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From: Holz, Robin [IDOE] <Robin.Holz@iowa.gov>
Sent: Tuesday, April 07, 2015 10:27 AM
To: Holz, Robin [IDOE]
Subject: Mealtime Memo March and April 2015

The March 2015 and April 2015 issues of the Mealtime Memo for Child Care newsletter are available online.

The [March 2015 Mealtime Memo](#) featured "Snack Times are the Best Times: Planning Nutritious and Appealing Snacks for Young Children. Snack times are one of the most important times of the day because snacks make up a significant amount of a child's total daily food intake. Snacks provide children with an energy boost between meals."

In the March issue:

- Child and Adult Care Food Program
- Appealing Snacks
- National CACFP Week
- Recipe of the Month: Roly Poly Roll-Ups
- Nutrition Fact: Not All Fats are Bad for You
- Vegetable of the Month: Spinach

The [April 2015 Mealtime Memo](#) features "It's About That Time: Enhancing Nutrition Education Programs to Promote Healthy Eating Habits. Nutrition education is one of the most beneficial and rewarding ways to introduce new foods and promote healthy eating habits to young children. When children are engaged in hands-on, nutrition-related activities, they are more likely to apply the information learned in real life."

In the April issue:

- Nutrition Education and Activities and Curricula
- Week of the Young Child
- Fruit of the Month: Strawberry
- Recipe of the Month: Chicken Nuggets
- Nutrition Fact: Benefits of Physical Activity
- Nutrition Education Tips for Success

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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.

Feel free to contact me if you have questions.

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