



REGISTER TODAY!

Who:

- ECE program staff (classroom teachers and paraprofessionals, nutrition managers and cooks, directors, home visitors, etc.)
- Family child care home providers
- Family, friend and neighbor child care providers

Date:

Saturday, November 3rd, 2018

Time:

9am-5pm

Location:

Care and Share Food Bank
2605 Preamble Point
Colorado Springs, CO 80915

Registration is required.

Space is limited for this free course! Please register at:

<http://events.constantcontact.com/register/event?llr=cxzfapiab&oeidk=a07eflj6zf1d54299f1>

Contacts:

Ally Lee - alee@strength.org or
303.801.0321

COOKING MATTERS FOR CHILD CARE PROFESSIONALS

A CDE approved training that teaches early childhood professionals about healthy meal preparation and creating a positive food environment for the children in their care

Want to identify ways to make healthy foods appeal to kids?

Need new recipe ideas that fit CACFP guidelines?

Want to learn ways to encourage healthy eating habits?

If you said yes, come join us for a *Cooking Matters for Child Care Professionals* hands-on cooking and nutrition course at no cost to you!

Practice skills like:

- Promoting positive mealtime attitudes and behaviors
- Identifying simple, yet nutritious snacks and meals
- Organizing cooking activities for the classroom
- Safely and efficiently preparing healthy food options

After the course, you will receive:

- New, essential kitchen tools for your center or home
- A workbook highlighting information covered during the course, 34 recipes, and an activity bank
- **8 clock hours in health, safety, and nutrition**

Throughout the course, there will be hands-on food preparation of snacks and meals that will be enjoyed as a group. See you there!

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