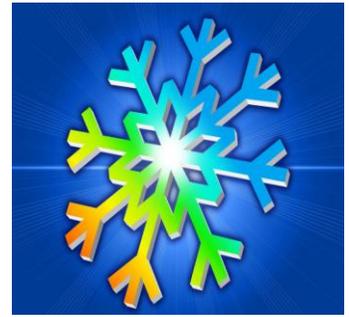


Wednesday's Wisdom

December 2013



The Bureau of Nutrition Programs and Services staff would like to wish everyone a very happy holiday season.

Farm to School/Preschool Conference



Think Spring! The Bureau of Nutrition Programs and Services is Partnering with the NH Farm to School Program to offer a conference for NSLP and CACFP Sponsors in May, 2014.

Helen Brody, Author of "New Hampshire: From Farm to Kitchen" Cookbook will be the keynote speaker at this event. More information about location and date to come!

NFSMI Offers Multiple Training Options for All Child Nutrition Programs

Free Online Courses

Visit the NFSMI website at www.nfsmi.org and click on the tab for NFSMI's Online Courses page (www.nfsmi.org/OnlineCourses) for more information.

Training Materials

NFSMI training materials (including participant workbooks and instructor guides) and other great resources such as posters, videos, webinars, and research summaries are on the NFSMI website at www.nfsmi.org. You may download and print any resource on the website for free and use for delivery of training in your area.

State and National SNA Conferences and Selected Child Care Conferences

NFSMI presents training at selected state conferences and child care conferences on a rotating basis. Visit www.nfsmi.org and watch the News, Events, Workshops and Seminars section for the latest information.



Eat Your Veggies! - Highlight - Spinach

Spinach was first discovered around 650 AD in the Middle East and later found in the United States in the early 1700's. California and Texas are among the top spinach-producing states. There are three types of spinach: flat, savoy, and semi-savoy. Spinach grows best in cool weather and planted in rich, moist soil. Spinach is filled with essential nutrients, such as vitamin A and K. Introduce spinach to your participants through educational activities, by planting it in buckets, reading stories about spinach, and adding it to the menu.