

On Oct.27, 2011, Fremont City Schools hosted a Hands on School Cook's Training sponsored by the Ohio Department of Education. Twenty area Food Service Directors, Child Nutrition Supervisors, Cafeteria Managers and School Cooks attended the class which was taught by Fremont City School's Child Nutrition Supervisor Michaeleen Rogers and Chef Beth Ringline from EHOVE Vocational Center. As participants signed in they were greeted by students from Mrs. Denise Morehart's Family and Consumer Science class who offered them samples of some of the healthy recipes that they had prepared such as Ranched Up Hummus, chocolate brownies made with black beans, crunchy ranched baked garbonzo beans etc.

This workshop allowed the participants to:

- Learn the guidelines for the Healthier US School Challenge
- Accept the challenge to work towards becoming a USDA Healthier US School
- Participate in hands-on cooking recipe preparation to prepare assigned recipes to sample
- Use the information presented to impact the service of healthy and appealing school meals

Last year, Fremont City Schools partnered with a chef as part of the "Chefs Move to Schools," a program that matched chefs with schools in their communities together in order to create healthy meals that meet the schools' dietary guidelines and budgets, while teaching young people about nutrition and making balanced and healthy choices. The chef worked with Fremont cooks to develop three recipes which were entered in the national Healthy Cuisine for Kids Healthier US School Challenge. Although Fremont's recipes were not chosen, the healthy cooking, education, and practices continue. The Ohio Department of Education Department of Food and Nutrition provided the dollars to host such trainings for school cooks throughout the state to learn how to make healthy yet delicious recipes. At this session the teachers taught attendees to make such national recipe contest entries, such as: Fiesta Rice with Beans, Hatton Chicken Crunch, Crunchy Hawaiian Chicken Wrap, Chic Penne, Lentils of the Southwest, Pacer Zinger, and Strawberry Spinach Salad. The recipes were required to be kid tested prior to entering the national contest. Stimulating the healthy school lunch initiative is First Lady Michelle Obama's "Let's Move!" program that addresses childhood obesity in America and her campaign to raise a healthier generation of kids.