

Cooking Matters for Child Care Professionals

This workshop includes 5 training sessions, resources, and incentives!

Receive 10 hours in HSN!

Join us for an interactive series of 5 nutrition classes to:

- ✓ Empower child care providers to provide nutritious meals and teach healthy eating habits.
- ✓ Expand your food safety and preparation skills.
- ✓ Learn new, tasty, healthy, recipes, and how to access a bounty of free nutrition education resources.
- ◆ **Participants will receive \$20 in grocery gift cards, useful kitchen tools, healthy recipes, and informative nutrition materials.**
- ◆ **Participants who attend at least 4 of 5 classes will receive a small kitchen appliance.**

These trainings are being offered as a series. To receive the final incentive you must attend 4 of 5 classes.

- ☆ *All trainings will be held virtually, using Zoom as a digital platform. You will need to download the Zoom app on your device.*
- ☆ *Trainer: Shannon La Fon, OSU - Southern Oregon Research & Extension Center*

- **Creating Positive Mealtime Attitudes: Thursday, April 8th 6:00 – 8:00pm**
Child care providers will recognize their role in establishing healthy attitudes and behaviors towards food among the children in their care.
- **Choosing Healthy Foods for Kids: Thursday, April 22nd 6:00 – 8:00pm**
Child care providers learn to make smart choices about the foods they serve to children in their care.
- **Meals that Appeal to Kids: Thursday, May 6th 6:00 – 8:00pm**
Child care providers will learn various healthy strategies to encourage acceptance of healthy food among the children in their care.
- **Partnering with Parents on Healthy Eating: Thursday, May 20th 6:00 – 8:00pm**
Child care providers will learn tips and tools for communicating with parents and staff about best practices for feeding children and how to sustain those practices through healthy food policies.
- **Menu Management on a Budget: Thursday, June 3rd 6:00 – 8:00pm**
Child care providers will learn menu planning and shopping strategies to make the most of their food dollars.

Pre-registration required – Class limited to 25 participants. Priority given to DHS Listed providers.

****Note: to register, only enter one registration request for Cooking Matters series**

Contact Devon Finley with questions - by email at devon_finley@soesd.k12.or.us or call 541-776-8590 ext. 1118.

To register fill out the online form at www.ccrnso.org or call the training line at 541-776-6768. **Register now!**

3/8/2021