

Cooking Projects in the classroom 2018- 2019

As a part of the total nutrition education plan, teachers ensure that children are introduced to a variety of nutritious foods through the use of classroom cooking projects. When children participate in cooking activities, they learn how food is prepared and how it contributes to their health and well-being. Cooking experiences should be planned curricular activities to support children’s learning and development. See the Classroom Cooking Projects Policy and Procedure for more details.

Teaching staff should use the supply order form to submit orders to their regional manager for approval before they are sent on to the central kitchen. The Cooking Project Calendar lists the cooking projects available from the Central Kitchen each month along with the deadlines for ordering. Copies of recipes, teaching guides, and “Come Cook with Me” for the cooking projects are available in the regional offices.

Order due	Cooking project	For week of...	“Come Cook with Me” Page #
Sept 7	Applesauce*	Sept 18- 21	38
September 14	Pancake mix*	Shelf stable**	
September 14	Popcorn	Shelf stable**	
October 12	Pumpkin Muffins*	Oct 30-Nov 2	
October 26	Vegetable Soup*	Nov 13-16	
November 9	Five Layer Dip*	Nov 27- 30	25
November 23	Apple Oat Muffins*	Dec 11 -14	6
December 14	Pancakes from Scratch*	Jan 8-11	32
January 11	Twisted Pretzels*	Jan 29- Feb 1	44
January 25	Honey Mustard Veggie Tasting*	Feb 12 -15	Food Hero Recipe
February 8	Yogurt Parfaits*	Feb 26- Mar 1	
February 22	Black Bean & Corn Salad*	March 5-9	22
March 22	Hummus Veggie Tasting*	April 9-12	26
April 12	Tortillas with Cheese*	April 30- May 3	
April 26	Baggie/Ice Cream*	May 14-17	40
May 10	Tropical Smoothies*	May 28-30	Food Hero Recipe
May 24	Breakfast Banana Split*	June 18-21	Food Hero Recipe
June 14	Trail mix	July 2-5	
June 28	Sandwich Roll Up*	July 16-19	
July 12	Peach Cooler Smoothie*	July 30-August 2	Food Hero Recipe
July 26	Orange Banana Yogurt Pops*	August 13-16	43

*Items with an asterisk are safe for children age 1-3 in EHS with adult supervision. All fruits & Vegetables must be cut small, peeled, steamed for children in EHS. Staff must complete steps including raw items (egg wash on pretzels).

**Shelf Stable items ordered in October can be kept in food safe containers in classrooms for use throughout the year