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
- Creating Positive Mealtime Attitudes

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

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Filling pantries. Filling lives.