



REGISTRATION REQUIRED

Who:

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

Date:

Saturday, March 10th, 2018

Time:

9am-5pm

Location:

Early Childhood Council
of La Plata County
130 Rock Point Dr. Suite C
Durango, CO 81301

Registration is required. Space is limited for this free training!

Please register at:

www.CookingMattersColorado.Eventbrite.com

Contacts

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COOKING MATTERS FOR CHILD CARE PROFESSIONALS

A CDE-approved 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 **FREE** *Cooking Matters for Child Care Professionals* hands-on cooking and nutrition course!

Practice skills like:

- ✓ Promoting positive mealtime attitudes
- ✓ 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**
- ✓ **Alignment with Colorado's Competencies for Early Childhood Educators and Administrators**

**For this class only:
Receive a \$10 grocery store gift card!**

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