



# COOKING for KIDS





**COOKING for KIDS** aims to change the landscape of child nutrition through chef-led culinary training for child nutrition professionals resulting in:

- Greater availability of freshly prepared foods.
- Increased student participation in school meals.
- Expanded professional development opportunities for child nutrition professionals.



**OKLAHOMA**  
Education



DEPARTMENT OF  
**NUTRITIONAL SCIENCES**





By offering a multifaceted approach to culinary training and professional development, **COOKING for KIDS** works to create a network of empowered child nutrition professionals who are passionate about their role in nourishing the next generation. Our program offers a variety of opportunities to school districts and CACFP providers, including:

- In-Person Training
- Chef Consultations
- Online resources



# IN-PERSON TRAINING

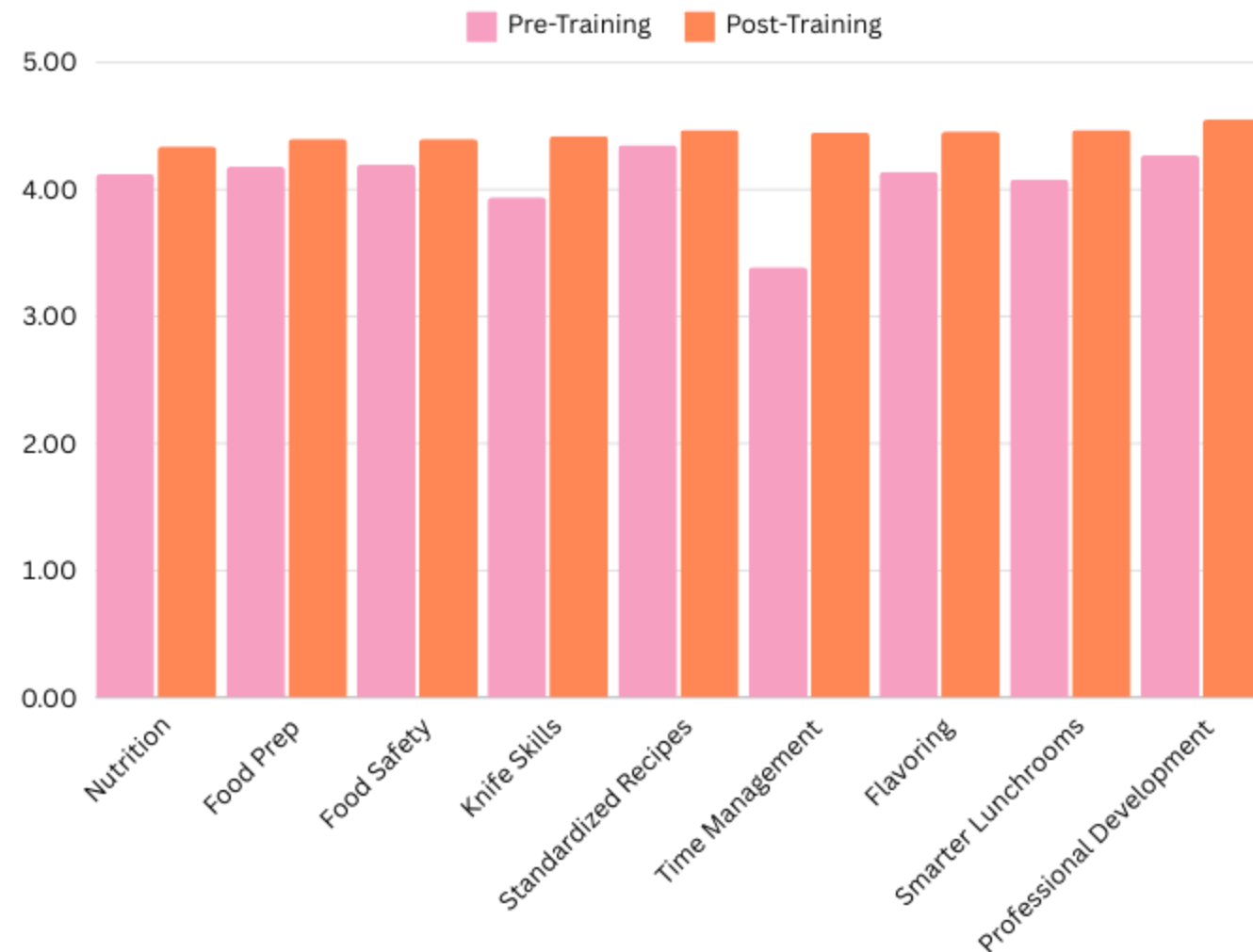
## Skill Development Training

**Skill Development Training** is the foundation of the COOKING FOR KIDS program. Led by professional chefs with extensive knowledge of child nutrition programs, the comprehensive training covers essential topics such as **time management, knife skills, food safety, flavor building, and professionalism**. The hands-on training occurs every summer in various locations across the state, ensuring broad accessibility for school districts. Participants immerse themselves in the kitchen, acquiring new skills and recipes to enrich their cafeterias' offerings. The 3-day training awards 18 CEUs, aligning with the USDA professional standards.



