



Sumptuous Soups

Suggestions for Optimizing Training



The *Cooks for Kids* satellite programs are designed to tell people about healthy eating in school, restaurants, and at home. By working together we can share the responsibility of providing foods that are nutritious and delicious.

Use the healthy foods messages presented in the *Cooks for Kids* programs to help tell what you are doing in your school nutrition program to improve the overall health of children

Here are some suggestions on how you can make the most of the *Cooks for Kids* satellite series:

- Distribute the post-viewing discussion guide before viewing the satellite or Web cast program.
- View the satellite presentation with the school nutrition staff.
- Use the post-viewing discussion guide and School Connection handout on the NFSMI Web site (nfsmi.org) to talk about the healthy food trends you saw in the restaurant, the school, and the family piece.
- Use the key messages in your school nutrition program and with others in your community.
- Record the satellite presentation to use at a later training session or use it with parent or teacher groups.
- Use the Web cast version at a later time that is more convenient to get the school nutrition staff together for training.
- Use the discussion guide and School Connection handout to lead the discussion of how you might adopt and/or adapt the ideas presented.
- Use the programs as a presentation at school staff meeting with administrators, teachers, and family groups.
- Use the Home Connection handout when working with family groups.