

## **Cooks Network Meeting Minutes**

Thursday November 6, 2014 • 2:30 to 4:30 pm • ECCDC

### **1. Welcome and Introductions**

Ginette Wilson network facilitator introduced herself to the group, as an Early Learning and Child Care Program Consultant with the Early Childhood Community Development Centre. Participants introduced themselves to the group.

### **2. Acceptance of Minutes from Last Meeting**

No one present at the meeting was at the previous meeting on February 22, 2011 so the minutes could not be adopted.

### **3. Acceptance of Agenda**

The agenda was accepted with no amendments.

### **4. Round Table Discussions: sharing updates, kitchen organizing tips and time-saving strategies from network participants**

- Participants thought it would be appropriate for a representative from Niagara Region Public Health to attend future meetings when the group has specific questions and inquiries to seek clarification for.
- Participants discussed their roles within their centres, including their roles in menu planning.
- Participants were made aware the Child Care Modernization Act previously known as Bill 143 - now Bill 10 - and a proposal within it, recommending that meals are made from scratch with no ready meals used.
- CATCH – program was developed in the US but needs to be more Canadian specific i.e. nutrition needs modification. The CATCH kit has great resources and includes seed to table, music and movement, parent and staff engagement, and nutrition. The pilot project is now complete and phase 2 will begin fall 2014. The second phase will be partnered by the Niagara Region Public Health Department for child care operators, along with Brock completing the research. Final roll out to all centres during 2015.
- Participants had attended this network meeting as they were updating their centres' menus. It is recommended that centres consult Niagara Region Public Health when they revise their menus. Centres can send menu plans to the ECCDC, if desired, and the ECCDC will connect Melissa Westaby at the Niagara Region Public Health Department.
- Looked at and discussed ECCDC menus which are on the ECCDC's new website, please click on this link. <http://www.eccdc.org/community/menu-components/>.
- There was a discussion regarding juice on the menus. A participant suggested that it is okay to give to children, as long as they brush their teeth after drinking it. There are seasonal weekly menus which have been approved by Niagara Region Public Health and are on the website, please click: <http://www.eccdc.org/community/menu-components/seasonal-weekly-menus/>. Unfortunately the recipe links are not working following the changeover to the new ECCDC website; however, this is currently being looked into.
- Participants would like vegetarian recipes and recipes for children with allergies, such as milk and protein.

## 5. Network Development Activity

- **Child Care Centres Cooks' Recipe Book:** participants would like to develop this. Participants liked the idea of bringing recipes and samples to share at network meetings which could be used in a Child Care Centre Recipe Book.
- **Participation:** participants would like the network to continue and suggested that questionnaires be sent to cooks regarding network participation and raising awareness of this network through other networks.
- **Future network development:** suggested that guest speakers such as dieticians are invited to the network and linking to the resources available via Zehrs are investigated

## 6. ECCDC Website

- The ECCDC's website was shown to participants; please click on this link to view it: [www.eccdc.org](http://www.eccdc.org). However, due to software difficulties, which are being looked into, the food and nutrition information and links were shared verbally. Paper examples and information were utilized.

## 7. ECCDC Display, Resources and Training Update

- Books highlighted and resource list were made available to participants, please see attached with the minutes.

## 8. Meeting Evaluation

## 9. Next Meeting Date

Participants would like to meet twice a year.



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**Resource Library & Workroom Services**



Resource Listing  
 Cooks Network

Catalogue Number	Item	Type	File Number
<b>Resources Available for Borrowing</b>			
1816	Meals Without Squeals: Child Care Feeding Guide & Cookbook	Planning & Research Documents	COO.0016.00
2261	Kid Favourites Made Healthy	Planning & Research Documents	COO.0009.01
5047	More Peas Please – Solutions for Feeding Fussy Eaters	Planning & Research Documents	COO.0021.00
145	The Fussy Eaters' Recipe Book	Planning & Research Documents	COO.0006.00
1978	Snacktivities!: 50 Edible Activities For Parents And Children	Planning & Research Documents	COO.0015.00
5046	Diabetes, Snacks, Treats, and Easy Eats for Kids - 30 Recipes for the Foods Kids Really Like to Eat	Planning & Research Documents	COO.0004.00