

Providers' Playground

What's For Snack?



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Apple and Peanut Butter Sandwiches

To Make: Fill a small bowl with cold water and a splash of lemon juice and to avoid browning, don't skip the lemon water step. Slice an apple into 1/4" slices crosswise and using a small cookie cutter (for fun shapes) or a knife, cut out the core to make donut-shaped slices. Dunk the slices in the lemon water, drain and spread peanut butter and raisins on one of the slices, then top with another slice.

To Pack: Wrap each pre-made sandwich tightly in aluminum foil.



5 Power Foods All Kids Need..!

- **Calcium-** Calcium is vital for developing bone mass, nearly all of which is built during childhood and adolescence. Best Sources: Cheese, Yogurt, Milk, Fortified food cereals, Waffles, Juice, Soy milk.
- **Vitamin E-** A whopping 80 percent of kids under the age of 8 -- including two-thirds of preschoolers -- are missing their daily Vitamin E needs, according to studies from the University of Nebraska-Lincoln. A surprising culprit: fat-free and low-fat foods, which tend to be low in E, a vitamin that acts as an antioxidant, protecting cells from damage. Best Sources: Avocados, Nuts, Peanut Butter, Tomato Sauce, Spinach.
- **Fiber-**It's not even digested, but fiber is still important for children because it keeps them regular and fills them up. In addition, eating a fiber-rich diet may help protect them from a variety of chronic diseases later in life. Best Sources: Fruits, Beans, Chickpeas, Oatmeal, Popcorn, Nuts, Green Peas, Sweet Potatoes.
- **Potassium-** Potassium is a key player in maintaining healthy fluid balance and blood pressure and helping muscles to contract. Best Sources: Bananas, Oranges, Orange Juice, Milk, Yogurt, Fish.
- **Iron-** Iron helps red blood cells carry oxygen to cells throughout the body and plays a role in brain development -- and a chronic deficit can cause learning and behavior problems. Best Sources: Shrimp, Beef, Chicken, Beans, Whole Wheat Bread, Raisins, Lentils.

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This institution is an equal opportunity provider

Down to Business!



Enrollments:

Please remember that it is necessary to send *original* enrollments with parent signatures to the office. If faxing CMA a copy of an enrollment or an enrollment renewal, originals still must be sent through the mail. Federal rules require CMA to have original parent signatures on all documents.

Not Home Visits:

Please remember to call the office in advance if you know you are going to be closed during your regular day care hours. We have experienced a very large number of providers not available for drop in visits this summer. Please remember that not home visits may lead to corrective action and/or serious deficiency.

60 DAY RULE..!

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

Training:

It's that time again! Trainings are going to be held throughout the Fall. Please be aware that we are only holding 1-2 trainings per area. If you see a CMA training coming to your area, please sign up as soon as possible. Registering for training is **Very Important!** Trainings with low-registration numbers may be cancelled.

Upcoming Trainings

South Ogden Library

2464 Jefferson Ave, Ogden UT 84401
Wednesday, October 9th

Bountiful Library

725 South Main St. , Bountiful UT 84010
Tuesday, October 22nd

West Jordan Library

8030 South 1825 West, West Jordan UT 84088
Wednesday, November 6th



Murray Library

166 East 5300 South, Murray UT 84107
Wednesday, November 13th

WVC Library

2880 West 3650 South, West Valley City, UT 84119

- Tuesday, November 12th (**Vietnamese ONLY**)
- Thursday, December 5th

Claim Due Dates:

Last Day for July
Claims:

Friday, Sept 27th

Last Day for August
Claims:

Wednesday, October 30th

Last Day for September
Claims Due:

Friday, October 4th



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'