



Child Management

Associates

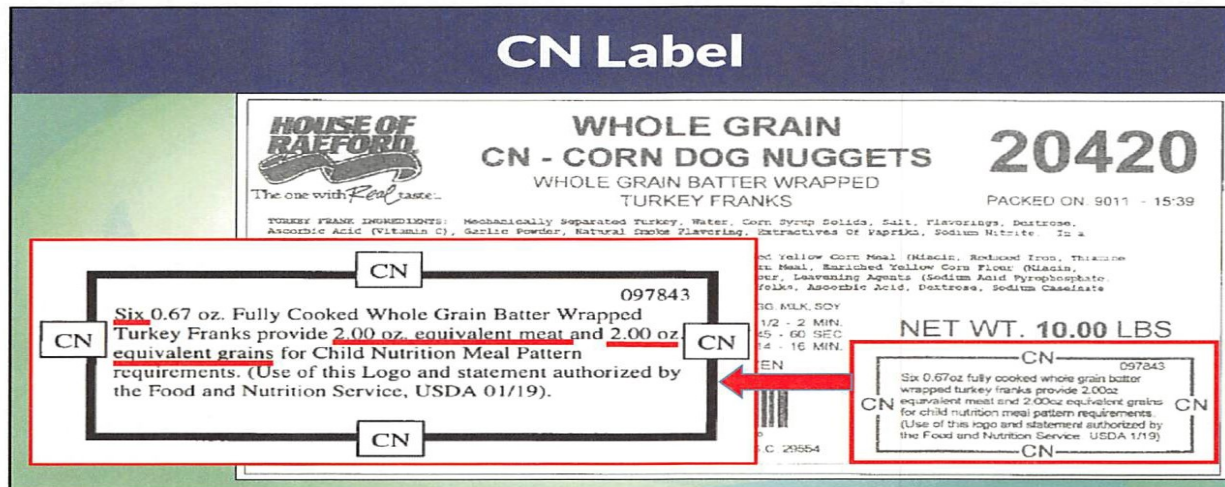
8831 S. Redwood Rd.

Suite D1

West Jordan, UT 84088

CN Label Reminders

- **What is a CN Label?** It is a label on **Store Bought Combination Foods** that specifies what components are in this meal and how much is needed of each component to be allowed to serve it on the food program. A CN Label looks like this:



- **What are Store Bought Combination foods?** Combination foods are foods that combine multiple components such as Meat/Meat Alternate and Whole Grain into one store bought item. It is impossible to measure the correct amount of Meat/Meat Alternate and Whole Grain in these items without a CN Label. You will not know if you are serving the correct amount if you use Store Bought Combination Foods without a CN Label!
- **Examples of Store Bought Combinations Foods are:** Mini Corn Dogs, Chicken Nuggets, Fish Sticks, Meatballs, Pizza, Raviolis, and Salisbury Steak.

YOU SHOULD NOT BE SERVING THESE FOODS IN YOUR DAY CARE!!!!

- 99% of Combination Foods bought at the store DO NOT have a CN Label on the box.
- If a box of Combination Food DOES NOT have a CN Label, then you cannot serve it to your children.
- If your Monitor comes to your home and you are serving these foods and they do not have a CN Label then you will be disallowed for that meal.

It is ALWAYS a better to be serving Homemade and Fresh foods rather than Store Bought Combination Foods.

Holiday Hours

The office will be closed on July 4 and July 25.

Claim Due Dates

July	Fri. Aug 5	Sept 20
Aug	Thurs. Sept 8	Oct 20
Sept	Fri. Oct 7	Nov 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



Materials:

- Red and Blue Craft Sticks
- Red, White & Blue Tissue Paper
- Ribbon
- Elmer's Glue
- Sequins, Glitter, Pom Poms

POPSICLE STICK STAR STREAMERS



Directions:

1. Start by gluing together five craft sticks to create a star shape. For maximum stability, add a dab of glue in all of the places where the craft sticks intersect one another.
2. While the stars dry, cut the tissue paper into strips.
3. Once the stars are dry, flip them over to the back side, and glue on an assortment of tissue paper streamers.
4. Once the streamers on the back side have dried completely, flip the stars over and decorate the front using glitter, sequins and pom poms.
5. Optional: If you'd like to use your stars as a hanging decoration, glue a ribbon loop to the back side for hanging. Hang up the streamers and enjoy this fun and Patriotic decoration.



Red, White and Blue Fruit Waffles



Fantastic 4th of July Snack Ideas

Materials: Whole Wheat Waffle Mix, Strawberries, Blueberries, Bananas and Yogurt (Optional)

Start by slicing the strawberries and bananas into small pieces. Next, make the whole wheat waffles. Let the kids place the strawberries, banana pieces and the blueberries in the squares of their waffle to make a flag. Optional, add yogurt, strawberries and blueberries on the side as a garnish. Enjoy this simple and Patriotic breakfast.

Fruit Salsa



Materials: Watermelon, Strawberries, Pears, Blueberries, Lime Juice, Honey, Small Star Cookie Cutter

Start by dicing 2 cups of watermelon and 1 cup of strawberries. Carefully slice the pears into thin sheets. Using the small star cookie cutter, cut a few stars out of the pear slices. Dice the rest of the pears. In a big bowl, mix together the diced watermelon, strawberries, pears and the blueberries. In a small bowl, mix together 2 tablespoons of honey and 1 tablespoon of lime juice and pour over the fruit mixture. Garnish with the pear stars, break out the tortilla chips and enjoy this summery, refreshing salsa!