



State of New Jersey

DEPARTMENT OF AGRICULTURE
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JON S. CORZINE
Governor

ALFRED MURRAY
Acting Secretary

DATE: March 2009

TO: Child and Adult Care Food Program Sponsors

FROM: Tanya D.W. Johnson, Coordinator
Child and Adult Care Food Program

SUBJECT: MARCH 2009 - NATIONAL NUTRITION MONTH

AFP	MEMO #09-6
CCFP	MEMO #09-6
FDCFP	MEMO #09-6

In recognition of National Nutrition Month, the Child and Adult Care Food Program will be offering an informational session entitled, ***Menu Planning - "The Choice is Yours."*** The purpose of this session is to provide nutritional information to enhance your knowledge, focus more on the needs of your day care participants, and help identify healthy changes you can incorporate into the USDA meal requirements.

Menu planning is an equally important aspect of the CACFP requirements and provides four major benefits – time savings, money savings, healthier meals with appeal, and success in maintaining USDA compliance. This session is also designed to help empower you to make smart nutritional choices despite the on-going challenges of the clever food marketing strategies in our fast-paced society. Help build a better future. Feed our participants well and keep them healthy by selecting one of the two days offering, *Menu Planning - "The Choice is Yours."*

The full-day session will begin at 9:30 am and end at 4:00 pm with a 45-minute break for lunch. Therefore, you may choose to bring a lunch and snack, since no refreshments will be served. We recommend that staff responsible for CACFP meal requirements attend this training. Space is limited and reservations will be accepted on a first-come, first-serve basis.

You may call Victoria Astudillo or Margaret Hughes at (609) 984-1250 to make a reservation and specify who will attend this session. **The reservation end date is March 16, 2009.**

Date: *Wednesday, March 18, 2009*

Topic: *Menu Planning - "The Choice is Yours"*

Location: Middlesex County Fire Academy
1001 Fire Academy Dr
Sayreville, NJ 08872

Time: 9:00 am – Registration
9:30 am – Workshop

OR

Date: *Monday, March 30, 2009*

Topic: *Menu Planning - "The Choice is Yours"*

Location: Human Service Facility
795 Woodlane Road
Westampton, NJ 08060

Time: 9:00 am – Registration
9:30 am – Workshop

REFRESHMENTS WILL NOT BE SERVED.

IMPORTANT!

Directions to the location of the workshop are enclosed.

Please allow sufficient time for traffic and parking so that late arrivals will not unsettle the group.

TDWJ:ciw 2009 Menu Planning- Memo:#09-6

Enclosure: Directions

DIRECTIONS TO
BURLINGTON COUNTY
HUMAN SERVICE FACILITY
795 WOODLANE ROAD
WESTAMPTON, NEW JERSEY 08060
(609) 265-5800

FROM TURNPIKE NORTH OR SOUTH Take exit 5, turn right at the light toward Mount Holly this is Route 541 South. Go through one light and just before the 2nd light bear right following directions to Woodlane Road. Go to the 1st light, which is Human Services Blvd. And make a right. Make your 1st right and go down to the flagpoles. Visitors Parking is straight ahead. Do not park in Employee Parking.

FROM 295 SOUTH (COMING FROM THE NORTH) - Take exit 47A to Mount Holly. 541 South. Go approx. 5 lights. Just before the 6th light veer to the right following directions to Woodlane Road. Once on Woodlane Road go to the 1st light. (Human Services Blvd.) and make a right. Make your 1st right and go down to the flagpoles. Straight ahead is Visitors Parking. Do not park in Employee Parking.

FROM 295 NORTH-I (COMING FROM THE SOUTH) - Take exit 45A, Mount Holly/Willingboro exit. As you exit off the ramp you will be on Beverly/Rancocas Road. Proceed straight to your 3RD light and make a left on Inck Road. Go to the next light, (Woodlane Road) and make a right. At your 2nd light, make a left onto Human Services Blvd. Make your 1st right and proceed straight pass the flagpoles to Visitors Parking. Do not park in Employee Parking.

FROM ROUTE 206 NORTH (COMING FROM THE SOUTH) - Proceed across Route 38 passing the Vincentown Diner on the left, At the next light, make a left onto Woodlane Road (Route 630). Go to the 5th light (Human Services Blvd.) and make a right. Make your 1st right and follow pass the flagpoles, proceed straight for Visitors Parking. Do not park in Employee Parking.

FROM 537 WEST (COMING FROM THE EAST) -- Proceed across Route 206, go to the 2nd light (Woodlane Road) and turn right. At your 3rd light (Human Services Blvd.) make a right. Proceed pass the flagpoles to Visitors Parking. Do not park in, Employees Parking.

**DIRECTIONS TO
MIDDLESEX COUNTY FIRE ACADEMY
1001 Fire Academy Drive – Off the Main Street Extension in Sayreville, NJ
(732) 727-0008**

FROM THE NORTH

From Route 9, South:

- Cross over the Raritan River and take the South Amboy exit.
- Make a right on to Chevalier Drive, then turn left on to Main Street.
- Make a right at the first traffic light on to Fire Academy Drive.

From Route 287:

- Take 287 South to Route 9 South.
- Follow above directions.

From NJ Turnpike:

- Take the NJ Turnpike to exit 10 on to Route 440 East.
- Take Route 9 South. Follow top directions.

From Garden State Parkway:

- Take the Garden State Parkway South to Exit 124.
- Make a right on to Main Street and take the next right on Kennedy Drive.
- At the next traffic light go across Main Street onto Fire Academy Drive.

FROM THE SOUTH

From Garden State Parkway:

- Take the Garden State Parkway South to Exit 125.
- Make a left off the ramp onto Chevalier Drive. Make the 2nd left onto Main Street.
- At the next traffic light, make a right onto Fire Academy Drive.

From NJ Turnpike:

- Take the NJ Turnpike to exit 10 – 440 East to Route 9 South.
- Cross over the Raritan River and take the South Amboy exit. Make a right turn at the yield sign (will see sign for Municipal Building and Parkway).
- Make the 2nd left onto Main Street. Make a right at the next traffic light onto Fire Academy Drive. Follow around to building.

From Middlesex County Rt. 535:

- Take Route 535 North until you cross over the Veteran's Memorial Bridge.
- Proceed to the second traffic light and make a left turn onto Main Street.
- At the fourth light make a left onto Fire Academy Drive.

From Route 9 North:

- Take Route 9 North Perth Amboy exit to the Victory Circle (before you go over the Victory Bridge into Perth Amboy).
- Go $\frac{3}{4}$ of the way around the circle and make a right onto Chevalier Drive.
- Take the 2nd left onto Main Street. Make a right onto Fire Academy Drive at the next light.