

Holz, Robin [IDOE]

From: Holz, Robin [IDOE]
Sent: Wednesday, January 29, 2014 11:43 AM
Subject: FW: Mealtime Memo January 2014

Dear CACFP Child Care Participant,

Attached is the most recent edition of the Mealtime Memo for Child Care published by the National Food Service Management Institute (NFSMI).

Robin Holz, MS, RD - CACFP Lead Consultant, Centers - Bureau of Nutrition and Health Services - 400 E 14th St, Des Moines 50319 -
Phone: 515.281.3484 - Fax: 515.242.5988 - www.eduateiowa.gov

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The January 2014 issue of *Mealtime Memo for Child Care*, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

January 2014: New Year, New Healthy Food Choices

2013 has passed and 2014 has begun. This is a wonderful time for everyone to begin healthier eating habits. Child care providers can be very influential in introducing healthy food items to children.

In this issue:

- Everyone's Included: Providers, Children, and Parents
- Vegetable of the Month: Jicama
- Nutrition Fact of the Month: How do you know if a product is a whole grain?
- Nutrition Tip of the Month: It is important to have a good source of Vitamin C each day.

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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