

Providers' Playground



Inside this issue:

What's for Snack	1
Annual Training	1
Back to School Tips	2
Claim due dates	2
Activity Time	2
Reminders	2

What's For Snack?

Crinkly Carrot Fries

Instead of French fries, try this side dish. Carrots are cut into strips, tossed in olive oil and baked until tender.

Ingredients

- 1 pound carrots
- 1 tablespoon olive oil
- 1/4 teaspoon dried thyme

Make It.

Slice carrots into 1/2-inch-wide sticks using a crinkle cutter. Toss with olive oil, dried thyme, and salt. Bake at 400 degrees F for 15 to 20 minutes, or until soft, on a parchment paper lined pan.



CMA

8831 South Redwood
Rd. Suite D1
West Jordan, UT
84088
P: 801-566-1007
F: 801-566-1158
www.cmautah.net

Reminders:

1. If you changed your summer hours and meal time, be sure to call us and update your schedule for fall.
2. We will be closed on Monday, September 2nd for Labor Day
3. Be sure to submit all paperwork on time so your claim is not put on hold for missing IEF, FDCH and/or BCI's!!



Annual Training Dates

Be sure to attend your 2hr annual training for the 2013-2014 year.

We will be talking about "My Plate."

Ogden- Wednesday, Oct 9th 6-8pm at 2464 Jefferson Ave Ogden Library

Bountiful- Wednesday, Oct 22nd 6-8pm at 725 S Main St Bountiful Library

West Jordan- Wednesday, Nov 6th 6-8pm at 4834 W 9000 S West Jordan Library

More dates to come!!

This USDA is an equal opportunity provider and employer.

Back to School Tips for a Smooth Start

1. Meet the Teacher
2. Tour the School
3. Prepare with Summer Learning
4. Make a kid friendly lunch
5. Start your school schedule early
6. Drive the bus route
7. Get involved in an after school activity
8. Talk about it at Dinner
9. Buy first day outfit
10. Get Involved with your child's School.



Activity Time

Tic-Tac-Toss

Take the game of Xs and Os outside -- and into the air -- with this supersize version. On a flat surface, adhere strips of duct tape to a shower curtain liner, as shown. Use more tape to make Xs on four flying disks or heavyweight plastic plates. You'll need four more disks or plates for Os.

To play, set up a throw line, then follow the rules of tic-tac-toe. If your disk lands off the board, in an already-claimed square, or centered on a line, throw it again. For a more challenging game (or for a parent who's playing with a kid), nix the second chance for errant tosses. Use rocks to hold down the board on a windy day.

Claim Due Dates:

Last Day for June

Claims:

Thursday, Aug 29th

Last Day for July

Claims:

Friday, Sept 27th

Last Day for August

Claims Due:

Friday, Sept 6th



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'