



*Want to enhance your culinary skills?  
Looking to improve the flavor of your school meals?  
Want to work smarter, not harder in the kitchen?*

Sign up for this 5-day culinary skills workshop designed for school nutrition professionals offered in the summer of 2016 in ten locations across Indiana.

- ✓ May 16 to 20 in Indianapolis at Ivy Tech
- ✓ May 23 to 27 in Bloomington at Ivy Tech
- ✓ June 6 to 10 in Logansport at Logansport Community Schools
- ✓ June 13 to 17 in Columbus at Bartholomew Consolidated Schools
- ✓ June 20 to 24 in Ft. Wayne at Northwest Allen County Schools
- ✓ June 27 to July 1 in Carmel at Carmel Clay Schools
- ✓ July 11 to 15 in Indianapolis at MSD of Wayne Township
- ✓ July 18 to 22 in Newburgh at Warrick County Schools
- ✓ July 25 -29 in Hammond at Hammond Schools
- ✓ August 1 to 5 in Mishawaka at Penn-Harris Madison Schools

In the kitchen you will learn more about:

- Culinary basics, mise en place, and knife skills
- Cooking vegetables for greater appeal
- Preparing great grains
- Building a better sandwich
- Success with salads and salad bars

Additionally, you will learn more about:

- Smarter Lunchroom techniques
- Farm-to-school
- Utilizing speed scratch
- Enhancing flavor in foods
- Food safety and sanitation with salads and salad bars

Not only will participants receive hands-on training, they will also be able to take home tools and resources to use in their own school kitchens!

For more information, contact Cathy Powers @ 330-416-5943 or [powers@culinarynutritionassociates.com](mailto:powers@culinarynutritionassociates.com)