

## Cook's Network Meeting Minutes

May 25 2020

1. Welcome and Introductions
2. Acceptance of Agenda
  - Reviewing the agenda and adding additional areas – accepted
3. Housekeeping –
  - How to “Raise Hand”
  - Chat Box
  - ECCDC website
    - What's New Section
    - COVID-19 webpage
  - Couch Exchange Bulletin
  - Lending Library – curb-side pick-up
  - Updates on networks and spring training new dates
4. Mindful Moments
  - Can find at [eccdc.org](http://eccdc.org)
5. Food Demonstration
6. Chocolate chia pudding
7. Sharing Resources
  - Niagara Region Public Health
  - Changes in Canada's food guide
  - ECCDC's webpage – Helping Children Learn Healthy Food Habits
  - Sustainontario.com – strategies to share with educators and families
8. Questions and Connections
  - Getting the food to the children – new protocols from COVID
  - Superstore Meal Planning
  - Helping to prevent the spread when returning to work – safety protocols
  - Send ECCDC any recipes that go well at your centre – community cookbook
9. Next meeting date June/Fall 2020
10. Evaluation sent electronically