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).

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NOTICE TO RECIPIENT: THIS MESSAGE AND ANY RESPONSE TO IT MAY CONSTITUTE A PUBLIC RECORD, AND THEREFORE, MAY BE AVAILABLE UPON REQUEST IN ACCORDANCE WITH IOWA PUBLIC RECORDS LAW, IOWA CODE CHAPTER 22.

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.