March is National Nutrition Month!

Create a Positive Mealtime Environment!

Eating environments for children may be as important as the food they eat! Positive attitudes regarding food, modeled by child care providers who sit with the children during meals, can create friendly eating
environments which help children form healthy eating habits.

Some ideas you can incorporate for an enjoyable eating environment would be to create a more home-like environment. Children could set the table using smaller plates, bowls and utensils for younger children and add small table decorations or decorate reusable name cards.

Children should be encouraged to serve themselves (with adult supervision if necessary) and to try new foods. When sitting at a table during mealtime, children may be tempted to try something new when watching what their friends are eating. Serving foods from other cultures adds variety and a chance to teach about new foods!

Remember to have a handwashing station available to teach little ones the importance of good hygiene. You could have them sing the ABC song or Happy Birthday (twice) to show how long a good washing should take!

For more information on nutrition and wellness tips for young children visit the FNS website.

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Chef Recipe of the Month Feature

March 14th is Sloppy Joe Day! The recipe for "Sloppy Joe on a Roll" is in the 21 Day Cycle Menu Toolkit found on page 29. Look for the upcoming food "VLOG" on our Facebook page as Chef Brenda demonstrates how to prepare this delicious dish!
To join our community of supporters and stay in the loop, please follow us on Facebook or Twitter by clicking on the links below!

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Encourage parents to be healthy role models with this helpful USDA tip sheet printed in English and Spanish!