

A New Institute: Inspiring Children's Wellness through Sustainable Food and Nutritional Practices, Menu Planning, Positive Food Experiences and Food Growing Opportunities

Saturday March 4, 2023

8:30am Registration

8:45 to 10:45am (All Participants) Nurturing Children's Healthy Development

How Does Learning Happen? Ontario's Pedagogy for the Early Years offers educators guidance and reflection on the importance of incorporating daily practices that nurture children's healthy development and support their growing sense of self. In this session, participants will have the opportunity to explore ways to set up a positive food environment, consider early experiences that encourage connection to food and conversation, reflect on what this could look like throughout their early learning environment, and how this information can be shared with families.

10:45 to 11:00am - Break

Inspiring Children's Wellness through Sustainable Food and Nutritional Practices, Menu Planning, Positive Food Experiences and Food Growing Opportunities continued

Saturday March 4, 2023



Presented *Via Webinar*

Saturday March 4, 2023 from 8:30am to 4:00pm

Niagara Educators: No Charge (sponsored through funding provided by Niagara Region Children's Services)

Outside Niagara Educators: \$55

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org

11:00am to 12:00pm Breakout Room (choose 1)

Option 1: Educating Children About Healthy Eating

Join Danielle Medina from Food for Life to explore skills needed to teach healthful eating habits to children in a fun and playful experience. During this session you will discuss the food groups as highlighted in Canada's Food Guide (2019) and meal ideas and substitutions to provide engaging experiences with children. Participants will have the opportunity to explore room set-up and recipe ideas for cooking with children.

Option 2: Gardening in Early Learning Environments: Grow, Harvest, Eat!

Join Garden Jane for an inspiring webinar to learn strategies for creating planters with herbs and edibles with kids. Learn how to use garden food in your programs and to offer young children an edible experience. Garden Jane will share design ideas and tips for getting started and will walk you through some hands-on gardening activity ideas to use within your early learning and child care program. Participants will have an opportunity to ask questions about their own gardening projects or how to start an edible garden within the context of your own early learning space.

12:00 to 12:30pm Lunch and Learn: Cooking Demonstration

12:30 to 1:00pm Lunch

1:00 to 2:00pm Breakout Room (choose 1)

Option 1: Mindful Eating Experience with Elizabeth Skronski

Elizabeth will share key strategies for setting up an environment and experiences for children that will support a peaceful and calm environment and how to model a positive food experience as educators. The session will culminate with a mindfulness food experience, so participants are asked to bring their favourite snack.

Option 2: Menu Planning Using Canada's Food Guide

Participants will gain healthy menu planning strategies which consider all elements of Canada's 2019 food guide and appropriate food options for children.

2:00 to 4:00pm (All Participants) Cooking Connections: The Social Justice Implications of the Food We Feed Children

Join Valerie Trew, Director of the University of Guelph Child Care and Learning Centre, for this webinar on the social justice implications of food. Learn about how food connects with racial injustice, the role of animal agriculture in environmental racism, how policies are making and keeping us sick and destroying the planet, and the role of early childhood environments in charting a more just and liveable future.