

Holz, Robin [IDOE]

Subject: Mealtime Memo March 2014

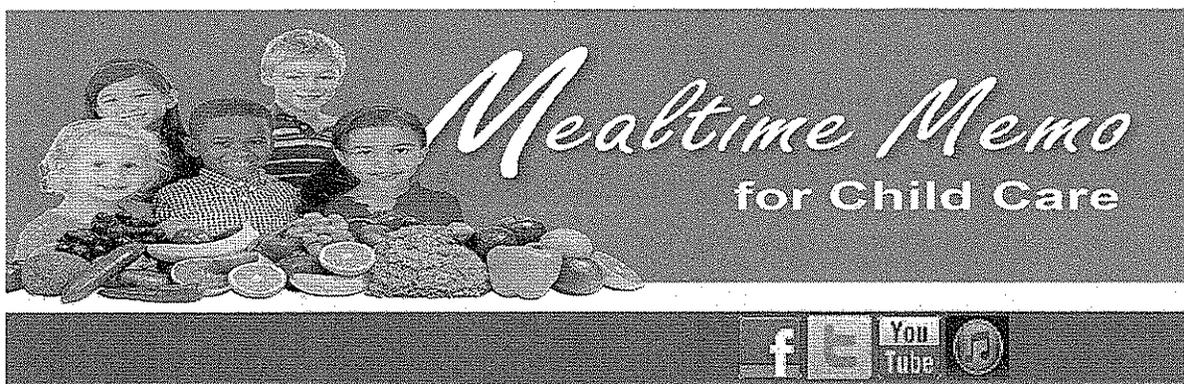
From: Holz, Robin [IDOE]
Sent: Friday, April 04, 2014 12:30 PM
To: 'cnp_childcare@lists.ed.iowa.gov'
Cc: Miller, Ellen [IDOE]
Subject: Mealtime Memo March 2014

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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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*