

# AGENDA: Plan, Cook & Create School Nutrition

*Presented by the Child Nutrition Council of Manitoba, Manitoba Healthy Food in Schools  
& Food Matters Manitoba*

Thursday, October 11th, 2018, Sergeant Tommy Prince Place (formerly North Centennial Recreation & Leisure Facility), 90 Sinclair St., Winnipeg, MB

Coffee/Light snack & registration 9:00 - 9:30 am (classroom)

Welcome & Introductions 9:30 - 10:00 am (classroom)

## Session A 10:00 - 12:00

Kitchen

### 15+ Clever & Easy Recipe Ideas

Child Nutrition Council of Manitoba

No fancy equipment? No new ideas? No time? No problem! Discover 15+ clever & easy ideas based on suggestions from school nutrition program coordinators across Manitoba. These ideas can be used in almost any program to boost the nutrition of your meals. Learn some breakfast, snack and lunch ideas that are easy enough for anyone with basic skills and equipment to make.

Lunch 12:00 - 1:00 pm (please bring your own lunch)

## Good Food for Less - 1:00 - 2:45

Classroom

### Good Food for Less

Manitoba Healthy Food in Schools & Food Matters Manitoba

Join us for this interactive session to generate affordable ideas to serve up meals and snacks for students that are delicious and nutritious. If you plan and work with the hot lunch program, canteen, cafeteria, or nutrition program, you'll leave with plenty of fresh ideas for the school year.

Wrap up & Evaluation 2:45 to 3:00pm (classroom)