

## Holz, Robin [IDOE]

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**From:** Holz, Robin [IDOE]  
**Sent:** Friday, January 23, 2015 8:39 AM  
**To:** 'cacfp\_center@lists.ed.iowa.gov'; 'cnp\_all@lists.ed.iowa.gov'  
**Subject:** NFSMI Mealtime Memo for Child Care January 2015

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.

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