

Licensed Child Care Cooks Winter Network Meeting Notes –  
January 26, 2023

**Welcome and Introductions** – Participants introduced themselves and shared a one word focus/goal for 2023 which included

- growth

**Mindfulness Moment** –Participants participated in a mindfulness grounding experience. Please see accompanying PowerPoint Presentation for details.

**Reflection on Resources** –Please see the PowerPoint presentation for further information. Discussion included the following

- Creating a centre recipe book with family favourite recipes
- Using conversations with educators and families to incorporate new and diverse foods into the menu

**Wellbeing** – no strategies were shared

**Sharing recipes**

- No recipes were shared

**Round Table Discussions – Brainstorming challenges and solutions, questions and connections**

A discussion took place around the following

- Food portion sizes according to age groupings
- how to avoid food waste

**QCCN Update** – Please see the PowerPoint presentation for further information

**How can the ECCDC Support you?** Please see PowerPoint presentation for further information

**Upcoming Next Steps and Network Meetings**

- Discussion on meeting topics included: new snack foods
- Please refer to ESTEEM for next meeting date, time and venue