



State of New Jersey

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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.**