Cooking Matters For Child Care Professionals

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

There is no cost for the site offering the program.

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

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.

Safe Cooking With Confidence

Choosing Healthy Foods for Kids

Meals that Appeal to Kids

Menu Managed on a Budget

Creating Positive Mealtime Attitudes

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Stephanie Berno
sberno@houstonfoodbank.org
832-369-9209