

Culinary demonstrations and hands-on learning for participants to acquire the knowledge and skills needed to prepare and serve nutritious, locally grown Louisiana foods. Both one and two-day workshops include knife skills, cooking techniques and flavoring ideas to reduce sodium and sugar while preparing newly developed Louisiana Team Nutrition recipes. Sign-up today to learn how to get the job done through mise en place and batch cooking strategies, plus kitchen hacks. Additional topics for the *two-day workshop include calculating meals per labor hour, determining time standards, and creating work schedules.

The trainings will be led by Chef Cyndie's K-12 Team.

Monday, January 8, 2024

ONE-DAY TRAINING

Belle Chasse

Belle Chasse Primary School
601 F Edward Hebert Blvd
Belle Chasse, LA 70037

Wednesday, January 10th & Thursday, January 11, 2024*

TWO-DAY TRAINING

LSU in Baton Rouge

LSU Food Innovation Institute
39 Forestry Lane
Baton Rouge, LA 70803
Animal and Food Science Laboratory Building

Tuesday, February 20, 2024

ONE-DAY TRAINING

Farmerville

Union Parish High School
125 LA-33
Farmerville, LA 71241

Information for all trainings:

Welcome/Registration 7:30am – 8:00am, Training 8:00am – 2:30pm

Registration limited to 24 participants per training.

No fee. Lunch will be provided.

To register, visit www.louisianafitkids.com and find the training date on the calendar. Detailed training information including parking and directions will be emailed to all registered participants one week before the scheduled training.

Dress Code: Please wear clothes/uniform you would wear in your own kitchens, closed toe shoes (preferably ones that are slip resistant since we will be in the kitchen for some of the class) and a hair restraint.

Contact Cathy Carmichael 225-763-2799 or
cathy.carmichael@pbrc.edu for more information.

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