Dear CACFP Child Care Participants,

Attached is the most recent edition of the Mealtime Memo from the National Food Service Management Institute. I realize it is the March issue and it is now April (we just received it this week).

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NOTICE TO RECIPIENT: THIS MESSAGE AND ANY RESPONSE TO IT MAY CONSTITUTE A PUBLIC RECORD, AND THEREFORE, MAY BE AVAILABLE UPON REQUEST IN ACCORDANCE WITH IOWA PUBLIC RECORDS LAW, IOWA CODE CHAPTER 22.

The March 2014 issue of Mealtime Memo for Child Care, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

March 2014: Healthy Meals on a Budget

As a Child and Adult Care Food Program provider, it is important to use a budget and purchase nutritious foods at an affordable cost.

In this issue:

- Planning
- Purchasing
- Preparing
- Vegetable of the Month: Bok Choy
- Nutrition Fact: Caffeine
- Nutrition Tip: Purchase and use canned food safely.

Download past issues of Mealtime Memo for Child Care