

# Wednesday's Wisdom

June 5, 2013



ENJOY YOUR SUMMER!

## *Resources for the People You Serve*

The National Resource Center for Health and Safety in Child Care and Early Education (NRC) is pleased to announce the release of ***Stepping Stones to Caring for Our Children, 3<sup>rd</sup> Edition (SS3)***. SS3 presents 138 essential standards intended to reduce the rate of morbidity and mortality in child care and early education settings. You may access and download this document through the NRC's website at <http://www.nrckids.org/spinoff/steppingstones/index.htm>.

## **Special Nutrient Needs of Older Adults**

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health. For more information go to: <http://www.eatright.org/Public/content.aspx?id=6839>

### **Nuts and Bolts Webinar**

**When:** June 25, 2013

**Where:** The webinar will be broadcast through the NH Dept. of Education

**What:** The agenda contains information on the basic information for the Child and Adult Care Food Program.

Speakers include, but are not limited to: Carole Dennis, Tami Drake and Cheri White

*Information on registration will be emailed in the near future.*

### ***Save the Date for Nuts and Bolts!***

June 25, 2013

Nuts and Bolts Webinar for CACFP

See box to the left for more details



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The National Food Service Management Institute's monthly newsletter for the Child and Adult Care Food Program highlights nutrition related topics and activities. Please see below for information on where to find their newsletters.

Do you feel your menus are boring or unappealing to both young children and adults? Would you like to add some spark, but don't know where to start? Start with vegetables to add variety to your menus and increase appeal to young children.

## **In this issue:**

- Vegetable Group
- Vegetable Parts
- Preparing Vegetables
- Presenting and Serving Vegetables
- 15 Tips for Adding a Variety of Vegetables Without Adding Cost
- Nutrition Tip of the Month: Decorate a Nutrition Themed Bulletin Board
- What are the Facts - Dating Codes on Food Packages
- Vegetable of the Month: Artichokes
- It's News Time! National Head Start Association Conference and NAEYC Week of the Young Child
- CACFP Rock Star! Meet Darlene Vukmanic, Health and Nutrition Supervisor for Community Action Southwest of Pennsylvania Early Childhood Services - April's CACFP Rock Star!

Download past issues of [Mealttime Memo for Child Care](#)

Back issues of [Mealttime Memo for Child Care](#) posted in Spanish are available on the NFSMI Web site.

**Note:** *Mealttime Memo for Child Care* is available online only.



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