



# Providers' Playground

## Inside this issue:

Peanut Butter	1
Annual Training	1
Fun Snacks with Peanut Butter	1
Learning About Protein	2
St. Patrick's Snack	2
Claim Due Dates	2
Direct Deposit	2

### March 1st is National

#### Peanut Butter's Lovers Day

National Peanut Butter Lover's Day salutes America's favorite sandwich spread. What kid didn't grow up loving a PB&J sandwich? Peanut Butter is not limited to a Peanut Butter and Jelly (PB&J) sandwich. It's popular on crackers, celery and other "peanut butter" holders. It is also used in recipes for cookies and snacks. And, don't forget peanut butter candies, too!

**Did you Know?** Peanut Butter is 90% or more peanuts. While it has no artificial preservatives, an opened jar is stored on a shelf at room temperature.



#### Ingredients:

- 2 cups plain yogurt
- 1 cup milk
- 1 1/4 cups smooth peanut butter (you can use crunchy)
- 1/2 cup honey
- Frozen raspberries, a banana, and chocolate chips (all optional additions)

#### Directions:

If you would like to add some nutrition and taste to your popsicles, start by having your little helper fill the base of the molds with some raspberries, sliced bananas or chocolate chips. You can use any fruit or sweet topping or just go without. Then, add all the ingredients in a blender and process until smooth. Pour into the molds or little cups with a popsicle stick in the middle. Freeze until solid. They come out of the cups easily by running them under hot water for a few minutes

<http://appliancechef.mrsgs.com/index.php/peanut-butter-popsicles-and-other-healthy-snacks-for-kids/>

### Homemade Peanut Butter Recipe

Peanut Butter is America's favorite sandwich spread. What kid didn't grow up with PB&J sandwiches as a staple for lunch? There's a huge range of uses in recipes and snacks.

#### Ingredients:

- 2 cups roasted shelled, unsalted peanuts
- 1 tablespoon peanut oil
- 1/4 teaspoon salt (optional for low salt diets)

#### Preparation Directions:

- Place peanuts, oil, and salt into a blender or food processor.
- Blend well, until desired texture is reached.
- Place peanut butter in airtight container.
- For crunchy peanut butter, add 1/4 cup of peanuts and blend again, but, for just a short burst or two.

The oil can separate from the peanuts during storage. Simply stir and serve.

<http://www.holidayinsights.com/moreholidays/March/pbloversday.htm>

### Peanut Butter Yogurt Popsicles

**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)



"Breakfast Sushi" - Banana covered in peanut butter, sliced into bite-size pieces, and rolled in Rice Krispies.

[Pinterest.com](https://www.pinterest.com)

## Annual Training Dates

All Trainings are from 6-8pm

Murray	Tuesday, March 11th	166 East 5300 South—Murray Library
West Valley	Tuesday, April 8th	2880 West 3650 South - West Valley Library <b>(Vietnamese Only)</b>
Spanish Fork	Tuesday, April 29th	49 South Main Street—Spanish Fork

[This is all the trainings we are offering for this training year.](#)

[Be sure to call and sign up!! Be sure to attend one of these if you have not already!!](#)

## Learning about Proteins

You probably know you need to eat protein, but what is it? Many foods contain protein (say: **pro-teen**), but the best sources are beef, poultry, fish, eggs, dairy products, nuts, seeds, and legumes like black beans and lentils.

Protein builds, maintains, and replaces the tissues in your body. (Not the tissues you blow your nose in! We mean the stuff your body's made up of.) Your [muscles](#), your organs, and your [immune system](#) are made up mostly of protein.

Your body uses the protein you eat to make lots of specialized protein molecules that have specific jobs. For instance, your body uses protein to make **hemoglobin** (say: **hee-muh-glow-bin**), the part of [red blood cells](#) that carries oxygen to every part of your body.

Other proteins are used to build cardiac muscle. What's that? Your [heart](#)! In fact, whether you're running or just hanging out, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

## Different Kinds of Protein

Protein from animal sources, such as meat and milk, is called complete, because it contains all nine of the essential amino acids. Most vegetable protein is considered incomplete because it lacks one or more of the essential amino acids. This can be a concern for someone who doesn't eat meat or milk products. But people who eat a vegetarian diet can still get all their essential amino acids by eating a wide variety of protein-rich vegetable foods.

For instance, you can't get all the amino acids you need from peanuts alone, but if you have peanut butter on whole-grain bread you're set. Likewise, red beans won't give you everything you need, but red beans and rice will do the trick.



Celebrate St. Patrick's Day with this easy after-school snack.

What you'll need:

Green pepper, English muffin, and Cheddar cheese

How to make it:

To make one, slice a green pepper crosswise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.

Toast half an English muffin, then top it with a slice of Cheddar and the pepper shamrock. Place the muffin on a tray, then broil it in a toaster oven until the cheese is melted.

Pinterest.com

### Important Information:

CMA is working towards the goal of all providers being enrolled in direct deposit by July 2014. No checks to be lost or stolen, no more waiting for the mail, the money is there!! Sign up today and start direct deposit next month!

Please call if you have any questions!

## Claim Due Dates:

Last Day for January

Claims:

**Monday, March 31st**

Last Day for

February Claims:

**Tuesday, April 29th**

Last Day for March

Claims Due:

**Friday, April 4th**



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'