

## Providers' Playground



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### What's for Snack?

#### Veggie Pizza Faces

- **Ingredients:**
  - 4 whole-wheat pita rounds (6-inch pitas work best)
  - ½ cup pizza sauce
  - 1 cup shredded part-skim mozzarella cheese
  - 4 Tbsp light ranch dressing
  - 1 cup fresh, pre-sliced vegetables such as carrots, tomatoes, zucchini, bell peppers, onions,

and broccoli

- ¼ cup sliced, pitted black olives

#### Directions:

1. Preheat the oven to 375°F.
2. Place the pitas on a nonstick baking sheet.
3. Spread 2 Tbsp pizza sauce on each; -sprinkle with cheese.
4. Using the dressing as glue, arrange the vegetables on the pitas to look like silly faces.

5. Bake the pizza faces for 10 to 12 minutes, or until the cheese melts.

#### Makes: 4

*This recipe counts as the grain and vegetable components for a snack. To make it a meal, add a salad, a glass of milk, and protein (ham and extra cheese for example).*



### Serve this not that!

Each month, Provider's Playground will offer some helpful advice, yummy recipes, and interesting food facts from the popular books "Eat This Not That!" by David Zinczenko.

#### The Big Freeze:

While not everything you find in the supermarket's freezer is nutritious, you might be surprised to learn just how many healthy frozen foods there are. Consider this:

- **Fresher doesn't always mean healthier:** Frozen foods can be not only cheaper but healthier— especially when it comes to fruits and veggies in the winter and spring months. Fast freezing means more nutrition— freezing helps food retain the majority of their nutrients better than when fresh foods sit in the refrigerator.
- **You can mix and match:** You can bolster the nutritional content of freshly prepared meals by quickly nuking up some frozen corn, peas, or a vegetable medley.
- **You can prevent freezer burn:** Meat tends to dry out in the freezer as the water molecules escape. To keep your steaks tasty longer, remove the fresh meat from its package and wrap it snugly in plastic wrap, then slip it into a freezer bag, squeezing out as much air as possible.
- **Always keep a full freezer:** Keeping a full freezer can lower your electric bill! Chilling air requires more energy than chilling food, and the more food in your freezer, the less air.

This institution is an equal opportunity provider

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# Down to Business!

## Knock, Knock!



Please be sure to answer your door! Since the majority of our visits are unannounced, we may show up at any time. Please be aware that due to federal regulations and high case loads, you may not al-

ways have the same monitor performing your reviews. CMA staff members always carry a photo ID badge so you can feel safe when we show up at your door. All providers participating with CMA must have at least 2 meal reviews and 1 file review every year. It is important that we are

able to complete these reviews in a timely manner. If you do not answer your door and/or are not available for a review, you will likely receive a Corrective Action letter. These can ultimately result in the loss of ability to participate in the CACFP.

## Training Announcement!

### Upcoming Training:

#### Murray Library:

166 East 5300 South  
Murray, UT 84107

**October 18, 2011**

6-8 pm

**AND**

**November 3, 2011**

6-8pm

#### Davis County Library (Bountiful)

725 S Main St.  
Bountiful, UT 84010

**THIS WILL BE THE ONLY TRAINING IN THE BOUNTIFUL/OGDEN/NORTH SL AREA!**

**October 13, 2011**

6-8 pm



Please remember that all providers (*and their helpers*) must attend two hours of annual CACFP training every year.

Call to register as soon as possible, classes fill up fast!

## Claim Due Dates:

Last Day for June  
Claims:

**Monday, Aug. 29**

Last Day for July  
Claims:

**Thursday, Sept. 29**

August Claims  
Due:

**Wednesday, Sept. 7**



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'

