



THE ART OF COOKING WITH KIDS:

A Half Day Workshop on Best Feeding Practices & Developing Food Skills.

The Team of *Registered Dietitians at Dairy Farmers of Canada* in partnership with the Nova Scotia Child Care Association, NSCC Early Childhood Development Support Centers, and Institute of Human Services Education 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 old's, 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 a draw for a chance to win their own "set of mini chef hats and aprons".

For information, contact the NSCCA at info@nschildcareassociation.org. Registration is capped at 30 people per session, so don't delay and register today!

Presented by:



In partnership with:



EACH CENTRE THAT
ATTENDS WILL
RECEIVE A COPY OF
*THE LITTLE CHEF'S BIG
BOOK OF RECIPES* - \$75
VALUE

LEARN HOW TO HELP
MANAGE CHILDREN'S
FEEDING ISSUES

EXPLORE NUTRITIOUS
FOODS WITH THE 5
SENSES

ALL RECIPES MEET
PROVINCIAL FOOD &
BEVERAGE
STANDARDS

WORKSHOP DATES

Truro – Oct 28th (Cumberland
Campus directly at 902.597.4406)
Kentville – Nov 25th (Kingstec
Campus)
Yarmouth – Nov 18th (Burrige
Campus)
Bridgewater – Dec 2nd
(Lunenburg Campus)

WORKSHOPS ARE SATURDAYS
FROM 9AM-12PM