

We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.

---

---

---

---

---

---

---

---

---

---

1

### LCC Cooks Fall 2023 Network

- Agenda
- Welcome and Introductions
  - Mindfulness & wellbeing
  - Reflection on Resources
  - Round Table conversations-Brainstorming, Questions and Connections
  - Recipes
  - QCCN update
  - Resources Available
  - Next Steps




---

---

---

---

---

---

---

---

---

---

2

### Welcome and Introductions

- We invite participants to say good afternoon and share a how you are supporting your mindfulness and incorporating mindfulness in your program.




---

---

---

---

---

---

---

---

---

---

3

### Mindfulness Activity



4

---

---

---

---

---

---

---

---

### Reflection on Resources

- Common Food Allergen Substitutions for Child Care Settings
- [allergy-subs-list-Updated-JUNE-19-2020.pdf](#)
- Food Allergy Canada
- [https://foodallergycanada.ca/wp-content/uploads/Food-allergen-substitution-chart\\_Linda-Kirste-RD.pdf](https://foodallergycanada.ca/wp-content/uploads/Food-allergen-substitution-chart_Linda-Kirste-RD.pdf)



5

---

---

---

---

---

---

---

---

### Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



6

---

---

---

---

---

---

---

---

### Recipes

- Please feel free to share your favourite snack time recipes in your centre.



7

---

---

---

---

---

---

---

---

### QCCN Update

- For further information, suggestions on future Conversation Café topics and support implementing QCCN Tools and Resources, please contact Priyanka Tan, Quality Child Care Niagara Coordinator, at [ptan@eccdc.org](mailto:ptan@eccdc.org) or 905-646-7311 ext. 306



8

---

---

---

---

---

---

---

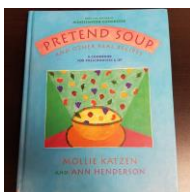
---

### Reflection on Resources

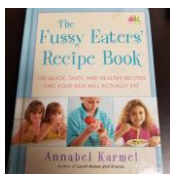
#### Lending Library



Diabetes, Snacks, Treats, and Easy Eats for Kids - 30 Recipes for the Foods Kids Really Like to Eat



Pretend Soup And Other Real Recipes - A Cookbook for Preschoolers & Up



The Fussy Eaters' Recipe Book



9

---

---

---

---

---

---

---

---

## ECCDC Resources

- Becoming Rainbow Food Explorers Series: A Joyful, Sensory Approach to Food Education in the Early Years (3 Webinars) - New Dates
- With Janet Nezon

### • Workshop One, Thursday October 26

- Participants will:
  - Explore the concept of food literacy and why it's so important in today's world.
  - Discover the key ingredients in Rainbow Plate's colourful and evidence-based approach.
  - Participate in a hands-on food activity to experience firsthand the impact of this joyful, sensory approach

• <https://eccdc.eccdc.org/workshop-register/?ee=1238>



10

---

---

---

---

---

---

---

---

---

---

## ECCDC Services Update

- Check us out online at [www.eccdc.org](http://www.eccdc.org) or in person at 3550 Schmon Parkway, Thorold.
- We are open for members to visit onsite, safe curb-side pick up and drop off of resources. We are also making resource deliveries directly to centres. Please contact the ECCDC at 905.646.7311 ext. 304 to make arrangements.
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance? We offer an online [estore](#) of items including Personal Protective Equipment
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. [Click here](#) to see what we have scheduled or register for one of our sessions.



11

---

---

---

---

---

---

---

---

---

---

## Next Steps

- What would the network like for next steps?
- Next Meeting Date:
- January 15, 2024 – Virtual



12

---

---

---

---

---

---

---

---

---

---