The January 2015 issue of Mealtime Memo for Child Care, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

"Setting Goals for the New Year: Happy New Year! The beginning of each year is a great time for reflection and change, reflecting on the things you did well in the previous year and making a list of the changes you wish to make in the new year."

**In this issue:**
- S.M.A.R.T. Goals
- Goal Setting
- Recipe of the Month: Berry Banana Split
- Nutrition Fact: Norovirus
- Fruit of the Month: Clementine

Download past issues of Mealtime Memo for Child Care

Previous 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.

*Mealtime Memo for Child Care* is published by the National Food Service Management Institute, NFSMI.

This message is being sent to the list of authorized representatives in CNP2000 as of 9/30/2014 and to the CACFP contacts in IowaCNP as of 12/1/2014, so you may receive it twice.