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| EED_logo_blkChild Nutrition Programs  Child & Adult Care Food Programs (CACFP)  Cooking up Nutrition Workshop  (2-day hands-on workshop) |

**May Training Dates** May 20-21

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

**August Training Dates**  August 8-9

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

**Cooking Up Nutrition Workshop**

Chef John Layton, and CNP staff 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 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 reservation cut off dates listed below.

**Room Rate at $181/night for dates;**  May 20 – 22, 2013 (reservation cut-off date is April 29)

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

If you have questions contact Child Nutrition Programs

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

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| EED_logo_blkChild Nutrition Programs  Child & Adult Care Programs (CACFP)  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.  **Submit registration form for May training by Friday, April 05, 2013**  Confirmation will be sent to attendees by April 12, 2013  **Submit registration form for August training by Friday, July 05, 2013**  Confirmation will be sent to attendees by 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

CACFP Workshop Dates & Times: Daily session 8:00-4:30 p.m (includes working lunch)

May 20-21 or August 8-9

**Submit Completed Form to Child Nutrition Programs**

**By fax 907-465-8910 or email to** [**jan.mays@alaska.gov**](mailto:jan.mays@alaska.gov)