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| EED_logo_blkChild Nutrition Programs  Cooking up Nutrition Workshop |

**Registration Deadline is Friday, April 5, 2013**

**May Trainings Dates**  Schools & RCC I May 9-10 CACFP May 20-21

May 13-14

May 16-17

**August Training Dates**  Schools & RCCI August 5 CACFP August 8-9

**\*SFSP sponsors please select the appropriate training for your site’s age group.**

**Cooking Up Nutrition Workshop**

Chef John Layton, and Lydia Wirkus will cover the meal pattern, standardized recipes, production records, The Food Buying Guide, the *2010 Dietary Guidelines* (DGAs), CN labels and nutrition facts. Chef John will teach participants how to create delicious meals utilizing USDA standardized recipes with more whole grains, legumes, reduced sodium, and reduced fats. There will be plenty of hands on cooking throughout the two-day training.

**Workshop Location and Time**

Anchorage: UAA, Lucy Cuddy Hall 8:00- 4:30 p.m. with working lunch

**Accommodations**

Rooms have been blocked at the following hotels for your convenience at *University Springhill Suites of Anchorage*. Please call the reservation number at **1-888-284-1887**. Use “CNP13” for discounted rate. Reserve your room before the cut off dates listed below.

**Room Rates at $99/night for dates;**  May 9 – 11, 2013 (cut-off date is April 18) May 13 – 15, 2013 (cut-off date is April 22)

**Room Rate at $181/night for dates;**  May 16 – 18, 2013 (cut-off date is April 25)

May 20 – 22, 2013 (cut-off date is April 29) August 5 – 7, 2013 (cut-off date is July 15)

August 8 – 10, 2013 (cut-off date is July 18)

If you have questions contact Child Nutrition Programs

Phone: (907) 465-8712 Fax: (907) 465-8910 Email: [susan.lampert@alaska.gov](mailto:susan.lampert@alaska.gov)

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| EED_logo_blkChild Nutrition Programs  Cooking up Nutrition Workshop |

**Registration Form for Cooking up Nutrition- Two day workshop**

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| Space is Limited- Priority will be given to agencies who  have not participated in past cook trainings and one person per agency.  Please submit registration form for May trainings by Friday, April 05, 2013  and August trainings by Friday, July 05, 2013  Confirmation will be sent to attendees by April 12, 2013 and July 12, 2013.  Please do not make transportation reservations  until you’ve received confirmation of enrollment. |

Name of Attendee:\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Attendee for wait list: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop Date for wait list attendee: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School/Agency Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address of Contact Person:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number of Contact Person:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop will be conducted at **UAA, Lucy Cuddy Hall 3211 Providence Drive, Anchorage**

▪Contact number is (907) 786-6752

Schools & RCCI Cooking up Nutrition Workshop Dates & Times; Daily session 8:00-4:30 p.m.

May 9-10 May 13-14 May 16-17 August 5-6

CACFP Workshop Dates & Times: Daily session 8:00-4:30 p.m.

May 20-21 August 8-9

**Fax Completed Form to Child Nutrition Programs at 907-465-8910**