

Culinary Skills for School Meals in Maine

August 14-18, 2023 | South Portland High School

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What is Maine's Culinary Skills for School Meals Training?

- A 5 day hands-on intensive culinary training for school nutrition professionals focusing on foundations for food service, including knife skills, cooking techniques, and kitchen efficiencies, to improve the culinary skills of school nutrition professionals.

What are the goals of the Culinary Skills for School Meals Training?

- Improve the culinary skill level of school nutrition professionals
- Increase the quality and appeal of meals served to students
- Increase the consumption of vegetables, fruits, dairy, whole grains, plant proteins, and lean meats within the context of balanced menu planning for school-aged children

What are the benefits of attending?

- 28 training hours
- Increased confidence with knife skills, meal preparation, cooking techniques
- Opportunity for hands-on experience, learning tips & tricks to share with colleagues, time dedicated to troubleshoot problems, cook and taste 24 recipes each day that can be standardized to fit your kitchen and equipment
- Learn from others in a team environment

Who should attend?

- Cooks & Kitchen Managers
- Staff representing all students grades (K-12) participating in the NSLP
- Directors or menu developers

How many spots are available for the 2023 Culinary Skills for School Meals Training?

- There are 24 spots available
- A maximum of 3 people per school nutrition program

What is the cost to attend?

- It is free to attend the Culinary Skills for School Meals Training thanks to funding from Full Plates Full Potential and Let's Go!

Is there financial support to cover expenses?

- Yes. There is limited financial aid for mileage, staff time, accommodations
- When considering expenses note that:
 - Mileage is .64cents per mile
 - Hotel expense around \$180-250 per night

What does each day include?

- Chef Demo
- Culinary hands-on lab
- Nutrition lesson

What is the commitment?

- Participants will attend all 5 days
 - 8:00 am -3:00 pm Monday-Thursday, 8:00 am-1:00 pm on Friday
- Participant in a pre/post survey and 6 month focus group follow-up

What is the daily schedule?

- Monday- Knife skills
- Tuesday- Vegetable cookery
- Wednesday- Great grains
- Thursday- Sandwiches
- Friday- Salads

How can I be a supportive School Nutrition Director/Manager in this training?

- Join us for lunch at least one of the days (Tuesday - Friday)
- Be willing to put ideas, strategies, and recipes into practice after the training

Is this training model successful?

- This model has been used and shown to be successful in small rural districts and large urban districts in various locations across the country including- Indiana (small and rural districts), New York City (large, urban district), and in California.
- It's a model that is adaptable for different size districts.

How can I apply to attend?

- Complete the [online application](#) no later than April 7.
- Accepted applicants will be notified May 5.