Dear CACFP Participant:

Team Nutrition along with several partners has developed a new *Fruit and Vegetable Resource* available on the Department of Education website at [https://www.educateiowa.gov/fruit-and-vegetable-resource](https://www.educateiowa.gov/fruit-and-vegetable-resource).

The *Fruit and Vegetable Resource* materials can help engage children in trying a new food and grow into adventurous eaters. The resources provide assistance with taste testing fruits and vegetables and nutrition education in the classroom. Resources include sample tasting schedule; tasting instructions for students; tasting strategies in the classroom; fun fact sheets; hand washing sign; food safety tips; words to describe foods; fruit and vegetable announcements; fruit and vegetable promotion ideas; posters; activity sheets; family newsletters; videos and songs; and free nutrition education resources.

Also attached are recipes for Flavor Shakers for Childcare to enhance the flavorful foods with less salt.

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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.