

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.

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## LCC Cooks Winter 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



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## Welcome and Introductions

- We invite participants to say good evening and share a one word goal/focus for the year

**"A word can't be broken. It serves as a reminder, a filter. It's who you want to be instead of what you regret."  
-My One Word: Change Your Life with Just One Word**



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Mindfulness at Work – Devereux Centre for Resilient Children



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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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### Reflection on Video and Article

- Supporting Diversity Through Meal Times



- <https://youtu.be/73-X1S-YFRw>



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### Additional Resources

- [Around the World in 80 Dishes](#)
- <https://www.epicurious.com/archive/cuisines/aroundtheworldin80dishes>
- Better Together BC
- <https://www.bettertogetherbc.ca/recipes>
- Using Culturally Responsive Feeding Practices
- An Avenue to Promote Healthy Child Eating Behaviors
- <https://extensionpublications.unl.edu/assets/html/g2303/build/g2303.htm>



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### Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



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### Recipes

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



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### QCCN Update

- Niagara Region Children's Services has sent out a memo to licensed child care centres for QCCN and the level of supports for 2023. If you have any questions, please reach out to Priyanka Tan or Sharon Milne.
- 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



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**Inspiring Children's Wellness through Sustainable Food and Nutritional Practices, Menu Planning, Positive Food Experiences and Food Growing Opportunities**

Saturday March 4, 2023  
8:30am-4:00pm  
Via Webinar

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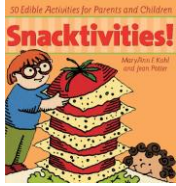
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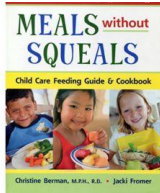
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## Reflection on Resources

### Lending Library



Snackivities!: 50 Edible Activities for Parents and Young Children by MayAnn 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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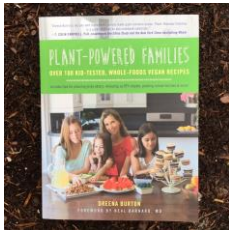
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## Reflection on Resources

### E-store



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



[https://eccdc.org/product/paleo\\_cookbook/](https://eccdc.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 Date:
- May 4, 2023 3:00-4:30



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