### CHILD NUTRITION PROFESSIONALS KNOWLEDGE CHANGE

After participating in skill development training, child nutrition professionals reported improvements in basic culinary knowledge in the following areas:



### SKILL DEVELOPMENT TRAININGS 2019-2023

55

Trainings

796

ATTENDEES

200+

SCHOOL DISTRICTS

# IN-PERSON TRAINING

## Child Nutrition Leadership Training

**Child Nutrition Leadership Training** is an annual program specially designed for child nutrition directors, managers, and aspiring leaders. With topics evolving to address current trends and needs, this training equips participants with valuable insights and expertise. Led by industry experts and the COOKING for KIDS team, the program aims to empower individuals capable of driving positive change within their programs. Previous topics include **breakfast, farm to school and commodity processing, and human resources**. The training location is on the Oklahoma State University campus in Stillwater, OK, providing an enriching and conducive learning environment for participants.

**CHILD NUTRITION  
LEADERSHIP TRAININGS  
2019-2023**

**3** TRAININGS

**163** ATTENDEES



CHILD NUTRITION LEADERSHIP TRAINING  
JUNE 2022



# IN-PERSON TRAINING

## Topic Training

**Topic Training**, introduced in 2021, was designed to cater to the needs of school districts and CACFP institutions. These on-site trainings offer a diverse selection of topics to choose from, including **whole grains, salad bars, basic culinary skills, equipment utilization, vegetable cookery, farm to school, food safety, and breakfast**. Available upon request, each session ranges from 3 to 6 hours. The primary advantage of these trainings lies in their ability to provide culinary skills and knowledge to participants within the familiarity of their own home kitchens, offering greater convenience and flexibility to accommodate their schedules. Since January 2021, **24 trainings** have been held at locations across the state.



CACFP BASIC CULINARY SKILLS TRAINING  
OSAGE COUNTY OSU EXTENSION OFFICE

“

COOKING for KIDS on site training was so beneficial to my staff. The salad bar ideas using leftovers was a game changer and knife skill training was fun. The kids loved the taste test samples and loved visiting with Chef Bill. We always look forward to having him in our kitchen. ”

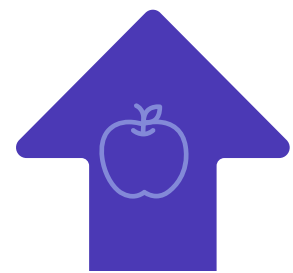
- DeLyn Morrissette  
Cafeteria Manager  
Arnett Public School



# CHEF CONSULTATIONS

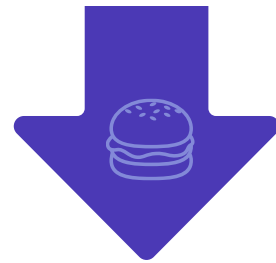
## 2019-2023 CONSULT HIGHLIGHTS

**67** Chef Consults



**58%**

Increase in meals made from speed scratch or scratch



**43%**

Decrease in meals using convenience food items



**14%**

Increase in use of mise en place strategies



**21%**

Increase in use of Smarter Lunchroom strategies

The COOKING for KIDS Chef Consultation in Oklahoma offers a year-long program where a professional chef collaborates with school districts to assess and improve personnel, equipment, menus, procurement, and food safety. Through 10-12 on-site visits, the partnership enhances school nutrition programs, providing expert guidance for cost-effective meal planning and improving students' overall health.



