



## REGISTER TODAY!

### Who:

- ECE program staff (classroom teachers and paraprofessionals, nutrition managers and cooks, directors, home visitors, etc.)
- Family child care home providers
- Family, friend and neighbor child care providers

### Date:

Saturday, April 27<sup>th</sup>

### Time:

8:30 am-4:30 pm

### Location:

Moorhead Rec Center/Patio View Room  
2390 Havana St.  
Aurora, CO 80010

**Registration is required. Space is limited for this free training! Please register at:**  
[www.CookingMattersColorado.Eventbrite.com](http://www.CookingMattersColorado.Eventbrite.com)

## COOKING MATTERS FOR CHILD CARE PROFESSIONALS (CMCCP) TRAINING

**A CDE approved training that teaches early childhood professionals about healthy meal preparation and creating a positive food environment for the children in their care**

Want to identify ways to make healthy foods appeal to kids?  
Need new recipe ideas that fit CACFP guidelines?  
Want to learn ways to encourage healthy eating habits?

If you said yes, come join us for a *Cooking Matters for Child Care Professionals* hands-on cooking and nutrition training at no cost to you!

### Practice skills like:

- ✓ Promoting positive mealtime attitudes and behaviors
- ✓ Identifying simple, yet nutritious snacks and meals
- ✓ Organizing cooking activities for the classroom
- ✓ Safely and efficiently preparing healthy food options

### After the course, you will receive:

- ✓ A workbook highlighting information covered during the training, 34 recipes, and an activity bank
- ✓ New, essential kitchen tools for your program and home
- ✓ Groceries and a \$10 grocery store gift card to practice shopping skills learned in the training
- ✓ **8 clock hours in health, safety, and nutrition**

Throughout the course, there will be hands-on food preparation of snacks and meals that will be enjoyed as a group. See you there!

NATIONAL SPONSOR



## ABOUT COOKING MATTERS

When kids eat good food, they're stronger and healthier. But shopping and cooking healthy can be tough, even more so for families struggling with limited food budgets. That's where Cooking Matters comes in.

By improving parents' and caregivers ability to prepare healthy, affordable meals, we're helping end hunger, especially for kids too young to attend school. Cooking Matters has been providing food skills education to families in Colorado since 1994. Programming is offered in 55 of the 64 Colorado counties through community partnerships and volunteer engagement that enable program delivery of courses, tours and educational events.



"I save anyw here betw een \$100 and \$150 a month after Cooking Matters. It makes a difference."

- Stacy Hanno, Cooking Matters graduate

### Quotes:

"It has helped me provide healthier and more nutritious foods and snacks and to appreciate new foods. It is an AWESOME class along w ith the instructors. A GREAT DAY!!!!"

-CMCCP Participant in November 2016

"It w as perfect! I learned so much and w as engaged the entire time. I appreciate the hands on nature and variety of teaching tools!"

-CMCCP participant in June 2018

"We w ere a varied lot of teachers in different socioeconomic backgrounds with different reasons for coming. They did a very great job of answ ering all our questions as well as educating us about healthy food and all the options available."

-CMCCP participant in February 2018

### IMPACT: 2017

- **3:** programs offered
- **55:** of 64 counties served
- **640:** volunteers supported the program
- **6,492:** Cooking Matters course participants reached
- **6,553:** Cooking Matters at the Store participants reached
- **13,045:** Total families reached through Cooking Matters programming in Colorado
- **13,881:** Hours donated by volunteers
- **Countless lives changed**