



COOKING MATTERS CORE ELEMENTS: LESSONS

1. SET A POSITIVE EXAMPLE	Parents and caregivers will gain confidence to make mealtime a positive experience.
2. MAKING MEALS WITH FRUITS, VEGETABLES AND WHOLE GRAINS	Parents and caregivers will gain confidence to include more fruits, vegetables and whole grains into their families' meals.
3. BUILD MEAL HABITS AT HOME	Parents and caregivers will gain confidence to prepare more meals at home.
4. POWER OF PLANNING	Parents and caregivers will gain confidence to plan and prepare quick, budget-friendly, enjoyable meals at home.
5. SHOPPING ON A BUDGET	Parents and caregivers will gain confidence to implement a shopping strategy and obtain foods within their budget and preferences.
6. DRINK TO YOUR HEALTH	Parents and caregivers will gain confidence to serve beverages with less sugar, including water, to their families.
7. CREATE POSITIVE MEALTIME ATTITUDES	Parents and caregivers will gain confidence to recognize and embrace their role in establishing positive attitudes and behaviors towards food.
8. KIDS SAY YES TO NEW FOODS	Parents and caregivers will gain confidence to use strategies to increase new food acceptance from kids.
9. THE FAMILY KITCHEN	Parents and caregivers will gain confidence to work together with kids to make meals and snacks for the whole family.
10. MAKING RECIPES WORK FOR YOU	Parents and caregivers will gain confidence to adjust recipes to maximize their food resources and meet their family's needs.
11. HACK YOUR SNACK	Parents and caregivers will gain confidence to make choices about snacks.
12. FEEDING IN THE FIRST YEAR	Parents and caregivers will gain confidence to feed their baby to meet nutritional needs based on their developmental skills.
13. LET'S COOK TOGETHER	Parents and caregivers will gain confidence to safely acquire and prepare more home-cooked meals for their families.