



THE ART OF COOKING WITH KIDS:

Join us for a workshop on Best Feeding Practices & Developing Food Skills.

The Team of *Registered Dietitians at Dairy Farmers of Canada* in partnership with the NSCC Early Childhood Development Support Centre is pleased to invite you to attend a half-day nutrition workshop.

Designed specifically for early childhood educators and cooks working in childcare centers attended by three to five year olds, the *Art of Cooking with Kids* workshop promises to be a fun-filled, educational morning. Learn about best feeding practices, how to use cooking to promote childhood development, how to deal with food allergies & intolerances, and best of all get to cook and sample yummy recipes from *The Little Chef's Big Book of Recipes*! All attendees will be entered into a draw for a chance to win a set of mini chef hats and aprons.

Date: March 24, 2018

3 Professional Development hours

Location: Truro NSCC (36 Arthur Street) Cafeteria, Salon C

Cost: \$17.25 (tax included)

Registration: 8:30am-9:00am

Time: 9:00 am – 12:00 pm

nscc

Early Childhood Development
Support Centres

EACH CENTRE THAT
ATTENDS WILL
RECEIVE A COPY OF
*THE LITTLE CHEF'S BIG
BOOK OF RECIPES* - \$75
VALUE (if they have not
received one in the past)

LEARN HOW TO HELP
MANAGE CHILDREN'S
FEEDING ISSUES

EXPLORE NUTRITIOUS
FOODS WITH THE 5
SENSES

ALL RECIPES MEET
PROVINCIAL FOOD &
BEVERAGE
STANDARDS

Registration is capped at 30
people per session, so don't delay
and register today!

Preregistration required –
submit ECDSC registration
form along with payment by
March 9, 2018

PRESENTED BY:



NUTRITION
DAIRY FARMERS OF CANADA