

## Child Care Centre Cooks Network Minutes

Tuesday April 24<sup>th</sup>, 2017 2:00-4:00pm

Early Childhood Community Development Centre

### 1. Welcome and Introductions

In attendance: Natalie Lane, Sheri Doorten, Donna Gilmore, Maria Hoyos, Deborah Ryan, Stan Scott, Carole Turcotte, Elizabeth Van Dyk, Rebecca Wiebe

- Regrets – Maria Aindow, Patricia Couroux, Public Health

### 2. Acceptance of Minutes from Last Meeting

Accepted

### 3. Acceptance of Agenda and Additions

Accepted with no amendments

### 4. Future Network Development Activity – Used a Reflective Practice Model to determine next steps for the network meeting. Summary of topics for further discussion below:

#### **Community Partners that can contribute to the Child Care Centre Cook's Network:**

Loblaws with cooking events/kitchen classes/nutrition workshops

Samplets

#### **Resources that could be highlighted and available:**

SEESAW – attending a session and/or getting more information related to the initiative

Resources regarding getting families to try new things and encourage healthy eating.

Create a cookbook/calendar cookbook for the network with recipes, tips and tricks and reminders – exchanging recipes with other cooks (some being quick 3-4 ingredient recipes)

Sharing tips and tricks with each other ex: doing baking on soup and sandwich day to make the most of time, helpful fact sheets and handouts

#### **Innovative ideas for resources and/or connections with community partners:**

Providing information sessions/group tours on the following subjects: reading labels properly and effectively, allergies, different types of meals to prepare

Information on how to serve children in different ways ex: adding different ingredients to build their own salad, aesthetic appeal and food presentation for children and food portioning

**It was determined for the next network to have an information night/group tour at a grocery store in St. Catharines with information on “reading labels and identifying different ingredients.”**

### 5. Round Table Discussions

- Round table updates:
  - A centre offered suggestions on modeling good eating habits with the children at lunch time.
  - Another centre suggested offering new items on the menu to try at different times of the day. Ex: while the children have free play, offering a small piece of a new fruit or vegetable on the menu.
  - It was also mentioned that children should have the opportunity to explore with their senses new foods such as the shape, smell, color, taste and even sound it can make.
  - A centre shared their idea of hosting a family night where the families had the opportunity to try different

recipes of a new menu and interact with each other. Another did something similar with a chili night where the families could sample the chili made by the children.

- Sharing information from local Loblaws Dieticians – participants received a handout for two upcoming nutrition workshops offered, “52 ways to love sweet potatoes” handout, “Road trip Snacking tips for Kids” handout and “Safe food Handling for children ages 5 and under” handout

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- Review and discuss Phase 2 of the Child Care and Early Years Act, 2014 specific to nutrition and menu planning – Although there weren’t any questions, centres shared how they have drinking water available with jugs to bring outdoors, plastic cups, water bottles, and drinking fountains available to the children for self-serving
- Discuss the Menu Planning & Supportive Nutrition Environments in Child Care Settings document –

Question was asked “Is Coconut Milk safe to use?” – The answer was found in Menu Planning document – No. Not suggested to use.

Cooks also discussed the document and its wealth of information. Each centre should have one in the SEESAW kit provided by Niagara Region.

Document can be found at: [www.odph.ca/child-care-resources](http://www.odph.ca/child-care-resources)

6. ECCDC Resource Display – Resource listing and display discussed – several resources borrowed

- Highlighting Upcoming Professional Learning Opportunities in Spring Esteem
- Mention of ECCDC’s Stakeholder Survey running until May 31<sup>st</sup> – be entered in a draw for a chance to win a \$75 gift certificate

7. Meeting Evaluation