



# Fact Sheet

## Advantages and Disadvantages of Convenience Foods Time and Labor

Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Convenience foods save time by reducing meal preparation.</li> <li>• Using convenience foods require less labor.</li> <li>• Using convenience foods require less thought and effort.</li> <li>• Using convenience foods require less culinary skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking time may be increased if thawing is required or a longer baking time may be required.</li> </ul>

### References

National Food Service Management Institute. (2003). *From the Trainer's Tablet: Lessons for Family/Home Child Care Providers.*



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**For more information, contact NFSMI at 800-321-3054 or [www.nfsmi.org](http://www.nfsmi.org).**

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