



SEESAW Niagara Presents:

Indoor and Outdoor Gardening & Cooking With Kids



It is well known that early childhood development sets the foundation for lifelong healthy habits. As educators of young children, you play an important role in helping children learn about food and feeling good about eating, creating supportive food environments, and role modeling healthy behaviours.

SEESAW Niagara and the Children are Healthy Pillar of Niagara Children's Planning Council are eager to offer this exciting training opportunity and welcome educators of young children in Niagara to experience it. The session was created to enhance your abilities and passion to inspire the love of food within the early years and beyond!

Indoor and Outdoor Gardening & Cooking With Kids

Please join Helene Randle, Kelly Brochu and Brittany Lynds, Registered Early Childhood Educators at Rosalind Blauer Centre for Child Care for this newly designed workshop. During this fun-filled evening you will learn about biodegradable planters for your outdoor and indoor gardens; what to plant in the spring; and fun with seed bombs. You will also learn how to make cooking with kids completely hands-on and interactive and what you need to have a complete cooking experience right in your classroom.

Thursday February 8, 2018 • 6:30 to 8:00 pm • Rosalind Blauer Centre for Child Care, 1812 Sir Isaac Brock Way, St. Catharines • \$10 • Please contact the ECCDC at 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org • Spaces are limited to the first 30

This workshop is supported by the Children are Healthy Subcommittee, SEESAW Niagara, Rosalind Blauer Centre for Child Care, Niagara Region Children's Services, and the Early Childhood Community Development Centre

