Holz, Robin [IDOE]

From: Holz, Robin [ED]
Sent: Thursday, December 19, 2013 2:28 PM
Subject: Mealtime Memo December 2013

Dear CACFP Participant:

Below is the most recent edition of the Mealtime Memo for Child Care from the National Food Service Management Institute. This issue features two articles on introducing complementary food to infants.

Enjoy the holidays!

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The December 2013 issue of *Mealtime Memo for Child Care*, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

December 2013: Complementary Foods: The Importance of Developmental Readiness

Often called baby food or solid food, complementary foods offers additional nutrients when breastmilk and/or iron-fortified formula is no longer enough for healthy growth and development. As a child care provider, parents may ask you questions about starting and serving complementary foods. Understanding this, it's important to know the basics of developmental readiness and how it relates to starting complementary foods.

In this issue:

- Introducing complementary foods
- Basics of developmental readiness
- Fruit of the Month: Grapefruit
- Nutrition Fact of the Month: Overeating
- Nutrition Tip of the Month: Incorporate colorful plates and eating utensils at mealtime
- The CACFP Rock Star of the month is Ms. Lisa Barnes. Ms. Barnes is a director of a non-profit organization where she serves as a community collaborator for her local housing redevelopment and housing authority's youth afterschool program. She provides healthy meals to four public housing sites feeding in excess of two-hundred children on a daily basis.

Download past issues of *Mealtime Memo for Child Care*

Back issues of *Mealtime Memo for Child Care* posted in Spanish are available on the NFSMI Web site.

Note: *Mealtime Memo for Child Care* is available online only.

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