



early childhood community development centre

Cooks Network Meeting
Monday, October 18, 2010
2:30 to 4:30 pm
Meeting Minutes

Meeting Highlights:

- ▣ 3 members in attendance.
- ▣ Discussion and strategies related to preparing vegetarian dishes.
- ▣ Further development and design of cook's recipe book.

Information, Ideas and Tips Shared:

- ▣ The network group shared tips and strategies for introducing new foods and menu items to children and staff.
- ▣ An update on Brantford Cooks Conference was shared by network participants.
- ▣ Network members shared seasonal recipes for the upcoming cookbook.
- ▣ Network participants previewed samples of new supplementary resources related to nutrition and healthy food choices that are now available through the ECCDC lending library.
- ▣ Further information related to the benefits of group memberships was provided to participants.
- ▣ Discussion around getting a greater number of cook's participating in the network meeting included incentives for attending network sessions.

Work Produced, Actions Taken, or Decisions Reached:

- ▣ The group chose the categories that will be included within the Cook Book:
 - snacks
 - salads
 - casseroles
 - side dishes
 - chicken recipes
 - fish recipes
 - beef recipes
 - pork recipes
 - vegetarian/vegan recipes
 - desserts
- ▣ Suggestions for upcoming speakers and topics to explore for the coming year included;
 - A representative from Sysco to provide a demonstration of new products available in addition to asking a dietician and health inspector from Public Health to visit the Network in future months as in past years.

Resources required for next meeting:

- ▣ Cooks are asked to bring in 1-2 recipes for each of the categories above for next meeting
- ▣ Interest/numbers for Food Handler's Course so ECCDC can follow up if interest warrants.
- ▣ Resources listing of cook/recipe/food books available through the lending library- ECCDC
- ▣ Further information related to food conference held at Niagara College.
- ▣ **NEXT MEETING DATE: Wednesday February 9th, 2011 @ ECCDC 2:30 – 4:30**