Thank you, Detroit!!
On Valentine’s Day this year, we got a present from Detroit, a whopping 44 names! We have contacted all participants to let them know our data collectors will be scheduling their visits as time allows. Our data collectors have been super about keeping up with this flood of names! Thank you to all the teachers and assistant teachers for recruiting participants for us, we couldn’t do this without you!!

Welcome!
Welcome to Patricia, our newest Data Collector in Detroit. Patricia has her Masters of Social Work from the University of Michigan with specializations in Community Organization and Families and Children. She has worked as a social worker for 30 years throughout the city of Detroit and its suburbs. She enjoys her leisure time reading, writing, and assisting her church in its community programs.

SBM Conference
Dr. Horodynski presented a poster at the Society for Behavioral Medicine conference in San Francisco, California. The topic of the poster was focus groups held with African American women, where they discussed their mealtime rituals.

NEAT-R Corner
NEAT-R is a collaborative effort between the Michigan State University research team, and a representative from each of our 8 Early Head Start partners.

On February 23, the first NEAT-R meeting was held. The MSU research team met with 6 representatives to discuss the current nutrition/mealtime assessment/evaluation needs of each program. We will be creating a tool to help meet these needs, meeting every month or so in Mt. Pleasant or via Tele-conference to discuss each step of the development process.

Representatives have agreed to meet in Mt. Pleasant on April 13, and have asked for a three hour meeting, to complete work on this exciting project. If you would like more information about the NEAT-R project, please contact our office.
**Meet our NEAT-R Partners:**
* Jillian Ritter is a Lead Home Visitor with Eight-CAP. Her office is located in Mt. Pleasant.
* Martha Putt is a Training Coordinator with MMCAA. Her office is located in Clare.
* Cathy Asplund is a Home Visitor with GCCARD. Her office is located in Flint.
* Tricia Griffka is an Area Manager with NEMCSA. Her office is located in Flint.
* Laura Barnes is a Family Support Advocate with Jump Start and Early Head Start in Ingham county. Her office is located in Lansing.
* Kim Shiery is a Program Coordinator for Jackson county. Her office is located in Jackson.
* Patrice Moesta is a Nutrition Coordinator with Carman-Ainsworth. Her office is located in Flint.
* We do not have a representative for Detroit, yet. If one of the Early Head Start teachers or assistant teachers would like to volunteer, please contact our office.

**See your rep today to share your thoughts and ideas, or to come to our next meeting!!**

**Toddler Tips**
Here are some tips on feeding your toddler from the YCOP study. To learn more about the YCOP study, contact Kaitlin McDonald at 517-355-2145

* Serve a variety of foods
* Make sure there is something your child likes to eat at each meal/snack time
* Have a schedule for meals and snacks, and stick to it
* Serve small portions
* Let your child decide if he or she has eaten enough
* Don’t worry if your child occasionally doesn’t eat at a meal or snack, have him or her come to the table anyway. This teaches your child that mealtimes are an important time to be shared by all family members.

**Vanilla Yogurt Fruit Dip**

* 1 cup of plain yogurt
* 2 tablespoons brown sugar
* 1 teaspoon vanilla extract
* Fruit slices and chunks

Mix yogurt, brown sugar, and vanilla. Dip prepared fruit pieces by hand or with a toothpick. Makes 2 servings.

For a creamier dip: drain yogurt by placing in a coffee filter in a small strainer and set over a bowl. Drain in the refrigerator for one hour to remove any excess fluid. Follow directions above.

Taken from: http://www.kaboose.com/movies/

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**NEAT Research Office HOURS**
Monday - Friday
8:30 am - 4:30 pm

If you have any news, comments, questions, or ideas to share in the NEAT newsletter, please call our office at (517) 355-6744, fax at (517) 353-8536, or email Kate (smithk81@msu.edu)

Contact us at:
MSU NEAT Research Office
Dr. Millie Horodynski
Kate Smith, Project Manager
***B 515-4 West Fee Hall
East Lansing, MI 48824

***Please note our new address***

Please visit our website: www.nursing.msu.edu/neat

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**Nutrition Education**
Aimed at Toddlers

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