



Child Management Associates

Providers' Playground

Business Corner

New Meal Pattern

As a reminder, the new meal pattern begins October 1, 2017. Please make sure you are incorporating the new changes into your menus.

CPR & First Aid Training

Please check your certification expiration date and get renewed before it expires. Remember that it must be a hands on class that includes infants. Online courses do not qualify. There are two organizations that we recommend offering classes on different days and at different locations.

UEMTC—\$35

Call CMA to sign up

National Safety Council—\$45

Steve Thorlakson 801-582-7114

Paper Claims

Please make sure you are filling out the Menu & Attendance form daily along with the bubble sheets. We are unable to process your claim if we do not receive both filled out in their entirety. The past couple of months there have been many claims turned in that were missing the total attendance filled in and/or the dates written in and bubbled. Claims will remain unpaid if they are not complete.

Annual Training

Annual training will begin after the new year. Please watch for dates as we are only offering a small number of trainings this year. As a reminder, it is a requirement of the food program to attend a 2 hour training each year.

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CMA will be closed:

Columbus Day

Monday, Oct 9th

Halloween Activity: Pumpkin Ring Toss



Standard Rules

- Pick teams
•Decide on distance from pumpkin every-one will toss from & put down a marker
•When you're ready-start tossing
•Rings count as 2 points & a ring leaning on/touching pumpkin is 1 point

FIRST TEAM TO GET 21 POINTS WINS!

Supplies

- Glow necklaces
•Pumpkins with stems

CMA

8831 S Redwood Rd #D1

West Jordan, UT 84088

(P) 801-566-1007

www.cmautah.net

http://kidfriendlythingstodo.com/2013/09/pumpkin-ring-toss-using-glow-in-the-dark-necklaces-as-rings-kid-friendly-things-to-do-com/



## Craft Time: Popsicle Stick Broom



### Supplies:

- Wavy paddle fan sticks (or any other type of popsicle stick)
- Glue
- Paint Brush
- Brown cardstock
- Marker
- Scissors
- Glitter, sequins, feather, bows etc (optional)

### Directions:

- Have children paint their popsicle stick completely brown. This is the handle of the broom. Set aside to dry.
- Trace children's hands on the brown cardstock. You will need two per child. Cut out with scissors.
- Glue handprints to one end of the popsicle stick and add any embellishments they want.

<http://www.gluedtomycraftsblog.com/2015/08/popsicle-stick-broom-kid-craft.html>

Try reading *Room on the Broom* by Julia Donaldson after you complete your own homemade brooms

## Power Foods: 5 Foods All Kids Need

Chances are, your child isn't eating enough of these crucial nutrients. Here's how to fit them in .

- **Calcium:** Milk, yogurt, cheese, tofu made with calcium (check labels), fortified foods like cereal.
- **Vitamin E:** Avocado, nuts, peanut butter, spinach, sunflower seeds, tomato sauce, wheat germ.
- **Fiber:** Fruits (raspberries, blackberries, pears), beans, whole grain bread/pasta, oatmeal, sweet potatoes.
- **Potassium:** Bananas, oranges, sweet potatoes, cantaloupe, honeydew, tomatoes, fish (halibut/cod).
- **Iron:** Shrimp, beef, chicken, beans, tomato paste, raisins, whole wheat bread, fortified cold & hot cereals (check labels).

<http://www.parents.com/recipes/nutrition/kids/power-foods-kids-need>



### What's for Snack?

#### Candy Corn Fruit Cup

#### Ingredients:

- Pineapple chunks
- Mandarin Oranges
- Whipped cream or yogurt

#### Directions:

- Add scoop of mandarin oranges to the bottom of a clear container
- Add scoop of pineapple on top of the oranges
- Top with whipped cream or yogurt & enjoy

<https://www.nelliebellie.com/candy-corn-fruit-cup/>



## Claim Due Dates



September	October	November
Thurs, Oct 5th	Mon, Nov 6th	Wed, Dec 6th

This institution is an equal opportunity provider.