

## Fremont school workers focus on healthy cooking

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FREMONT -- Fremont City Schools hosted a Hands-on School Cook's Training session on Oct. 27, sponsored by the Ohio Department of Education.

Twenty area food service directors, child nutrition supervisors, cafeteria managers and school cooks attended the class taught by Fremont City School's Child Nutrition Supervisor Michaeleen Rogers and Chef Beth Ringline from EHOVE Vocational Center.

The workshop allowed participants to learn the guidelines for the Healthier U.S. School Challenge and participate in hands-on cooking recipe preparation.

Last year, Fremont City Schools partnered with a chef as part of the "Chefs Move to Schools," a program that matched chefs with schools to create healthy meals that meet the schools' dietary guidelines and budgets, while teaching young people about nutrition.

The chef worked with Fremont cooks to develop three recipes that were entered in the national Healthy Cuisine for Kids Healthier U.S. School Challenge. Although Fremont's recipes were not chosen, the healthy cooking, education and practices continue.



Chef Beth Ringline of EHOVE Vocational Center is providing tips as vegetables are sauteed. / Submitted photo