

# Cooking Matters for Child Care Professionals WORKSHOPS



**What:** Cooking Matters for Child Care Professionals is a training that teaches early childhood professionals about healthy meal preparation and creating a positive food environment for the children in their care.

**Who:** Child care providers serving primarily low-income families

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

The free trainings below are offered in collaboration with Good Shepherd Food Bank. Participants will receive handouts, recipes, and a certificate at the end of each session with contact hours.

## LESSON DESCRIPTIONS

Title	Description	Duration	Competencies
Creating Positive Mealtime Attitudes	Positive early childhood experiences surrounding food and the social environment are critical for shaping healthy eating behaviors. Child care providers will recognize their role in establishing healthy attitudes and behaviors towards food among the children in their care.	2 hours	Child Growth, Development and Learning
Safe Cooking with Confidence	Childcare providers learn to safely prepare more scratch-cooked meals for the children in their care. This training includes an overview of food skills and Child and Adult Food Care Program (CACFP) approved recipes.	1 hour	Health, Safety and Nutrition
Choosing Healthy Foods for Kids	Childcare providers play a crucial role in ensuring that children in their care get the nutrients they need to grow and be healthy. In this training, providers learn to make smart choices about the foods they serve to kids through hands-on nutrition based activities.	2 hours	Health, Safety and Nutrition
Meal Appeal	Early childhood is an ideal time to instill an appreciation for consuming a variety of healthy foods. In this training, providers will discuss various ways to encourage the acceptance of healthy foods among children in their care.	1 hour	Health, Safety, and Nutrition
Menu Management on a Budget	In this training, providers will discuss menu planning and shopping strategies they can use to make the most of their food dollars.	1 hour	Health, Safety, and Nutrition
Partnering with Parents	Children are more likely to learn healthy eating behaviors when they receive similar messages at home, in child care, and in the community. This training provides 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.	1 hour	Family and Community Partnerships
How to Save Money at the Grocery Store	This training teaches providers how to get the most nutrition within their budget by engaging them to practice food shopping skills to make healthy and affordable choices at the supermarket	1 hour	Health, Safety and Nutrition