

Cook's Network Meeting Minutes

Thursday April 30 2020

1. Welcome and Introductions
2. Acceptance of Agenda
 - Reviewing the agenda and adding additional areas - accepted
3. Housekeeping –
 - How to “Raise Hand”
 - Chat Box
 - ECCDC website
 - What's New Section
 - COVID-19 webpage
 - Couch Exchange Bulletin
 - Lending Library – curb-side pick-up
 - Updates on networks and spring training new dates
 - Canada's food Guide
 - Superstore Cooking Demonstration potentially moving to Fall 2020
4. RAIN Exercise
5. Food Demonstration
 - Chickpea tuna sandwich
6. What to do to get children eating different variety of food?
 - Get them involved
 - Hiding some vegetables
 - Talking with parents about different ways to introduce
 - Gardening with the children
7. Next meeting date May 2020
8. Evaluation sent electronically