

**Holz, Robin [IDOE]**

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**Subject:** FW: Mealtime Memo April 2014

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**From:** Holz, Robin [IDOE]  
**Sent:** Friday, April 04, 2014 12:39 PM  
**To:** 'cnp\_childcare@lists.ed.iowa.gov'  
**Cc:** Miller, Ellen [IDOE]  
**Subject:** Mealtime Memo April 2014

Dear CACFP Child Care Participants,

Attached is the most recent edition of the Mealtime Memo from the National Food Service Management Institute (NFSMI). We received both the April and March editions this week from NFSMI.

Robin Holz, MS, RDN - 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](http://www.eduateiowa.gov)

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

### **April 2014: Vegetable Subgroups**

A healthy diet should be full of colorful fruits and vegetables. There are a variety of vegetables to choose from that make a plate bright and colorful.

### **In this issue:**

- Variety is the Spice of Life
- Cooking with Vegetable Subgroups
- Fruit of the Month: Apricots
- Nutrition Fact: Coconut Oil
- Nutrition Tip: Sugary beverages linked to childhood obesity

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