

## Child Care Centres Cook's Network Meeting Minutes

Tuesday April 9, 2019 2:30 – 4:30 p.m.  
Early Childhood Community Development Centre

1. Welcome and Introductions
  - Regrets – Public Health unable to attend
2. Acceptance of Agenda
  - Reviewing the agenda and adding additional areas - accepted
3. Updates
  - Niagara Public Health- No updates not able to attend
4. New Canada's Food Guide
  - Discussion around new food guide and any changes made to current menus
  - More details at <https://food-guide.canada.ca/en/>
  - Resources available in both English and French
  - Resources handed out to participants to review
5. Paint Your Plate
  - Shared the Paint Your Plate Toolkit for Ontario Child Care Providers
  - Reviewed some of the videos available that could be shared with both educators and families
  - More details available at <https://www.odph.ca/paint-your-plate-english>
  - Resources are available in both English and French
  - Resources handed out to participants to review
6. Discussing Issues and Brainstorming Solutions
  - Would like more network meetings to discuss changes and challenges
  - Interested in tours of centres for more ideas
  - Find the sharing of ideas to be helpful
  - Conversation around how can we connect with educators for food introduction ie. Role modeling of eating different foods.
  - Many centres working towards seed to table ideas
7. Future network development
  - Cookbook for recipes
  - Would like to have a dietician attend the meeting to support menu planning and to ask questions
  - Conversations around the parameters of children trying food
  - Looking for webinars/websites for cooks to access resources to support menus, recipes
  - Anything further with SeeSaw in regards to food preparation
  - Have a chef/baker attend for a cooking seminar
  - Shared resources of different distributors regarding food delivery

8. Meeting Evaluation

**Next meeting date – Tuesday November 5, 2019 2:30 – 4:30 at LaBoîte à soleil Head Office**