



## **About Cooking Matters for Child Care Professionals**

Cooking Matters for Child Care Professionals (CMCCP), is a professional training program designed to empower providers to plan, prepare, and serve healthy meals and create a healthy food environment for the kids in their care. The modules offer child care providers hands-on practice in the kitchen, interactive discussions on ways to make healthy choices about food served to kids, and strategies to promote positive attitudes about food among kids. CMCCP addresses many of the same challenges parents have in creating healthy meals with limited resources.

### **A Glimpse of the Cooking Matters for Child Care Professionals Curriculum**

Participants will learn:

- to use Nutrition Facts labels and identify whole grains by reading ingredient lists,
- to prepare and serve healthy foods and drinks in ways that appeal to children.
- shopping techniques that help providers purchase healthier options on a limited budget,
- recipes preparation that emphasize whole grains, fruits and vegetables, lean sources of protein, and low-fat or nonfat dairy products,
- to cook “from scratch” rather than rely on prepackaged foods and create healthier versions of common “kid” foods,
- how to set goals for healthy mealtime behaviors for children in their care,
- language to use with children that supports healthy choices and self-regulation of food intake,
- to involve children in meal preparation.

**Graduates will receive 10 nutrition education credit hours.** If you are interested in Cooking Matters for Child Care Professionals or have any questions, please contact Courtney Kennedy at [ckennedy@gsfb.org](mailto:ckennedy@gsfb.org)

### **Cooking Matters Broccoli Cheddar Soup**

#### *Ingredients*

- 1 large onion
- 1 large potato
- 1 medium carrot
- 2 large broccoli crowns
- 1 medium stalk celery
- 1 clove garlic
- 1½ teaspoons canola oil
- 1 whole bay leaf
- 1 cup low-fat milk
- 2 (14½-ounce) cans low-sodium chicken broth
- 1 ounce low-fat cheddar cheese
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

1. Rinse & peel onion, potato, & carrot. Rinse broccoli & celery. Peel garlic.
2. Dice onion and celery. Slice potato and carrots into thin slices. Cut broccoli florets away from the stem. Slice stems thinly. Mince garlic.
3. Grate cheese.
4. In a large pot over medium-high heat, add oil celery and onion. Cook until soft about 6–8 minutes. Stir in garlic and cook about 30 seconds more.
5. Add potato, carrot, broccoli stems, bay leaf, milk, and broth to pot. Bring to a boil. Reduce heat and simmer until veggies are soft, about 15 minutes. Add broccoli florets in the last 10 minutes.
6. Remove bay leaf. In a blender, puree about half the soup. Return blended soup to pot.
7. Add cheese, salt, and pepper. Simmer to melt the cheese, 2–3 minutes.

