



## Healthy Cooking Across America



### Suggestions for Optimizing Training

Addressing childhood obesity continues to be a challenge for all who feed our nation's children – schools, the commercial foodservice industry, and family caregivers. *Cooks for Kids: Healthy Cooking Across America* showcases recipes, techniques, and practical solutions that schools can adopt to prepare healthier and tastier meals.

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 handout on the NFSMI Web site ([nfsmi.org](http://nfsmi.org)) to talk about the healthy food trends and concepts you saw in the school, the guest chef segment, and the recipe demonstrations.
- 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 handouts 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.