



Child Management Associates

Phone: 801-566-1007

Website: www.cmautah.net

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West Jordan, UT 84088

REMINDERS

- **School District Information Form:** We will be sending out a form this month for you to list the school districts your children attend. This information will help make sure that school holidays and breaks are entered correctly for your children. Please fill out this form and return it to us ASAP!
- **School Schedules for Kids in Your Care:** If you have kids in your care who have new school schedules for the 2023-2024 school year or kids who are being homeschooled, please send us signed parent notes with the new schedules. When we receive these notes, we will be able to update these school schedules for you. This will keep you from being disallowed for meals when a child should be at school. **When changing a child’s school schedule please put the earliest time they will get out. This will keep you from being disallowed on early out days.**
- **Meal Time Changes for School:** Please let us know if you are adjusting your meal times for the school year.
- **How to Enroll a New Child in KidKare:**
 1. Log into KidKare.
 2. Go to the Home Page.
 3. Click on My Children.
 4. In the top right corner of the screen, click on Add Child.
 5. Fill in all of the information on the first page. Then click the Next button at the bottom of the page. Repeat step 5 for Page 2 and 3.
 6. Click the Save and Enroll button at the bottom of the 3rd page.
 7. Return to the My Children page. You should see the child you just enrolled under Pending.
 8. Click on the child’s name and this will take you to the child’s profile.
 9. Click on Enrollment Form. This will generate a PDF of the Child’s Enrollment Form.
 10. Print the form, both the provider and a parent need to sign it, and then send the signed form to CMA via Text, Email or Mail.

TEXT CMA AT

801-891-2960

Claim Due Dates

Please remember you have until the 5th business day at 9:00 AM turn your claim in on time.

Aug	Fri. Sept. 8	Oct. 20
Sept	Fri. Oct. 6	Nov. 20
Oct	Tues. Nov. 7	Dec. 20

RENEWALS

Remember to be on the look out for your renewals that come in the mail. Turning these in on time will keep your claim from being put on hold.

- **Income Eligibility Form**
- **License/Relative Cert**
- **CPR and 1st Aid**

CMA Office Hours

The office is open
Monday– Thursday
9:00 AM– 4:30 PM.

This institution is an equal opportunity provider

Materials:

- White Cardstock
- Paint
- Paint Brush
- Scissors
- Marker
- Crepe Paper
- Curling Ribbon
- Glue
- Googly Eyes

Jellyfish Windstock



Directions

1. Start by drawing the jellyfish head on the white cardstock and cut it out.
2. Let the kids paint their jellyfish head and set aside to dry.
3. While the head is drying, cut strips of crepe paper and pieces of curling ribbon.
4. Once the jellyfish heads have dried completely, have the kids glue the strips of crepe paper and pieces of ribbon on the back of the cardstock.
5. Turn the jellyfish over and glue on the googly eyes and draw on a mouth.
6. Finish by gluing a piece of ribbon at the top for hanging.
7. Enjoy making this cute sea creature craft!

Whole Grain Reminders

- All grain items served as part of a reimbursable meal in CACFP must be made with **enriched or whole grains, bran, or germ.**
- At least one serving of grains per day must be whole grain-rich.
- Homemade grain items are a delicious addition to your menu. Use whole or enriched flour when making the product. If at least 50% of the grain included in the product is a whole grain, it would count as a whole grain rich item.

There are FOUR methods that can be used to identify a whole grain-rich item.

1. **Rule of Three:** The first grain ingredient in a product is a whole grain and the second and third grain ingredients (if present) are whole or enriched.
2. **The food is labeled “whole wheat”.**
3. **The product has one of the following FDA health claims on its packaging:**

“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

4. **A product formulation statement is obtained from the manufacturer that demonstrates that the product meets the whole grain-rich requirements.**



Easy Large Meal Ideas

Sheet Pancakes



Materials: 2 cups whole wheat pancake mix, 2 cups milk, 2 tbsp oil, 2 eggs, 8 cups mixed berries

Preheat the oven to 425° F. Prepare the pancake batter as directed on the box. Mix 4 cups of the mixed berries into the batter. Pour onto greased sheet pan and bake for 12-15 minutes, until a toothpick comes out clean. Makes 16 servings. Serve with 3/4 cup milk and 1/4 cup mixed berries.

Mac and Cheese



Materials: 1/2 (16 oz) package whole wheat macaroni, cooked and drained, 1 (12 oz) can evaporated milk, 1 1/2 cups milk, 3 cups shredded sharp cheddar cheese, 1/2 cup melted butter, Seasoning to taste.

Mix all ingredients together in a large bowl. Pour into a lightly-greased slow cooker. Stir well, cover and cook on low for 3-4 hours, stirring occasionally.

Serving size: 1/2 cup. Makes 11 servings.

Crediting: 1/2 oz eq grains