



early childhood community development centre

Cook's Network Meeting
Monday, January 25, 2010
2:30pm to 4:30pm
Meeting Minutes

Meeting Highlights:

- ▣ Recipes for Cook Book
- ▣ Updates & Sharing Opportunity

Information, Ideas and Tips Shared:

Menu Planning Open Discussion

- ▣ Use apple pie filling in pancakes
- ▣ To cool soups for little ones use frozen veggies rather than ice cubes – more nutritional
- ▣ Sharing of recipes for possible cook book
 - Homemade Chicken Soup with Dumplings
 - Veggie Lazy Lasagna
 - Butternut Squash Soup
 - Mini Meatloaves
 - Quesadillas
 - Lentil or White Bean Soup with Ham
 - Homemade Tomato Sauce
 - Beef Stroganoff

Websites & Cook Books of Interest:

- ▣ www.allrecipes.com
- ▣ Bisquick cook book
- ▣ John Paré
- ▣ Philadelphia Cream Cheese

Resources Available ECCDC:

- ▣ Listing of resources available related to other new resource books that have been added to the Cooking section of our library
- ▣ Free copy of newsletter “Healthy Start For Life – Eating Well Together Meal Planner”, includes tips on planning meals & snacks, sample menu plan, quick links to sites & recipes, references to food allergies & food safety, and other useful information.

Work produced, actions taken or decisions reached:

- ▣ Link with Brant for Conference for 2010 – Brant will be having conference no date confirmed
- ▣ Possible Recipe Book developed still to be explored further
- ▣ Resource listing distributed and display reviewed
- ▣ Next meeting cooks want to bring sample of favourite dish for everyone to try

Resources required for next meeting:

- ▣ Follow-up with information on Brant Conference 2010
- ▣ **Bring your favourite dish for everyone to sample**
- ▣ Discussion item Importance of cooks and their responsibilities
- ▣ Display & Resource Listing
- ▣ Bring 3 of your favourite recipes for recipe book
- ▣ Next Meeting date: **Monday, April 26, 2010 from 2:30pm to 4:30pm at the ECCDC**