

Child Care Centre Cooks Network Minutes

Tuesday October 2, 2018 2:30-4:30 p.m.

Zehrs - Fairview Mall, St. Catharines

1. Welcome and Introductions
2. Acceptance of Minutes from Last Meeting - yes
3. Acceptance of Agenda and Additions – yes – shifted agenda around to accommodate Public Health and Niagara Region for SEESAW materials
4. Public Health Update –
 - Receipts of groceries, repairs, maintenance, pest control etc. need to be kept for a minimum of a year. If you are a tenant that does not take care of those financial costs its best to keep documentation of what has been repaired etc.
 - Niagara Child Care sector inquired about the request for driver’s license being provided during Public Health visits and centre staff are not required to provide it but can if they feel comfortable doing so.
 - Public Health has now removed the need for following “safety measures” of cooking temperatures as hot or cold holding units have thermometers
 - All things that are kept on wood such as skids have to be wood that is treated and sealed
5. Update from Niagara Region – SEESAW
 - A presentation was made by Sharon Milne from Niagara Region Children’s Services from the SEESAW program regarding menus and healthy eating.
 - A package was given to all those in attendance with details, menus.
6. Zehrs – Grocery store tour
 - Zehrs dietician took the group on a store tour and answered questions as they went through regarding allergies, healthy choices, star program
 - Dietician provided some tasting opportunities from items viewed on tour
 - Dietician offered group a goodie bag with coupons, recipes, samples and ways to get into contact with dieticians.
7. Round Table Discussions
 - Group looked at how often they would like to meet (3 times per year from 2:30 – 4:30 p.m.)
 - Ideas for meetings
 - Niagara Region support for menus
 - Upcoming changes to Canada’s Food Guide
 - Tour of centres kitchen facilities
 - Visit for chef for food prep ideas
8. Meeting Evaluation