


LCC Cook's Network

Agenda

- Welcome and Introductions
- Mindfulness Moment
- Reflection on Resources
- Self Reflection on Journey
- Well-Being
- Brainstorming
- Recipes
- Questions and Connections
- Resources Available
- Next Steps



1

Welcome and Introductions


- We invite participants to say good evening and share the centre they work for and what they have been focusing on in their program.



2

Mindfulness Moment

- A Mindfulness Practice



3

Reflection on Video and Article

- Ontario Dietitians Child Care Resources
- Smoothie Demonstration
- LCC Cook Network Resource Listing



4

Personal Reflection on Your Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



5

Well-Being

- How have you been supporting your own well-being?



6

Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



7

Recipes

- Please feel free to share any recipes from your centre that you may be using in your Summer menu rotation.



8

Questions and Connections

- Participants are encouraged to ask questions and make connections.



9

Resources Available

- www.eccdc.org
- ECCDC Services extending until further notice
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 8:30 – 8:00 p.m., Monday, Friday and Saturday 8:30 – 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



10

Next Steps

- What are topics you would like to explore in our 2021 network meetings?
- **Next Meeting** – Monday November 15, 2021 2:30 – 4:00 p.m.



11
