



early childhood community development centre

**Cooks Network Meeting**  
**Tuesday, February 22, 2011**  
**2:30 to 4:30 pm**  
**Meeting Minutes**

**Meeting Highlights:**

- ▣ There were three (3) members in attendance at the Cook's Network Meeting, representing 3 licensed child care programs.
- ▣ Network Participants engaged in discussions and offered strategies to one another for planning and preparing vegetarian dishes and menu plans.

**Information, Ideas and Tips Shared:**

- ▣ Network participants engaged in a round table discussion and shared solutions, ideas and suggestions for introducing new foods and menu items to children and staff including; vegetarian menu items.
- ▣ A variety of seasonal recipes were shared and added to the recipes that have been put aside for the upcoming collaborative cookbook.

**Work Produced, Actions Taken, or Decisions Reached:**

- ▣ The group brainstormed ideas for titles for their collaborative cookbook. Everyone seemed to like "Niagara's Child Care Centre's Cooks Network Recipe Book.
- ▣ Participants also discussed the layout of the recipe book. (some sort of colour coding if possible when formatting) and additional design plans.
- ▣ The group decided to plan to have the recipe book formatted prior to the next meeting.
- ▣ Participants searched through ECCDC cooking resource books for more recipes to fit into the previously chosen recipes categories as listed below
  - snacks
  - salads
  - casseroles
  - side dishes
  - chicken recipes
  - fish recipes
  - beef recipes
  - pork recipes
  - vegetarian/vegan recipes
  - desserts

Lastly, ECCDC Staff provided a sample of Vegetarian chili for network participants to taste and share the recipe which using TVP (textured vegetable protein)

**Resources required for next meeting:**

- ▣ Rough format of recipe book for review by cooks
- ▣ **NEXT MEETING DATE: Tuesday October 4<sup>th</sup>, 2011 @ ECCDC 2:30 – 4:30**