

Providers' Playground



What's For Snack?



Frozen "Boo"-nana Pops

Ingredients:

- 1 medium banana
- 1 cup white chocolate
- 8 mini chocolate chips
- 4 popsicle sticks

Instructions:

1. Cut the banana in half lengthwise, then in half to make four quarters.
2. Insert popsicle sticks into bananas, and freeze bananas on wax paper lined cookie sheet.
3. When the bananas are frozen, fill a coffee mug with chocolate. Melt chocolate in microwave 30 seconds at a time, stirring until the chocolate is melted and soft.
4. Dip the banana one at a time into the chocolate, scraping off the excess chocolate from the back.
5. Quickly as the chocolate chips for the eyes before the chocolate hardens.
6. Return to the freezer until frozen and ready to eat.
7. ENJOY!

of the banana, and place it on the cookie sheet lined with the wax paper.

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<http://www.skinnytaste.com/2011/10/frozen-boo-nana-pops.html>

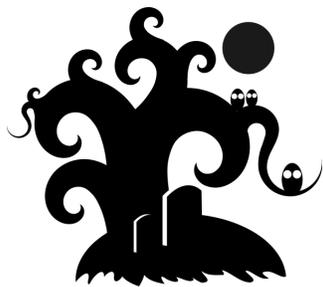


The Best Brain foods for your kids

The foods a child eats can affect focus and cognitive skills. To keep your child's brain healthy, make sure they get some of the following superfoods, which aid in brain growth, development, and function during the critical school-age years:

- ◆ Eggs are packed with protein and nutrients that help kids concentrate. Protein keeps them full during the day, and choline aids in memory development.
- ◆ Full-fat Greek yogurt is high in protein, and can help keep brain cells in good form for sending and receiving information. Dairy foods, including milk and cheese, provide protein and B-vitamins, critical for growth of brain tissue, neurotransmitters, and enzymes. Carbohydrates in dairy products are an important energy source.
- ◆ Fish, particularly salmon, contains vitamin D and omega-3s, which protect the brain from mental decline and memory loss.
- ◆ Oatmeal contains fiber and protein, and helps keep arteries clear. It provides energy and fuel for the brain, and also adds the necessary B-vitamins, vitamin E, potassium, and zinc. It will keep your child alert much longer than sugary breakfast cereal.
- ◆ Leafy greens, berries, and colorful vegetables are packed with antioxidants, which keep brain cells strong and healthy and help new brain cells grow.
- ◆ Peanut butter, or sunflower seed butter if allergic to peanuts, provides vitamin E, which protects nervous membranes. Thiamin helps the brain and nervous system use glucose for energy.

This institution is an equal opportunity provider



CMA

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For Your Information.. WIC Guidelines

Down to Business!

WIC is a supplemental food and nutrition education program for Women, Infants, and Children.

To qualify:

- ✓ Be pregnant, breastfeeding, or just had a baby
- ✓ Or have an infant or child under 5 years of age

- ✓ Need WIC foods to be healthy
- ✓ Meet these income guidelines, OR are receiving Medicaid or Food Stamps

Family Size	Monthly (Gross)	Yearly (Gross)
1	\$1,815	\$21,755
2	\$2,456	\$29,471
3	\$3,098	\$37,167
4	\$3,739	\$44,863
5	\$4,380	\$52,559
6	\$5,022	\$60,255
7	\$5,663	\$67,951
8	\$6,304	\$75,647

Effective July 1, 2015 through June 30, 2016

We DO NOT accept ANY late claims. No exceptions.

CPR/1st Aid Trainings: UPCOMING TRAININGS Nutrition Trainings:

Murray CPR/1st Aid Training

5280 South Commerce Drive Suite E100
6pm to 9pm & 35\$ at the door.
(Accepted: Cash, card, check)

South Ogden Library

2464 Jefferson Ave, Ogden UT 84401
• Wednesday, October 21st

Bountiful Library

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

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, October 20th (Tongan ONLY)
• Tuesday, November 17th

UEMTC-Training Council

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

Karen Lang

Office: 801-562-2663

Email: Karen@uemtc.org

Claim Due Dates:

<p>Last Day for October Claims:</p> <p>Thursday, Nov 5th</p>	<p>Last Day for September Claims:</p> <p>Monday, Nov 30th</p>	<p>Last Day for August Claims Due:</p> <p>Friday, October 30th</p>
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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'