

Cooking Matters For Child Care Professionals

is a 10 hour professional development program, appropriate for both home-based and center-based child care professionals.



 **Safe Cooking With Confidence**

 **Choosing Healthy Foods for Kids**

 **Meals that Appeal to Kids**

 **Menu Managed on a Budget**

Flexibility in scheduling as either one long day or several shorter sessions

There is **no cost** for the site offering the program

A curriculum book and incentives are provided to all participants

Opportunity to learn something new that also helps providers in their day-to-day lives

Recipe prep and samples included

Hands-on approach with practical tips, recipes, and activities they can do with kids, rather than theory-focused

 **Creating Positive Mealtime Attitudes**



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COOKING MATTERS[®]
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