

Cooks Network Notes – October 5, 2023

Introductions

Wellbeing exercise - Following the Flow of Air

Resources – Common Food Allergen Substitutions for Child Care Centre & Food Allergy Canada

- Discussion on noticing many allergies, if one child has an allergy they take that out so that all children can eat it and it's inclusive
- Conversation around involving the families in menu planning for children with allergies to see what alternative strategies and foods can be provided

Brainstorming –

- Menu planning time and what that looks like in each centre
- Budgeting for groceries
- Online delivery vs in person shopping
- Portion sizes for meals

Recipes – None shared

QCCN

- See PowerPoints for updates

Next Steps – next meeting January 15, 2024 – Virtual

- Meeting topics include: Supplying food for more than one centre, 5:30 was confirmed to be a good time, Adamo Montessori shared their kitchen is available for an in person network