

Cooking Matters for Child Care Professionals

ONLINE WORKSHOPS

What: Cooking Matters for Child Care Professionals is a CDE-approved 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, friend and neighbor child care providers

The trainings below are offered online through the Colorado Shines PDIS system. Participants will receive certificates for clock hours in Health, Safety and Nutrition. These free trainings are offered through Zoom.

Following each series of workshops, participants will receive a certificate of completion for qualifying continuing education hours. Hours equate to actual number of hours taken.

Look for scheduled workshops on the Colorado Shines PDIS calendar, or contact Amber Troutman, atroutman@strength.org, 303-801-0178 to schedule private workshops for you and your staff.

LESSON DESCRIPTIONS

| Title | Description | Duration | Competencies |
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| 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 take part in hands-on activities that will show them various ways to encourage 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 |

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| Partnering with Parents | <p>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.</p> | 1 hour | Family and Community Partnerships |
| How to Save Money at the Grocery Store | <p>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</p> | 1 hour | Health, Safety and Nutrition |

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