



Inside This Issue:

- What's for Snack?
- Fun food facts
- Business Corner
- Claim Due Dates
- Training Dates

November 2010

What's for Snack?

Winter Squash Spice Cake

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Ingredients:

- 1/2 C butter
- 1 1/2 Cup packed brown sugar, granulated sugar, or some combination of the two
- 2 large eggs
- 1 tsp. vanilla
- 1 Cup mashed roasted winter squash (any kind but spaghetti squash will work)
- 2 Cups whole wheat pastry flour or all purpose flour or some combination of the two
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1 tsp. cinnamon

1 tsp. freshly grated nutmeg and/or ground allspice

1/2 tsp. cardamom (optional but delicious)

1/4 tsp. ground cloves

1/4 tsp. freshly ground black pepper (optional)

Preparation:

Preheat oven to 325 and butter an 8x8 baking pan.

In a large bowl or the bowl or the bowl of a standing mixer, cream butter and brown sugar until light and fluffy looking, about 2 minutes.

Add eggs, one at a time, beating for 30 seconds after each addition. (this step helps build the structure of the cake, don't skip it)

Beat in vanilla and beat in the squash.

In a small bowl mix flour,

baking powder, baking soda, salt, and spices.

Add to squash mixture and stir just until completely combined. It will be a thick batter.

Pour batter into buttered pan. Bake until golden and a toothpick inserted in the center comes out clean, 50-60 minutes.

Let cool at least 10 minutes before cutting.

Serve hot or at room temperature.

Makes 9-12 servings.

Serve with milk.



Recipe from: about.com by Molly Watson

Fun Food Facts... Winter Squash

- Winter squash can be stored for 3 months or longer.
- For a quality squash, choose one that has a smooth, dry rind and is free of cracks or soft spots.
- The yellow and orange flesh of the winter squash is more nutritious and richer in complex carbohydrates, such as beta carotene, than summer squash.



• Baking squash brings out the sweet flavor of the squash by caramelizing some of the sugars. It also is the best process to conserve the beta carotene nutrients.

• Substitute any variety of cooked, mashed squash for canned pumpkin in soup, pie, cookie, or bread recipes.

From: <http://www.foodreference.com/html/artwintersquash.html>

Business Corner

CMA will be closed on Thursday, November 25th and Friday, November 26th for Thanksgiving.

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In and out times:

Please remember that in/out records must be kept for each child every day—and initialed by the parents. You should keep these records at the end of each month in your CMA binder. Please **DO NOT** turn these records in each month with your claim.

Add Nuts and Seeds to your menus!

One ounce of nuts provides about 2 to 3 grams of fiber (almonds have 4). Seeds like sesame, sunflower, and pumpkin are also fiber-rich. Toss nuts or seeds in salads for extra crunch and flavor. Sprinkle on top of yogurt or cereal. Mix into batter for muffins, quick breads, and cookies. Use as a garnish for steamed vegetables, noodles, and soups.

All providers must have TWO meal reviews in 2010:

It is a federal requirement that all providers have at least **two (2) meal reviews** each calendar year. A meal review consists of a monitor observing the preparation/service of a meal or snack to all present daycare children.

In order to ensure that your monitor is able to complete two meal reviews in a timely manner, you can help us in the following ways:

1. Always call CMA *in advance* of when you plan to be closed or out of the home during your regular daycare hours.
2. Comply with the meal-times written on your FDCH. The meal times on your FDCH

should reflect when you prepare and serve the meal, and generally should be between 15-45 minutes in length.

Monitors determine what meals to review based upon what meals are claimed by a provider. Therefore, if a provider is not observable during a meal they typically claim, it could become a concern in your operation of the CACFP.

If your monitor has completed three reviews with you this year, but was unable to complete two meal reviews, **it will be necessary for you to have more than three reviews in a year.** With the end of the review year (December 31st) rapidly approaching, it is very important that your CMA monitor is able to complete a meal review with you soon.

Claim Due Dates

October Claims Due by:
Thursday, November 4th

Last Day for September Claims:
Monday, November 29th

Last Day for August Claims:
Friday, Oct. 29



Upcoming Trainings

There will be no trainings scheduled until the beginning of 2011. Please watch for upcoming trainings in CMA newsletters. Please call in advance to register, as trainings fill up quickly!

This institution is an equal opportunity provider.