



early childhood community development centre

Cook's Network Meeting
Monday, April 27 2009
2:30pm to 4:30pm
Meeting Minutes

Meeting Highlights:

- ▣ Planning Menus for Children with Food Allergies
- ▣ Cooks Conference
- ▣ Updates & Sharing Opportunity

Information, Ideas and Tips Shared:

Child Care Cooks Symposium:

- ▣ Flyer distributed cooks conference in Brantford June 12, 2009 9:00 – 3:00 Cost for the day which includes a continental breakfast and lunch is \$30.00
- ▣ If interested register directly at (519)759-3833
- ▣ Some individuals interested in bus – cost is \$700.00 unless sufficient to fill a bus cost may be prohibited if interested in bus call Lorrey at ECCDC (905)646-7311 ext. 321
- ▣ Suggested that some car pooling could be done if you are willing to car pool contact Lorrey

Menu Planning For Children with Allergies (Melissa Aubertin-Coutu)

- ▣ Handout provided on Cooking for Children with Allergies
- ▣ Top 9 allergies identified (Milk, Wheat, Eggs, Tree Nuts, Peanuts, Seafood(shellfish), Soy, Sesame Seeds, Sulphites)
- ▣ Allergy vs Intolerance discussed
- ▣ Don't dwell on what they cannot eat, explore the foods they can eat
- ▣ Nutritional yeast – dairy free
- ▣ Vegan – milk free
- ▣ Health Canada Website for allergy listing www.hc.sc.gc.ca then type allergies
- ▣ Egg replacer – Kingsmill Foods
- ▣ Vegan Cookbooks shared
 - Vegan with a Vengeance (Isa Chandra Moskowitz)
 - How it all Vegan (Tanya Barnard & Sarah Kramer)
 - Mission in the Kitchen (Laurie Sadowski) <http://laurie.ecrater.com>
laurie.sadowski@gmail.com (905)934-3186

Resources Available ECCDC

- ▣ New resource available – “Meals Without Squeals: Child Care Feeding Guide & Cookbook
- ▣ Listing of resources available related to fussy eaters, allergies, teaching nutrition to kids, etc.
- ▣ How to access meeting minutes

Work produced, actions taken or decisions reached:

- ▣ Link with Brant for Conference – Flyer distributed
- ▣ Nutritionist presentation on menu planning for children with allergies
- ▣ Resource listing distributed and display reviewed

Resources required for next meeting:

- ▣ Report of the Cooks Symposium June 2009
- ▣ Display & Resource Listing
- ▣ Supply Cook Manual (All Cooks to bring to meeting if you have one)
- ▣ Strategies for dealing with difficulties
- ▣ Next Meeting date: **Monday, October 5, 2009 from 2:30pm to 4:30pm at the ECCDC**