

Holz, Robin [IDOE]

From: Holz, Robin [IDOE]
Sent: Wednesday, October 01, 2014 4:01 PM
To: cnp_childcare@lists.ed.iowa.gov
Subject: New Fruit and Vegetable Resource
Attachments: Food Tasting Instructions.pdf; Flavorshakers_CACFP.pdf

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>.

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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