

Programs Connect Workshop

Tuesday, April 25th, 2017

Centennial School second floor breakfast room

19 Centennial Ave, Selkirk, MB

Welcome 11:30 am

Join us to introduce yourself to others in attendance, and tour the breakfast room at Centennial School.

Cook, Talk & Lunch 11:45 am - 1:15 pm

This hands-on session will give you the opportunity to try some recipes and foods that you may want to incorporate into your school nutrition program. Have some fun in the kitchen, talk to others about their programs, and leave with new ideas. Participants will cook together, talk, and taste the final products for lunch.

Meal Planning 1:15 pm - 2:15 pm

There are many factors such as time, physical space, budget, and taste preferences that influence the meals and snacks served in school breakfast, snack, and lunch programs. In fact, these factors are very different for programs as each program and school are unique. This session will offer meal planning inspiration, information on label reading, nutrition fact sheets, and a copy of the Child Nutrition Council of Manitoba Vegetable and Fruit Handbook.

Wrap Up & Evaluation 2:15 pm