

Culinary Skills for A+ School Meals

Sponsored by the Indiana Department of Education
School and Community Nutrition

Your Trainers

Cathy Powers, MS, RDN, LD

Chef Samantha Gasbarro

2026

Join us for free, interactive culinary training for all K-12 school nutrition professionals, **2:00-3:00 pm ET.**

- Live chef demonstrations of practical recipes, efficient techniques & nutritional insights.
- Each class earns 1 training hour.
- Great giveaways every class!

Choose from 20 topics to enhance your culinary skills & learn tips and tricks from the school nutrition pros.

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

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

**JANUARY
29**

Turn Up the Steam! Better Vegetables in School Nutrition

**FEBRUARY
5**

The Art of Roasting Vegetables in Schools

**FEBRUARY
12**

The Reduced Sugar Breakfast Blueprint

**FEBRUARY
19**

Protein-Packed Breakfasts: Energizing Students from the First Bell

**FEBRUARY
26**

Grab-and-Go Breakfast Essentials

**MARCH
05**

Theme Menus that Engage Students

**MARCH
12**

Flavor Strategies Students Love

**MARCH
19**

Efficiency in Action: Time-Saving Strategies for School Nutrition Teams

**APRIL
2**

Standardizing Recipes for School Meals

**APRIL
9**

Perfecting the Cycle Menus

**APRIL
16**

Salad Bar Success: Fresh Ideas for School Nutrition

**APRIL
23**

Earth Day in Action: Practical Approaches to Minimizing Food Waste in Schools

**APRIL
30**

Better Bites: Serving Whole Grains Kids Will Love

**MAY
7**

Flavor Forward: Exploring the Latest Taste Trends in K-12 Kitchens

**OCTOBER
1**

Harvest to Lunchroom for Indiana Food Day

**OCTOBER
8**

Prep Like a Pro: Knife Skills for School Kitchens

**OCTOBER
15**

Slice, Dice & Serve: Vegetable Cutting Skills for School Meals

**OCTOBER
22**

Mastering Fruit Prep: Cutting Techniques for K12 Foodservice

**OCTOBER
29**

Making the Most of USDA Foods in School Kitchens

**NOVEMBER
5**

Stirring Up Success: Soups Kids Will Love