

NJ Farm To School Network Presents

KITCHEN ESSENTIALS:

Budgeting, Knife Skills and Healthy Recipes



Train the Trainer
School Food Service Director Workshop

October 5, 2012 | 8:00 AM - 4:00 PM

Culinary Arts Institute at Hudson County Community College
161 Newkirk Street | Jersey City, NJ

Tickets
\$10

Participants will learn basic knife skills, food handling practices and recipe development using fresh produce and commercial kitchen equipment. They will also learn about the region's seasonality, how it affects pricing, availability and turning produce into value added products to save money.

Morning Session Keynote: *Budgeting for Today's School Feeding Programs*

Kate Adamick, Co-Founder of **Cook for America**
Author of "*Lunch Money*"

Afternoon Sessions: *Food Handling, Knife Skills and Recipe Development*

Hands-on training at the Culinary Arts Institute at HCCC

Trainers:

Sal Valenza
NuWave Concessionaires

Alyssa Moles
The Food Trust

Collaborators:

- Jersey City School District
- Jersey City Medical Center
- NJ School Nutrition Association
- NJ State School Nurses Association
- NJ Department of Agriculture / Food & Nutrition Division
- Alliance for a Healthier Generation
- New Jersey Partnership for Healthy Kids

Tickets:



Order online at <http://www.brownpapertickets.com/event/267608>

Sponsors:



For more information, please contact **NJ Farm To School Network**

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