



MARCH



Child Management Associates

Providers' Playground



Snack Time: Honey Peanut Butter Yogurt Dip

Did you know March 1st is Peanut Butter Lovers Day?! Let's celebrate!

Ingredients:

- 3 T creamy peanut butter
- 1 1/2 T honey
- 1 6oz cup yogurt

For Dipping:

- Apples
- Bananas
- Grapes, etc.

Instructions:

- Microwave peanut butter about 15 seconds until warm and creamy.
- Pour peanut butter, yogurt, and honey into a small bowl.
- Whisk together until smooth.
- Serve with sliced fruit.



<http://lml.org/2015/08/14/honey-peanut-butter-yogurt-dip/>

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CMA

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NOTE: We no longer have a fax number so instead of faxing please email documents to:
Kristab.cma@gmail.com



Craft Time: Dr. Seuss' Fox in Sox Tweetle Beetle Battle Bottle

Supplies:

- Empty 2 liter bottle
- Uncooked white rice
- Small toy bugs
- Permanent marker
- Funnel
- Glue

Directions:

- Using funnel pour rice into bottle 1/2 way
- Write numbers on bugs w/ marker & put in bottle
- Fill bottle up to the round part with rice
- Add strong craft/super glue to inside of lid and twist on
- Shake up bottle and find the bugs (you can make it a game or practice math too. Find 2 numbers that equal 10 etc)



<http://madincrafts.com/dr-seuss-activity-make-fox-in-socks/>

Happy Birthday Dr. Seuss

March 2nd

CPR and First Aid Training

Many providers' CPR and First Aid training is expiring soon. Please double check your dates and get signed up for a class ASAP. If you are not certified your license will become invalid and you will not be able to claim.

Karen Lang

801-562-2663



CACFP SUGAR REQUIREMENTS

Yogurt and Ready to Eat Breakfast Cereal



In an effort to reduce the amount of added sugar in children's diets, the updated meal pattern places restrictions on the amount of sugar in yogurt and ready to eat breakfast cereal that can be served and claimed for reimbursement. These requirements are effective as of October 1, 2017.



Yogurt

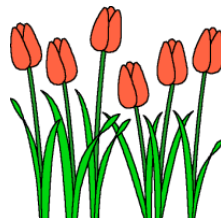
Yogurt should contain no more than 23 grams of sugar per 6 ounces.

Ready to Eat Breakfast Cereal

Breakfast cereals served to infants, children, and adults must contain no more than 6 grams of sugar per dry ounce. (21.2 grams of sugar per 100 grams of dry cereal)

Breakfast Cereal Sugar Limits

Serving Size	Sugar Limit
27-28 grams	0-5 grams
29-32 grams	0-6 grams
33-37 grams	0-7 grams
38-42 grams	0-8 grams
43-47 grams	0-9 grams
48-51 grams	0-10 grams
52-56 grams	0-11 grams
57-60 grams	0-12 grams



Yogurt Sugar Limits

Serving Size	Sugar Limits
2.25 ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
5.3 ounces	0-20 grams
6 ounces	0-23 grams
8 ounces	0-30 grams



Vietnamese Training-WVC library

April 11th—6pm-8pm

Spanish Fork Training

May 17, 2017—6pm-8pm

Claim Due Dates

January	February	March
Fri, March 31st	Fri, April 28th	Thurs, April 6th