the tag date is current. 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 need to send a copy of the receipt to us, please be sure to write your name on it!*



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!



join us on
facebook

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'