



Providers' Playground

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What's For Snack?

Pumpkin Apple Muffins

- 1 1/3 cups all purpose flour
- 2/3 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin spice
- 3 tablespoons vegetable or canola oil
- 1/2 cup agave or honey
- 1 egg
- 1/2 cup milk
- 1/2 cup pumpkin puree
- 1 medium apple, peeled and grated (gala, pink lady, fuji or golden delicious are good choices)



1. Preheat oven to 350 degrees.
2. Combine the first 7 ingredients in a bowl and mix.
3. In a separate bowl, whisk the remaining ingredients together.
4. Slowly add the flour mixture into the wet ingredients and stir until just combined.
5. Grease muffin tins or line them with muffin cups and fill each cup 3/4 full with the batter.
6. Bake for 20 minutes or until a toothpick comes out clean.
7. Serve.

CMA

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CMA WILL BE CLOSED
ON
THURS NOV 27TH
AND
FRIDAY NOV 28TH

Annual Training Dates

Nutrition and Wellness for Young Children

All trainings are from 6-8pm

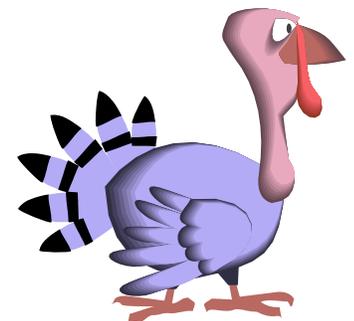
Tues, Nov 4th at 166 East 5300 South Murray Library (Tongan)

Wed, Nov 12th at 2880 West 3650 South West Valley Library

Mon, Nov 17th at 166 East 5300 South Murray Library

Tues, Dec 9th at 2880 West 3650 South West Valley Library (Vietnamese Only)

Tues, Jan 13th at 2880 West 3650 South West Valley Library (Tongan Only)



ACTIVITY TIME



Leaf Turkey

Materials Needed:

- * Leaves
- * Glue
- * Googly eyes
- * Orange red and brown paper
- * Scissors

Start by going on a leaf hunt. Glue a few leaves onto a white piece of paper. Cut out turkey body with brown paper and add some eyes, a beak gobble and

REMINDERS:

60 Day Rule: Claims submitted 60 days from the last day of any claiming month by regulation are not reimbursable.

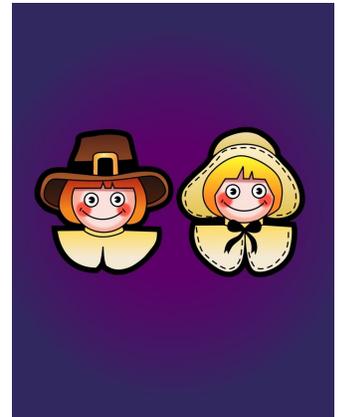
Moving: If you are planning on moving be sure to call the office before you move. Failing to call the office can result in an invalid license. Having an invalid license means you don't get paid.

Calling the Office: Providers must call the office if they are not going to be serving a meal or closing early.

Meal Times: Providers must call the office to get approval to change meal times. If you serve a meal 15min before you approved meal time the meal will be disallowed.

Thanksgiving Fun Facts

1. **Wild turkeys can run 20 miles per hour when they are scared**
2. **The Macy's Thanksgiving Day Parade began in 1924** with 400 employees marching from Convent Ave to 145th street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.
3. **Why is Thanksgiving the fourth Thursday in November?** President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.
4. **Thanksgiving was almost a fast — not a feast!** The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest
5. **No forks at the first Thanksgiving!** The first Thanksgiving was eaten with spoons and knives — but no forks!
6. **The first Thanksgiving was held in the autumn of 1621** and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers didn't survive that difficult first year in the U.S.



Claim Due Dates:

Last Day for November

Claims:

Thurs, December 4th

Last Day for September

Claims:

Friday, November 28th

Last Day for August

Claims:

Thursday, October 30th



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'