



The Halton Resource Connection

Partner in Professional Excellence

Cook's Professional Learning Day

Do you prepare or serve food in a child care program?

Join us for a day of gathering information, learning new skills and networking with peers!

Come for a day of interactive shopping and cooking activities as well as participate in sessions on the Importance of Well Being, Cultural Cooking and Smart Strategies for Minimizing Food Waste.



Importance of Well Being:

How Does Learning Happen? *Ontario's Pedagogy for the Early Years* asks that "Early childhood programs nurture children's healthy development and support their growing sense of self." During this session we will discuss what it means, in your role, to support creating an environment that nurtures healthy development and well-being.

Facilitator: Julie Mann-Harrison, Program Support Services, Halton Region

Cultural Cooking in Child Care:

Take a trip around the world with food from different cultures! Learn about cultural food ideas, food preparation and serving methods to increase cultural inclusivity in your centre, add learning opportunities, and "flavour" the menu with nutritious recipes and ethnic menu ideas.

Facilitator: Sandra Seville, Registered Dietitian

Smart Strategies for Minimizing Food Waste:

We know throwing away food is like throwing away money. Learn smart strategies to cut food waste.

- Wise, healthy, appealing food buys that are cost effective
- Budget stretching recipes
- Tips for grocery shopping, food storage, meal and snack preparation

Facilitator: Sandra Seville, Registered Dietitian



Session Details

Date:Friday, May 26, 2017

Time:8:45am - 4:00pm

Cost:THRC Member: \$55 THRC Non-Member: \$65

Location:.....The Loft at Longo's South East Oakville
469 Cornwall Road, Oakville

Registration:Register online at thrc.ca before May 12, 2017