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May 2011

Providers' Playground

What's for Snack?

Whole Grain Apple Spice Cake

Ingredients:

- 1/2 cup butter
- 1/2 cup honey
- 2 eggs
- 1 1/2 cups whole wheat flour
- 1 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1 tsp. dried ginger
- 1/2 tsp. fresh grated nutmeg
- 1/2 tsp. ground cloves
- 1/2 tsp. ground allspice
- 1/4 tsp. unrefined sea salt
- 1 cup buttermilk
- 1 cup unsweetened applesauce
- 1 apple, skinned and chopped into small pieces

Icing

- 1 cup brown sugar
- 1/2 cup whole milk or cream
- 4 tbsps. unsalted butter
- 1 tsp. pure vanilla extract
- 1/4 tsp. unrefined sea salt

Cake

1. Pre-heat oven to 350° and have all ingredients at room temperature before starting.
2. Grease and flour a 8x8 square baking pan or a 9" round cake pan. I'd also recommend lining the bottom of the pan with parchment paper.
3. In a large bowl beat butter

until light and creamy, then add honey and beat for a couple minutes more.

4. Next add one egg at a time to butter mixture beating well. If your butter starts to have a curdled look to it, don't worry, that's fine, it will all come together fine at the end.
5. In a small bowl, mix together all of your dry ingredients. In a second bowl mix together your buttermilk and applesauce. Starting with your dry ingredients, alternate back and forth adding dry ingredients and then wet ingredients. It should be 1/3 dry, 1/2 wet, 1/3 dry, 1/2 wet, 1/3 dry.
6. Fold in the chopped apple.
7. Spread cake batter in pan and bake for approx. 25 minutes or until a toothpick stuck into center of cake comes out clean. Depending on how you are serving the cake, it can be left in the pan to cool.

Slice the cake right before serving.

Icing:

1. In a small pot, melt together brown sugar, milk/cream, butter and salt. Allow mixture to come to a boil over medi-



um high heat.

2. Continue to heat until mixture reaches 235 degrees (soft-ball stage). This will take around 10 minutes, then remove caramel mixture from the heat and stir in vanilla extract.
3. Once caramel has cooled some you can add milk/cream to thin if desired. Don't pour or spread caramel icing onto cake until you are ready to serve it.
4. Icing can be made ahead of time and stored in the fridge for a week or in the freezer for several months. Simply re-heat in a small pan adding some milk to help thin it.
5. Once cake is sliced, "ice" each individual piece and serve while the icing is warm. Yum!!!
Serve with Milk.

Recipe from:
<http://www.wholegraingourmet.com>

Is your daycare Prepared?

As a child care provider it is important to be prepared for emergencies. Instead of putting yourself through additional stress in a tough situation, now is the time to be prepared for an emergency. If you don't have an emergency kit, this is the first step in being prepared. Use a backpack in case you must be mobile; it is also a good way to keep all the items together.

Your emergency kit should contain the following items:

- | | | |
|----------------------------------|-------------------|-------------------------|
| Copies of parent contact lists | Manual can-opener | Hand sanitizer |
| Flashlights with extra batteries | First aid kit | Disposable cups |
| Battery operated radio | Note pad /pen | Baby bottles/baby wipes |



Business Corner

Servings and portions... What's the difference?

Serving sizes are defined by the USDA Food Guide Pyramid as a standard amount used to help give advice about how much food to eat. It also helps us identify how many calories and nutrients are in a food. A portion is the amount of food that you *choose* to eat. There is no standard portion size and no single right or wrong portion size. However, knowing the size of a serving can help your child determine healthful portions.

Let's look at some examples:

You eat 2 waffles for breakfast

One serving from the Food Guide Pyramid is equal to 1 waffle.



So that means if you ate 2 waffles, you also ate 2 servings from the grains group.

Try these ideas to help control portions at home:

- Have your child eat food off a plate

- instead of eating it out of the box or bag.
- Don't be tempted to finish off leftover dinner the next day. Freeze leftovers as single servings so that you can pull it out of the freezer when you need a quick, healthy meal for your family.
- Be prepared and have emergency snacks on hand if your family is running late and needs a quick snack. Make your own snack bags for traveling by reading the Nutrition Facts label and placing a single serving size into plastic bags.
- Have your child measure a serving of food before sitting in front of the television or doing other activities that can distract him/her from realizing how much food is being consumed. This way your child will know exactly how much he or she is eating!

Even though the amount of 1 serving on nutrition facts labels and the Food Guide Pyramid may be slightly different it is still a great tool to help you and your child decide if you are getting

enough or too much food each day. Encourage your child to get familiar with the serving sizes because smart eating is an essential part of growing and staying healthy! *Source: <http://childcareinfo.com>*

Don't forget to BUBBLE your provider number!

Due to the high volume of claims received each month, it is important that every provider ***write and bubble*** their provider number on each page of their claim. When CMA processes claims, the computer knows who the claim belongs to by reading the bubbled provider number. If the provider number is not bubbled in, it creates an error. If the provider number is not bubbled on each page of the claim form, the claim may not be scanned properly or may not be scanned at all. Also, remember to always use a No. 2 pencil! If you need help with this, or for information on your provider number, please contact the CMA office.



Claim Due Dates

CMA

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

P: 801-566-1007
F: 801-566-1158

April Claims Due: **Thursday, May 5** Last Day for March Claims: **Monday, May 30** Last day for February Claims: **Friday, April 29**

Upcoming Trainings:

We had so much fun learning about coupons this year! Thanks to Shauntell for sharing her secrets with us! Sadly, there will be no more trainings until Fall 2011. If you did not attend a training this year, please contact CMA for an in-home training packet.



Remember, all providers and their helpers must complete two hours of CACFP training every year!

This institution is an equal opportunity provider.