



Throughout 2024, join us for free, interactive culinary education for all K-12 school nutrition professionals. Virtual training from 2:00–3:00 pm ET, featuring live chef demonstrations of practical recipes, efficient techniques and important nutritional insights. Choose from 20 topics to enhance your culinary skills and learn tips and tricks from the pros. Each class earns **1 CEU** and includes great giveaways and plenty of time to ask questions!

Your Trainers

Cathy Powers, MS, RDN, LD
 Chef Samantha Gasbarro

Contact Cathy Powers with questions: powers.catharine@gmail.com.

Click the boxes below to for more information about specific classes and to REGISTER.

<p>JANUARY 18</p> <p>Super Sandwiches</p>	<p>JANUARY 25</p> <p>Breakfast Handhelds for Nutrition on the Go</p>	<p>FEBRUARY 8</p> <p>Low Sugar, Low Fuss Breakfast</p>	<p>FEBRUARY 15</p> <p>Savory Breakfasts Worth Waking Up For</p>	<p>FEBRUARY 29</p> <p>Breakfast in the Classroom</p>
<p>MARCH 7</p> <p>USDA Foods Protein</p>	<p>MARCH 14</p> <p>USDA Foods Beans</p>	<p>MARCH 21</p> <p>USDA Foods Vegetables</p>	<p>MARCH 28</p> <p>USDA Foods Fruits</p>	<p>APRIL 4</p> <p>Roasting Vegetables - Side Dishes</p>
<p>APRIL 11</p> <p>Steaming Vegetables: Keys to Food Quality</p>	<p>MAY 2</p> <p>Fresh & Raw Vegetable Presentation</p>	<p>SEPTEMBER 19</p> <p>Grab & Go Salads</p>	<p>SEPTEMBER 26</p> <p>Indiana Food Day / Farm to School</p>	<p>OCTOBER 10</p> <p>Knife Skills: Basics</p>
<p>OCTOBER 17</p> <p>Knife Skills: Vegetables</p>	<p>OCTOBER 24</p> <p>Knife Skills: Fruits</p>	<p>OCTOBER 31</p> <p>Cooking Whole Grains - Hot Dishes</p>	<p>NOVEMBER 7</p> <p>Cooking Whole Grains - Chilled Dishes</p>	<p>NOVEMBER 14</p> <p>Super Simple Sauces</p>