

**1. Welcome and Introductions.:**

**2. Acceptance of Agenda:**

- Reviewing the agenda – accepted

**3. Mindful Moment**

- Can be found at [www.mindful.org](http://www.mindful.org)

**4. Sharing Resources:**

- Looked over the new Canada's Food Guide.
- Shared Menu Planning & Supportive Nutrition Environments in Child Care Settings found on the Niagara Region Website
- Looked at [www.plantbasedjuniors.com](http://www.plantbasedjuniors.com) for recipe ideas

**5. Brainstorming and Questions**

- Brainstorming around egg allergies and what can be provided in lieu as well as safety precautions.
- Discussed involving the families in menu planning to include food from different cultures that they eat at home.
- Brainstorming new fruit that can be introduced to the children

**6. Next meeting date January/winter 2022**

