

August Newsletter: Back-to-School Meal Planning on a Budget

Post Test / August 2010

***Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.***

Learning Objective: After reading the newsletter, the provider understands ways to save money and time while preparing healthy meals.

1. Meal planning has additional benefits for your health because it keeps you _____
_____ of what you eat by helping you plan healthy portion sizes and balanced meals throughout the week.
2. Make fewer trips to the grocery store and save money by cutting fuel costs.
True or False
3. When you plan your meals, make better use of the food you purchase and reduce _____.
4. Buy fresh produce in season—when it's cheaper.
True or False
5. Purchase re-usable containers and lunch bags to store and transport food in order to eliminate _____.
6. Build meals around sale items featured at your grocery store.
True or False
7. Clipping coupons is a money saving habit that can really add up over the long term.
True or False
8. Buying more of your _____ when they go on sale will ensure that you always have healthy food on hand for those times when you don't know what to cook.
9. Preparing dinner "in bulk" by _____ a recipe or adding another serving or two will cost very little extra and leave you with leftovers for lunches or another dinner later in the week.
10. Meals prepared at home are often more nutritious and more expensive than restaurant meals.
True or False



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USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in


August 2010: Meal Planning on a Budget

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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