

Culinary Skills Training: Part 8

Who should attend?

This training is intended for **School Food Service** staff and **Family and Consumer Science (FACS)** educators looking to improve their culinary skills and apply them back in their school kitchens and classrooms.

Who will be conducting it?

The training will be facilitated by Certified Institute of Child Nutrition (ICN) Trainer Julie Tunseth and Chef Elisha Gates.

With Questions Contact:

Keely Ihry for Jamestown & Fargo Trainings
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Lyndsi Engstrom for Minot & Bismarck Trainings
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EDUCATIONAL COOPERATIVE

This training is supported through TEAM Nutrition grants.

MAKING YUMMY HEALTHY... HOW TO FIT DESSERTS INTO MENUS!

Support the standards of the Healthy Hunger-Free Kids Act by adding whole grains, fruits, vegetables and legumes...in desserts! Rather than restricting choices, support students' dietary habits while training their taste buds to enjoy healthy options. Explore standard units of measurements and the ideal tools to use for the different ingredients used in recipes. During this session view chef demonstrations, practice scratch-cooking skills while preparing, sampling and evaluating multiple prepared dessert recipes.

Participants will...

- Understand how to continue to offering desserts that meet the Healthy Hunger-Free Act;
- Analyze strategies that can help students build healthier dietary habits without restricting choices;
- Synthesize strategies for adding whole grains, fruits, vegetables and legumes into desserts.
- Understand standard units of measurement and measurement techniques for different ingredients;
- Evaluate dessert-inspired recipes;
- Create a recipe implementation plan;
- Apply scratch cooking skills;
- Integrate Smarter Lunchroom concepts.

Training Dates and Locations:

- **Fargo** on September 19th from 4:00-7:00pm
- **Jamestown** on September 20th from 4:00-7:00pm
- **Minot** on September 24th from 8:30-11:30am
- **Bismarck** on September 25th from 4:00-7:00pm

Register Here: <https://tinyurl.com/culinary8>

How much does it cost? **\$35.00**