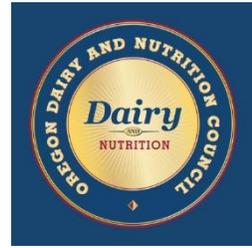


# NEWS RELEASE



**For Immediate Release – September 21, 2016**

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## **Cooking Up New and Nutritious Recipes for Local School Kids**

“What’s for lunch?” It’s a common refrain in school cafeterias in Hermiston and across the state, and some tasty plans are in the works to provide exciting new and nutritious menu items.

On September 22 and 23, more than 20 school cooks from the local area will learn new recipes that they can take back to their schools at a special event called “Oregon Cooks for Kids.” It takes place at the Hermiston School District offices and Armand Larive Middle School.

Chef Garrett Berdan, RDN, will coach participants on cooking-from-scratch culinary skills, while preparing 15 recipes. The preparation of healthy meals for students emphasizes nutrient-rich foods, because studies show that well-nourished kids perform better at school. Participants will practice menu planning, weights and measures, knife skills and other culinary techniques.

“These trainings provide valuable skills to school nutrition staff, which in turn results in tastier, healthier and cost effective meals,” said Rikkilynn Larsen, Child Nutrition Director from Umatilla School District. “I learned so many new ideas and skills last year that we are sending four more from our team this year.”

Sponsored by the Oregon Dairy and Nutrition Council and the Oregon Department of Education, Child Nutrition Services, this will be the second in a series of seven statewide culinary trainings for school nutrition directors and cooks in 2016. In addition to Hermiston, this year’s schedule includes trainings in Albany, McMinnville, Central Point, Salem, La Grande and Klamath Falls.

Members of the media are invited to attend between 10:30 a.m. and 1 p.m. on Friday, September 23. There will be opportunities to observe and interview participants and instructors while preparing and taste testing breakfast and lunch entrees, side dishes, dips and salad dressings.

As background, here is a link to a video about the trainings: <https://youtu.be/94u1NZQBD6s>.

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