



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY



SIGN UP TODAY FOR A COURSE!

Who:

- ✓ Center-based ECE staff
- ✓ Family child care home providers
- ✓ Family, friend and neighbor care providers

Date:

Saturday, November 11, 2017

Time:

8:30am-4:30pm

Location:

Jefferson County Public Health
645 Parfet St.
Lakewood, CO 80215

Please register at:

www.CookingMattersColorado.Eventbrite.com

COOKING MATTERS FOR CHILD CARE PROFESSIONALS

A professional development training that teaches early care and education 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 how 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!

If you have attended a Cooking Matters course more than 12 months ago, no problem! You are eligible and encouraged to register.

Practice skills like:

- ✓ Promoting positive mealtime attitudes and behaviors
- ✓ Identifying simple, yet nutritious snacks and meals
- ✓ Organizing cooking activities for children
- ✓ 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 training, 34 recipes, and an activity bank
- ✓ **8 hours of continuing-education credits**

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

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