

## Holz, Robin [IDOE]

---

**From:** Holz, Robin [IDOE]  
**Sent:** Thursday, February 19, 2015 8:45 AM  
**To:** 'cnp\_childcare@lists.ed.iowa.gov'  
**Subject:** NFSMI Mealtime Memo for Child Care February 2015

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

"Menu Planning for Healthy Eating: It's menu planning time! Menu planning is the foundation for healthy eating in child care settings. When you have carefully planned menus that emphasize variety and are filled with healthy and appealing foods, children are more likely to try these foods."

### **In this issue:**

- Menu Planning for Healthy Eating
- Strive for Balance
- Emphasize Variety
- Add Contrast
- Think about Color
- Consider Eye Appeal
- Special Considerations
- Recipe of the Month: Yogurt Fruit Dip
- Nutrition Fact: The Importance of Water
- Vegetable of the Month: Sweet Potato

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.

Robin Holz, MS, RDN - CACFP Lead Consultant, Centers - Bureau of Nutrition and Health Services - 400 E 14th St, Des Moines 50319 -  
Phone: 515.281.3484 - Fax: 515.242.5988 - [www.educateiowa.gov](http://www.educateiowa.gov)