

### Providers Playground



Servings: 12  
 Serving Size: 1 cup  
 Start to Finish 15 mins.



#### What's for snack?



#### Nutty Popcorn and Fruit Mix

#### Ingredients:

- 1 package (6 to 7 cup yield) plain microwave popcorn
- Nonstick cooking spray
- 2-3 tablespoons grated Parmesan cheese
- 2 cups potato sticks
- 1 1/2 cups peanuts or almonds
- 1 cup mixed dried fruit

#### Make It:

1. Pop popcorn according to package directions. Pour popcorn into a very large bowl; coat lightly with cooking spray.
2. Sprinkle popcorn with Parmesan cheese; toss gently to coat. Stir in potato sticks, peanuts, and dried fruit.



#### Serve this not that!

Each month, Provider's Playground will offer some helpful advice, yummy recipes, and interesting food facts from the popular books "Eat This Not That!" by David Zinczenko.

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

**CMA**  
**8831 S Redwood Rd.**  
**Suite D1**  
**West Jordan, UT**  
**84088**  
**P:801-566-1007**  
**F:801-566-1158**  
**www.cmautah.net**

Serve This!	Not That!
Classico Fire Roasted & Garlic (1/2 cup, 125 g) 50 calories, 0.5 fat (0 g saturated) 320 mg sodium.	Prego Traditional (1/2 cup, 125 g) 80 calories, 3 g fat (0 g saturated) 580 mg sodium.
Pepperidge Farm Goldfish Original (55 pieces, 30 g) 150 calories, 6 g fat, (0.5 g saturated) 230 mg sodium.	Cheez-It (27 crackers, 30 g) 160 calories, 8 g fat, (2 g saturated) 250 mg sodium.

# Down to Business!

## 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.

## CMA is a Reimbursement Program

Please be aware that funds received from CMA are reimbursement for money already spent on food for daycare children.

Please do not list CMA as an employer on forms or applications. We get several calls to our office each month verifying employment for daycare providers whom we sponsor. Daycare providers participating in the CACFP program are not employed by CMA. If you have tax related questions regarding money received from the food program, please refer to an accountant or a tax advisor. CMA staff are not qualified to give financial advice.

**PLEASE, REMEMBER...**



## Upcoming Trainings:

### Bountiful Training:

- Tuesday, November 13, 2012

### Murray Library Trainings:

- Tuesday, November 20, 2012
- Tuesday, November 27, 2012

## Activity Time:



- Pencil
- Scissors
- Glue
- Black Marker
- Google eyes (optional)

1. First you will need to cut your TP rolls to the size you would like. Ours are about 2" long.

2. Now you will need to cut out shapes from construction paper. Cut your turkeys head from brown construction paper, use your thumb to trace around (older children can do this themselves, for younger children, use your own thumb to trace around). Cut out

Cut out your turkey feathers from different colors, trace around one of your fingers. Cut two feet and a red "J" for around the turkeys bill.

3. Glue your feathers on the back of the tp roll, fan style.

4. Either draw on eyes, or glue on your google eyes. Draw on a beak. Glue on your red "J" on your feet onto the bottom of the brown turkey body. Glue the entire head onto the front of the tp roll.

All you need to do is place the napkin inside and place on your holiday table!

## Turkey Napkin Holders

Here's what you'll need...

- Toilet paper roll
- Construction paper

## Claim Due Dates:

Last Day for August  
Claims:

**Tuesday, Oct 30th**

Last Day for  
September Claims:

**Thursday, Nov 29th**

Last Day for October  
Claims:

**Tuesday, Nov 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'