



State of New Jersey

DEPARTMENT OF AGRICULTURE
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CHRIS CHRISTIE
Governor

KIM GUADAGNO
Lt. Governor

DOUGLAS H. FISHER
Secretary

DATE: March 2012

TO: Child and Adult Care Food Program Sponsors

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

SUBJECT: MARCH 2012 - NATIONAL NUTRITION MONTH

AFP	MEMO #12-6
CCFP	MEMO #12-6
FDCFP	MEMO #12-5

In recognition of National Nutrition Month, the Child and Adult Care Food Program will be offering an informational session entitled, "*Nutrition and You*". 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. Nutrition education, which includes menu planning is an equally important aspect of the CACFP requirements and provides four major benefits – healthier meals with appeal, time savings, money savings, 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. Once the focus is on consuming more micronutrient-rich natural foods, the other important nutritional benefits automatically follow: lower sodium, reduced calories, high fiber, high volume of food, satiety, a low glycemic index, and a high phytochemical index. As this shift takes place, people are able to win back and take control of their health destiny.

Help build a better future. Feed our participants well and keep them healthy by selecting one of the two days offering, *Nutrition and You - "Making Healthier Choices Easier"*. 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 23, 2012.**

Date: *Tuesday, March 27, 2012*

Topic: *Nutrition and You - "Making Healthier Choices Easier."*

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

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

OR

Date: *Friday, March 30, 2012*

Topic: *Nutrition and You - "Making Healthier Choices Easier."*

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.

Ciw 2012 Nutrition Education - Memo: #ADC12-6, CC 12-6, FDC 12-5

Enclosure: Directions