


Cook's Network

Agenda

- Welcome and Introductions
- Cooking Demonstration
- Sharing of Resources
- Brainstorming
- Questions and Connections
- ECCDC Resources
- Next Steps



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Welcome and Introductions

- We invite participants to say good afternoon, what program they are working within and share what they have been focusing on in their role.



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Cooking Demonstration

- Join ECCDC's own Katie-Lynn Parkinson for a cooking demonstration of Sweet Potato and Green Bean Casserole – Sweet Potato Soul by Jenne Claiborne



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Resources

- https://www.niagararegion.ca/living/health_wellness/food-safety/default.aspx
- In what ways have you explored Niagara Region Public Health webpages on health and wellness?
- Ontario Dieticians in Public Health - <https://www.odph.ca/child-care-resources>
- Review of resources
 - Sustain Ontario - <https://sustainontario.com/>
 - ECCDC Webpages <https://eccdc.org/>
 - Feel Good February



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Brainstorming


- Round Table Discussion for Brainstorming Challenges and Solutions



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Questions and Connections

- Participants are encouraged to ask questions and make connections.



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ECCDC Resources and Services Available

- www.eccdc.org
- ECCDC Services extending to February 9, 2021
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 3:00 -7:00 p.m., Friday and Saturday 1:00 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through www.eccdc.org/shop or by email eccdc@eccdc.org or by phone 905-646-7311 ext. 304



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Next Steps

- What are topics you would like to explore in our 2021 network meetings?
- Follow up to today's network meeting.



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