



Providers' Playground

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What's For Snack?

Goopy Grilled Cheese

Makes: 4 servings

Ingredients

8 slices whole wheat bread
1 tablespoon olive oil
1/4 cup fig jam or grape jelly
8 ounces thinly sliced Havarti or Monterey Jack
1 small pear, thinly sliced
Nonstick cooking spray

1. Brush one side of each slice of bread lightly with olive oil. Turn over four of the slices and spread with jam. Top each with 1/4 of the cheese and 1/4 of the sliced pear, then the remaining bread slices, oiled side up.
2. Lightly coat a griddle or large skillet with nonstick cooking spray. Preheat over medium heat. Add

the sandwiches and cook 5 to 6 minutes or until the cheese is melted, turning once to brown both sides.

Nutrition facts per sandwich: 296 calories, 9g protein, 34g carbohydrate, 13g fat (6g saturated), 4g fiber

Healthy Cooking Tips

The jam or jelly adds a hint of sweetness that brings out the sharp flavor of the cheese. "Choose an all-fruit jam with no added sugar," suggests Sari Greaves, RD, a spokesperson for the American Dietetic Association.

Secret Ingredient

Sliced pear gives grilled cheese more than 4 grams of filling fiber, so you can go easy on high-fat cheese.

Cheesy Does It

Skip fat-free cheese, which doesn't melt as well as the real thing. Opt for reduced-fat or a

small amount of full-fat cheese. **Better Than Butter** Brushing the slices with olive oil gives them a golden brown hue and heart-healthy monounsaturated fat.

From: <http://www.fitnessmagazine.com>

Serve with milk and carrot sticks.

This recipe counts toward :

- 1 grain serving
- 1/2 fruit/veg serving
- 1 protein serving



Are your meals healthy..?

Check out this cool website:

<http://www.nutritiondata.com>

What You Can Do Here:

Analyze ANY Recipe:

One of the most powerful features of Nutrition Data is that it allows you to create and analyze your own recipes in the My Recipes area.

Generate Custom Nutrition Facts Labels

Every Nutrition Facts page includes a link to a high-resolution image of a Nutrition Facts label. Use these to teach the children about the nutritious foods they are eating. You can also show them to the parents!



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Down to Business!

Summer Day Care Hours:

If your day care hours have changed for the summer months, please call CMA and let us know. Monitors do drop-in visits based on the hours providers write on their FDCH, and the meals claimed. **Please call our office and tell us if you have adjusted your day care hours for the summer months!**

Enrolling Children:

All children who are in the providers home during daycare time under the age of 13, must be enrolled regardless if they are being claimed or not.

Plan on Moving..?

Relative care providers who plan to move must tell CMA IN ADVANCE in order to continue claiming. A new relative care Certification Form and FDCH must be completed. Also a monitor must complete a visit at your new residence to ensure the home is in compliance. Please keep in mind that all adults 18 years and older that live with the provider must submit a BCI. Licensed providers who move, must obtain a new state license at their new address in order to continue claiming with CMA.



How to Make:

1. Cut photos into circles to be used as the center of the flower.
2. Cut simple flower shapes out of construction paper .
3. Glue photo circle to the center of the flower .
4. This step is optional: Glue construction paper flower to a piece of patterned paper. Cut around the flower giving your construction paper about a half-inch border of patterned paper.
5. Tape chenille stem to the back of your flower. Make sure the tape is secure by pressing onto the tape with your fingernail.
6. Trim ends of chenille to the length you desire, depending on what you are using as a vase. If making a handheld bouquet, don't trim the chenille; simply tie a ribbon bow around them all.

Bouquet of Photo Flowers

Helpful Tip:

What you'll need:

- Construction paper, various colors
- Glue stick
- Photos
- Scissors
- Tape
- Green chenille stems, one for each flower
- Optional: patterned paper

1. Instead of patterned paper, have children color white paper with various colored markers or crayons and use that as your border. 2. If you find it easier, instead of cutting around the border, trace it lightly first with a pencil, then cut. 3. Even the littlest of children can make this craft, simply help them by cutting out photos and flower ahead of time and have them help with the gluing and taping. 4. If you need a pretty keepsake vase to place your flowers in, try our Fingerprint Flower Vase!

Claim Due Dates:

Last Day for February Claims:

Monday, April 29th

Last Day for March Claims:

Thursday, May 30th

Last Day for April Claims Due:

Monday, May 6th



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'