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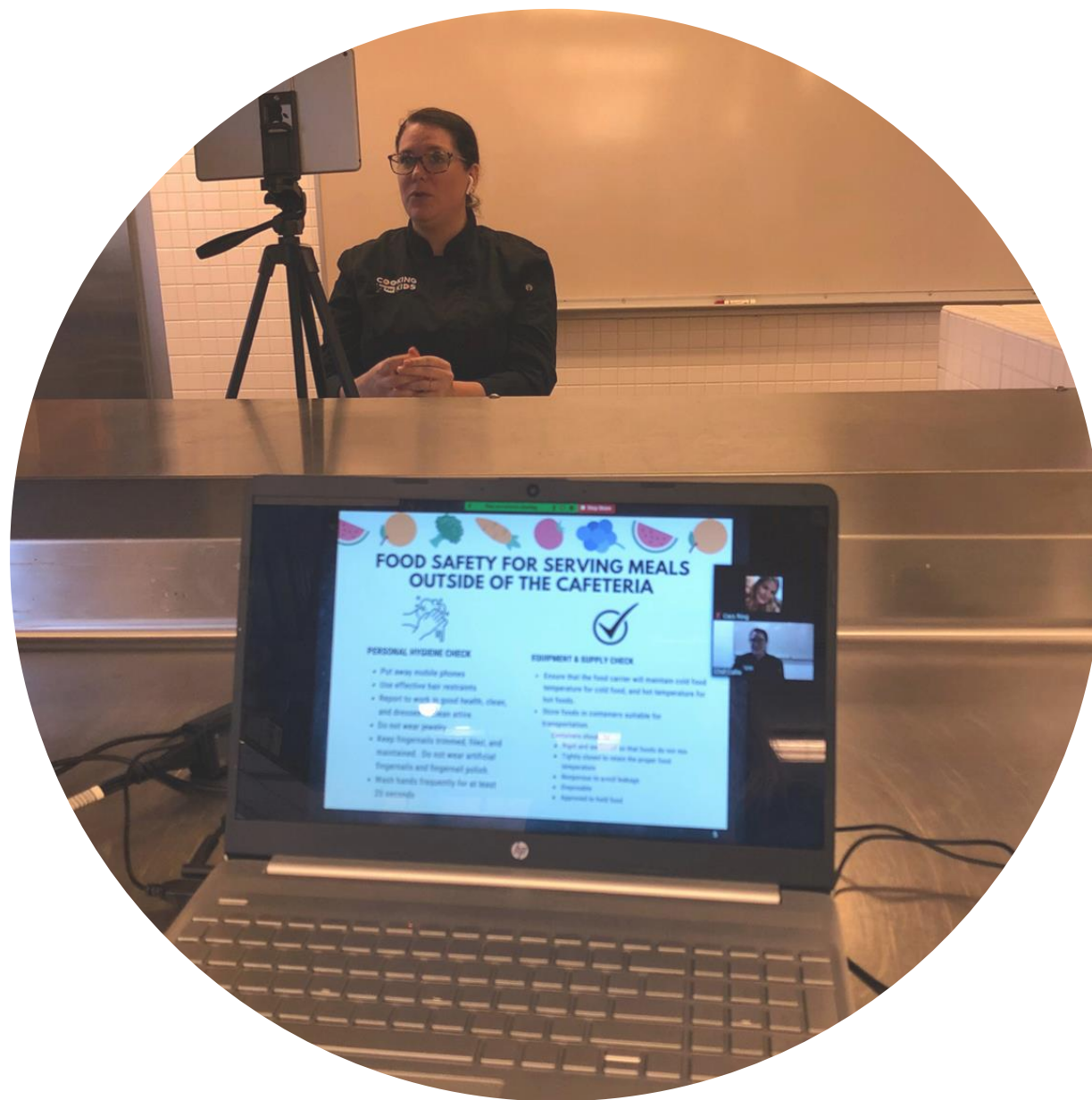
From the hands-on classes during the summer to the on site consults during the school year the support is fantastic.


This is the second school district I have worked with Cooking for Kids. Each year we learn something new. My staff enjoys the summer classes and I enjoy the leadership classes. My students enjoyed the hands-on cooking demos.”

Julia Jesseph  
Child Nutrition Director  
Shawnee Public Schools

# ONLINE RESOURCES

COOKING for KIDS provides an extensive range of online resources for child nutrition professionals. These resources include monthly webinars designed for school districts and CACFP institutions, with the added convenience of recorded sessions, allowing participants to watch at their own pace. With over one hundred recipes meeting the USDA meal pattern requirements, cycle menus, and cooking demonstration videos, the platform offers diverse culinary inspiration. Moreover, COOKING for KIDS offers an online training course, providing participants the opportunity to earn 2 CEUs. To keep professionals up-to-date and inspired, monthly newsletters are sent out, that includes recipe ideas and invaluable chef tips.



 **36** COOKING DEMONSTRATION VIDEOS

 **37** WEBINARS

 **172** CAFETERIA, CHILD CARE, AND FAMILY RECIPES

“

...The COOKING FOR KIDS website, recipe resources, and on-site chef visits are instrumental to improve student menus, offer do-able tips for day-to-day kitchen and operational efficiency and setting the bar within reach for current and future achievements. Our district strongly believes in the concepts learned from the CFK Program and hopes other districts will open their minds and doors to this amazing program.

**SABINA GARRETT, CHILD NUTRITION PROGRAM DIRECTOR**  
Altus Public Schools



# 2024 Summer Events



## Skill Development Training

- June 3-4 | Bixby
- June 5-6 | Bixby
- June 10-11 | Ada, Bixby, Stillwater
- June 12-13 | Ada, Bixby, Stillwater
- June 17-18 | McAlester
- June 20-21 | McAlester
- June 24-25 | Lawton
- June 26-27 | Lawton
- July 1-2 | Sand Springs
- July 8-9 | OKC, Enid, and Sand Springs
- July 10-11 | OKC, Enid, and Sand Springs
- July 15-16 | Ada
- July 17-18 | Ada
- July 22-23 | Sand Springs

Skill Development Registration



[COOKINGforKIDS.OK.GOV](https://COOKINGforKIDS.OK.GOV)



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