

## LCC Cook's Fall Network

### Agenda

- Welcome and Introductions
- Mindfulness Moment & Well-being
- Updated Canada's Food Guide
- Reflecting on Resources Available
- Brainstorming & sharing solutions to challenges
- Next Steps



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## Welcome and Introductions

- We invite participants to say good afternoon and share the centre they work for and what they have been focusing entering into fall.



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## Mindfulness at Work – Devereux Centre for Resilient Children



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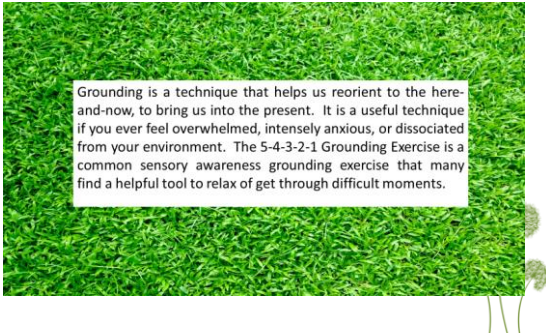
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### Mindfulness at Work – Devereux Centre for Resilient Children



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### 5-4-3-2-1 Grounding Exercise

- **5 – LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- **4 – FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
- **3 – LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- **2- SMELL:** Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.
- **1 – NAME:** Name 1 good thing about yourself.

Mindfulness at Work – Devereux Centre for Resilient Children



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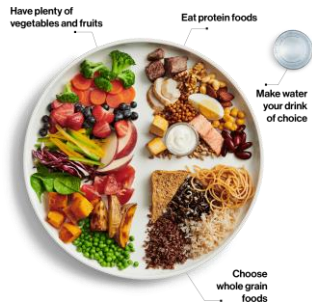
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### Canada's Food Guide



• Updated <https://food-guide.canada.ca/en/>



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### Canada's Food Guide

- Things to consider
- Cooking food from different cultures
- The atmosphere of eating with others
- Eating indoors and outdoors



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### Sharing Resources

#### Outdoor fall food

- Recipes
- Resources <https://plantbasedjuniors.com/>

#### Ontario seasonal food

<https://www.ontario.ca/foodland/page/availability-guide>

- Buying local <https://croptouring.com/niagara/>  
<https://www.visitniagaracanada.com/blog/niagara-farmers-markets/>  
<https://www.visitniagaracanada.com/blog/niagara-fruit-stands-2020/>



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### Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.

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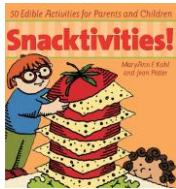
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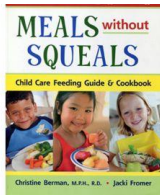
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### Reflection on Resources

Lending Library



Snackivities: 50 Edible Activities for Parents and Young Children by MaryAnn F. Kohl



Meals Without Squeals by Christine Berman, M.P.H., R.D., Jacki Fromer



Kid Favorites Made Healthy: 150 Delicious Recipes Kids Can't Resist! By Better Homes & Gardens




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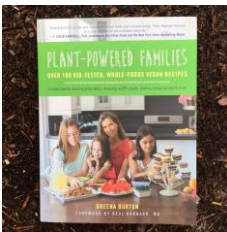
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### Reflection on Resources

E-store



<https://ecdc.org/product/plant-powered/>



[https://ecdc.org/product/paleo\\_cookbook/](https://ecdc.org/product/paleo_cookbook/)




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## 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: [click here](#)
- 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.



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## Next Steps

- What are topics you would like to explore in our 2023 network meetings?
- **Next Meeting** – January 26, 2023



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