



**Now
We're
Cooking!**

Culinary Professional Development Workshops for Child Nutrition Professionals

SNA-VT Regional Workshops • Spring 2016

DATE	TIME	LOCATION & HOST	WORKSHOP (see reverse)
April 27 WEDNESDAY	3:00–5:30 PM	South Royalton School, South Royalton Linda Wheelock • 802-763-7740 x254	Sodium Solutions
April 27 WEDNESDAY	2:30–5:30 PM	River Valley Technical Center, Springfield Donna Vargas • 802-885-8328	Building Breakfast Excitement
May 4 WEDNESDAY	3:00–5:30 PM	St. Johnsbury Elem. School, St. Johnsbury Carolee Stuart • 802-463-3944	Sodium Solutions
May 4 WEDNESDAY	2:30–5:30 PM	Milton Elem./Middle School, Milton Steve Marinelli • 802-272-5172	Building Breakfast Excitement
May 11 WEDNESDAY	2:30–5:30 PM	Lamoille Union High School, Hyde Park Dylan Laflam • 802-851-1394	Great Grains
May 18 WEDNESDAY	2:30–5:30 PM	Dorset Elementary School, Dorset Valerie Reppin • 802-362-2606 x107	Great Grains

- Develop hands-on professional skills
- Use scratch cooking and baking techniques efficiently
- Enhance your school breakfast program
- Reduce sodium in food served at school
- Create lunch and breakfast items

Each class earns 2 or 3 credit hours towards SNA Certification. For information on how to use your credits to become certified, visit www.schoolnutrition.org

FEE per workshop:
\$10/SNA members;
\$15/nonmembers.

QUESTIONS? Amy Gifford,
amy@nofavt.org or
434-4122 x21



REGISTRATION is open at: <https://creator.zoho.com/snavernmont/regionalworkshops>

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Hurry!
Workshops will
fill up fast!

Participants are welcome to attend one or all three.



Sodium Solutions Shaking the Salt Habit

You know that you need to keep the sodium in your menus in check. How do you meet this challenge without sacrificing flavor? Join Patsy Jamieson, former Food Editor and Test Kitchen Director of EatingWell, for a workshop on how to add flavor to foods without relying on salt. You will learn why it is so important to reduce sodium, master sodium math, find out about the hidden sodium in popular ingredients, decipher labels, and learn easy substitutions for high sodium foods. Patsy will demonstrate recipes for low-sodium, flavor-enhancing herb-and-spice blends, as well as low-sodium, homemade versions of favorites like ranch dressing.

APRIL 27, 2016: S. Royalton School, S. Royalton
MAY 4, 2016: St. Johnsbury Elem. School, St. J.

*SNA Key Area: Nutrition/
Nutrition Education*



Building Breakfast Excitement

Are you in search of creative ways to meet school breakfast guidelines while satisfying the needs of your students? Would you like to incorporate baked goods, including gluten-free, into your breakfast program? Have you been thinking about starting a Breakfast in the Classroom program? Do you need some inspiration for grab-n-go breakfasts? Join culinary experts from the New England Culinary Institute and food service directors with experience operating successful school breakfast programs as well as consultants from Hunger Free VT to learn about opportunities, strategies, success stories, and creative recipes. Plus, find out more about the Vermont Breakfast after the Bell Challenge!

APRIL 27, 2016: River Valley Tech. Ctr., Springfield
MAY 4, 2016: Milton Elem./Middle School, Milton

SNA Key Area: Nutrition



Great Grains: Baking & Cooking with Whole Grains

This culinary training, led by the New England Culinary Institute and Vermont school nutrition professionals, is designed to explore whole grain baking for school breakfast and lunch. We will review the definition of whole grains and share ways to talk with students about the benefits of whole grain vs. refined grains. Basic baking techniques using whole wheat and other whole grains will be utilized to make muffins, breakfast bread, and dessert. While everything is baking we will discuss how to credit whole grains from recipes for school meals; how to make substitutions in recipes to improve nutrition while maintaining quality and flavor; how to cook whole grain pasta that students will enjoy; and how you can accommodate some gluten-free dietary needs.

MAY 11, 2016: Lamoille Union HS, Hyde Park
MAY 18, 2016: Dorset Elem. School, Dorset

SNA Key Area: Nutrition



REGISTRATION is open at: <https://creator.zoho.com/snvermont/regionalworkshops>