



Illinois State Board of Education

James T. Meeks, Chairman
Dr. Christopher Koch, State Superintendent

Nutrition and Wellness Programs Child Nutrition Programs E-mail Alert

April 29, 2015

CACFP Healthier Meals Cooking Classes

Have you signed up yet?

Due to the success of these fun and informative classes, we have scheduled even more free classes in May and June! Prepare and taste-test nutritious snack and menu items that appeal to children while using more whole grains, fresh fruits and vegetables.

Read some of the comments received:

What did you like most about the class?

- The hands-on experience
- The instructor's simple directions and passion to make the next generation healthy
- Tasting the food we prepared
- Learning to cook with different vegetables
- The simplicity of the menu items
- Loved the teamwork-very interactive
- The small class size
- Learning correct knife skills
- Scaling foods
- Learning how to change the number of servings in recipes
- Adding different colors, textures, and mixing several ingredients together to bring out the flavors in the foods
- Trying the new recipes
- Everything! Don't change a thing

To join us, follow the link <http://www.isbe.net/nutrition/default.htm>. Review the agenda and then register for the CACFP Healthier Meals Cooking Class that fits your schedule. Space is *limited* so sign up now!

Feel free to contact Janet Campbell at jacampbe@isbe.net, Robin Desai at rdesai@isbe.net or call 1-800-545-7892 with questions.