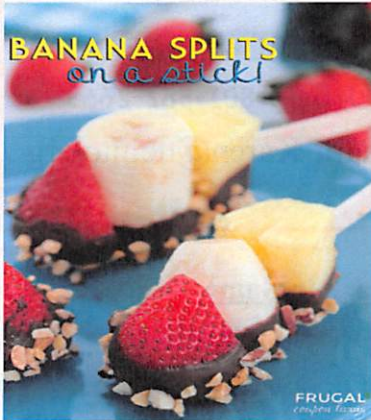




## Providers' Playground



### Banana Split Sticks

#### Ingredients:

- 3 Bananas
- 1/4 lb Cored pineapple
- 6 Strawberries
- 1 cup dipping chocolate
- 1/4 cut chopped nuts
- 12 popsicle sticks

#### Directions:

1. Cut strawberries in half.
2. For each strawberry half, cut an equal size piece of banana and pineapple.
3. Place pineapple on first, then banana and lastly strawberry.
4. Place in freezer for 10 minutes.
5. Line a tray with wax paper or parchment paper.
6. Put chopped nuts in small plate to use for dipping.
7. Melt chocolate by heating in microwave for 30 seconds, stirring and repeating until melted and smooth.
8. Dip cold fruit in chocolate, then into nuts, then place on prepared tray.

<http://www.frugalcouponliving.com/2015/04/21/banana-split-sticks/>

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CMA will be Closed the following dates:

- November 26th
- November 27th

### Funny Food Facts:

- Apple is made of 25% air, that is why they float.
- Apples, onions, and potatoes all have the same taste.
- Avocado has the highest protein and oil content of all fruits, but most of the is the healthier unsaturated type.
- Cabbage is 91% water.
- Carrots were originally purple, changing in the 17th Century to orange with newer varieties.
- Corn always has an even number of ears.
- Honey is the only edible food for humans that will never go bad.
- Lemons contain more sugar than strawberries.
- Strawberries are the only fruit which has its seeds on its outer skin.



#### CMA

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## Important Reminder!

If you are closed on weekends you still need to call the office and leave a voicemail at the office or email your monitor, so we can have it on record. Not emailing or calling can result in a NOT HOME which is counted against you.

- ◆ Doris Wolfgramm - [Doris.wolfgramm.cma@gmail.com](mailto:Doris.wolfgramm.cma@gmail.com)
- ◆ Luisa Iongi - [Luisa.iongi.cma@gmail.com](mailto:Luisa.iongi.cma@gmail.com)
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- ◆ Carli Larsen - [Carli.larsen.cma@gmail.com](mailto:Carli.larsen.cma@gmail.com)

## UEMTC

### Training Council

Offers CPR/1st aid training every other Tuesday. Just mention you are with CMA and you get the discounted rate of \$35.

### Karen Lang

Office: 801-562-2663

Email: [Karen@uemtc.org](mailto:Karen@uemtc.org)

## Upcoming Nutrition Trainings:

### WVC Library-

2880 West 3650 South, West Valley City, UT 84119

- Wednesday, November 4th- (Vietnamese ONLY)
- Tuesday, November 10th

### Murray Library-

166 East 5300 South, Murray UT 84107

- Tuesday, November 17th

## Land, Sea, Air Game

### What you need:

Tape (optional, or a bit of floor with two distinct areas laid out

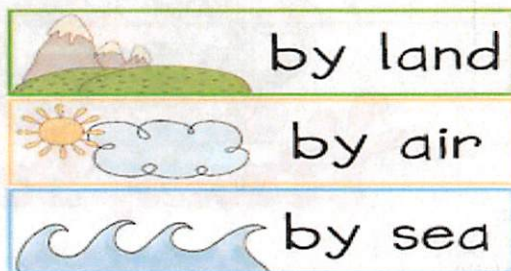
### How to play "Land, Sea and Air":

Determine which area of the floor is "land" and which area is "sea". If you are using tape, lay down a long piece. The area in front of the tape is "land" and the area behind it is "sea".

The leader calls out one of three directions: Land, Sea or Air. When she says, "Land!" the kids will jump into the land area. When she says, "Sea!" the kids will jump into the sea area. When she says, "Air!" the kids will jump into the air as high as they can.

Play continues until everyone collapses on the floor laughing. Try surprising the kids with surprise words like "Tornado!", "Earthquake!", and watch what actions the kids create.

## Kid's Activity



## Claim Due Dates:

Last Day for August  
Claims:

**Friday, October 30th**

Last Day for  
September Claims:

**Monday, Nov 30th**

Last Day for October  
Claims Due:

**Thursday, Nov 5th**



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'