

Providers' Playground



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Ants On A Log.

This healthy snack is one that kids can make all on their own. Simply spread some crunchy peanut butter and sweet raisins over celery for a smart snacking option.

- 5 stalks celery
- 1/2 cup peanut butter
- 1/4 cup raisins

Cooking Instructions:

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Ingredients:



Serve this not that!

Each month, Provider's Playground will offer some helpful advice, yummy recipes, and interesting food facts from the popular books

Navigating the supermarket takes some clever thinking and a bit of insider knowledge—keep the following rule in mind:

Serve This!	Not That!
Nature's Own White wheat (2 slices, 52 g) 100 calories, 2 g fat, (0.5 g saturated) 5 g fiber.	Home Pride Butter Top Wheat Bread (2 slices, 56 g) 140 calories, 2 g fat, (0 saturated) 2 g fiber.
General Mills Cheerios (1 Cup, 28g) 100 calories, 2g fat, (0 g saturated) 1 g Sugars, 3 g fiber.	Quaker Life (3/4 cup, 32 g) 120 calories, 1.5 g fat, (0 g saturated) 6 g sugars, 2 g fiber.
Kraft Philadelphia Whipped Cream Cheese Spread (2 Tbsp, 21 g) 60 calories, 6 g fat, 3.5 g saturated, 1 g sugar.	Kraft Philadelphia Cream Cheese (2Tbsp, 31 g) 90 calories, 9 g fat, (5 g saturated) 1 g sugar.

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This insti-

Down to Business!

Claim Deadlines:

Please remember that monthly claims must be turned into the CMA office no later than the fourth working day of the month. Claims not received by this date will be considered late and will be processed late.

scheduled trainings at this time. Please watch the mail as well as the upcoming newsletters to stay informed about future training dates. We appreciate your patience in these matters.

turned into our office. If claims turned in are not properly completed they will be sent back to you for

Please Remember:

Make sure your provider number is bubbled in on every claim form, that is



Trainings:

There are currently no

Activity Time: *Construction Paper Flowers*

These pretty flowers are easy to make and are a wonderful way to bring spring into your room!

What you'll need:

- Construction paper, your choice of colors
- Pom poms, medium or

large, your choice of colors

- Bendable straws
- White craft glue
- Scissors

Flower shaped cookie cutter (optional)

How to make it:

1. Use the cookie cutter or draw flowers [free](#) hand onto the construction paper. ([See photo.](#)) You can make larger flowers from the cookie cutter by turning it over and tracing around the outer edge instead of inside. ([See photo.](#))
2. Cut out the outer shape of the flower. ([See photo.](#))
3. Next, cut into the center of the flower from the side of one of the

- petals, and then cut a small circle out of the middle. ([See photo.](#))
 4. Overlap the two petals between the cut line and glue together. ([See photo.](#))
 5. Put some glue onto the pom pom and place in into the center of the flower. ([See photo.](#))
 6. Carefully turn the flower over and glue the straw to the back end of the pom pom. ([See photo.](#))
- Stand the flower upside down and lean against

Claim Due Dates:

Last Day for April Claims:

Friday, May 4th

Last Day for March Claims:

Thursday, May 30th

Last Day for February Claims:

Wednesday, May 2



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