



Succulent Side Dishes

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 to 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 with school nutrition, parent, or teacher groups.
- Use the Web cast version at a convenient time for school nutrition staff training.
- Use the discussion guide and School Connection handout to discuss how you might adopt and/or adapt the ideas presented.
- Use the programs at school staff meeting with administrators, teachers, and family groups.
- Use the Home Connection handout when working with family groups.