

Culinary Skills Institute



APPLICATION

Collaborating Partners:



Mission: Support nutrition environments in Missouri schools by advancing culinary skills and abilities of food service staff.

Missouri Culinary Skills Institute Snapshot



The Culinary Skills Institute provides four hands-on culinary lab experiences. The labs are led by a culinary instructor and nutritionist.

Training goals:

- Sharpen team work skills
- Focus on culinary skills: knife skills, *mise en place* and benefits of organization
- Incorporate more fruits, vegetables, whole grain-rich foods and meat/meat alternates in school menus
- Learn to layer flavor in dishes with herbs instead of salt
- Develop a better understanding of farm to school and small steps schools can take to implement

The teaching team will direct, supervise, coach and assist in every aspect of the culinary lab.

Who Should Attend:

- Up to two school food service personnel per district who are responsible for hands on training of district food service staff, direct food preparation or both.
- Individuals dedicated and enthusiastic to the learning process and willing to apply new skills and information in their district.

Dates and Locations:

Refer to the Missouri Department of Health and Senior Services' website for the latest information regarding training dates and lodging. Participants will be responsible for making their own lodging reservations.

<http://www.health.mo.gov/living/wellness/nutrition/culinaryskills/>



- Participants will receive NSF approved culinary tools to continue practices learned at CSI
- Participants will receive a training manual, recipe book, certificate and Missouri School Nutrition Association lapel pin
- Continuing education units (CEUs) will be made available through the School Nutrition Association
- Scholarships will be made available to Missouri School Nutrition Association (MSNA) members. MSNA representatives will select scholarship winners from entries received

Only
20 spots
available!

For additional information contact:

Lisa Farmer, Nutrition Specialist at lisa.farmer@health.mo.gov or 816-521-7740

Please include a letter of recommendation from your school administrator along with a completed application.

Application for Culinary Skills Institute

Name: _____ Job Title: _____

School District: _____ School Building: _____

District Food Service Director: _____

Applicant's Email: _____

Telephone/Cell Phone: _____ Best Time to Call: _____

Training Location: _____

Number of years in school food service and positions you have held.

Briefly describe your present job duties.

Please list special training or education you have received in food service and dates of completion.

Do you presently provide training to adults or children? If so, please describe your training duties.

List three things you would like to learn during this training.

- 1.
- 2.
- 3.

Please Complete	What is Your Comfort Level When:	High/Very Comfortable	Medium/Somewhat Comfortable	Low/Not Confident Yet
	Working with Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	With School Administration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	With Parents of Students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Speaking to Groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Handling Knives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Preparing Fruit/Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Cooking Whole Grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Handling Fresh Produce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Cooking Beans/Meat Alternates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please fax letter and completed application to Missouri Department of Health and Senior Services, Team Nutrition at 573-522-2856.