

Holz, Robin [IDOE]

From: Holz, Robin [IDOE]
Sent: Friday, March 07, 2014 11:23 AM
Subject: Mealtime Memo February 2014

Dear CACFP Child Care Participants,

Attached is the most recent edition of the Mealtime Memo from the National Food Service Management Institute. I realize it is the February issue and it is now March (we just received it this week).

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

February 2014: Play Time is the Best Time

As a child care provider, you help children eat well and be active! Physical activity is fun and essential for children. It allows them to release some of their natural energy while teaching them good habits early in life.

In this issue:

- Health Benefits of Being Active
- Planning Play Time
- How Much Time is Play Time?
- Ideas for Movement Breaks
- Fruit of the Month: South African Baby Pineapple
- Nutrition Fun Fact: Sweet Potatoes and Yams
- Nutrition Tip: Sodium

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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