



Veggiecation® Educator Training Workshop (VETW) Content Outline

Veggiecation lessons allow students to develop the culinary skills that will empower them to prepare meals that are environmentally sustainable. This ability will benefit the children throughout their lives and allow them to make food choices that are socially conscious and give them the power to take responsibility of their own health and wellness.

Veggiecation materials and educational messaging focus on the seasonality of vegetables, beans and herbs as well as their common geographic region and their health benefits most relevant to young minds and bodies.

The Veggiecation Educator Training Workshop gives trainees the skills and resources needed to teach the “classroom-style” healthy kids cooking classes that Veggiecation is famous for. The training program is the perfect way to engage communities in the joys of healthy food!

Training will consist of a 3 hour online training course or a 3 hour in-person training course where Lisa Suriano MS, the founder of Veggiecation, will guide you through a presentation that covers all the basics of “veggiecation.” Engaging videos will illustrate Veggiecation’s specific messaging and methods of teaching. Additionally, participants will learn the skills needed to build a thriving, independent culinary-nutrition education business. The interactive structure of the workshop will allow for questions to be answered throughout the training program.

Enclosed please find a detailed outline of the Veggiecation Educator Training Workshop options for online training sessions, as well as, in-person group programs. Sample images of some of Veggiecation’s resources and materials are included as well.



Veggiecation Educator Training Workshop (VETW)

Part 1 Training: Video and PowerPoint Presentation - Veggiecator® Educator Training

- Introduction: *Program Goals and Philosophy*
- Importance and Impact of Culinary-Nutrition Education
- Needed Equipment: *Review of Portable Cooking Kit & Necessary Sanitation Resources*
- Food Safety and Sanitation: *Personal Hygiene, Time/Temperature Abuse, Cross Contamination Prevention, Proper Cleaning*
- Allergy Awareness and Management: *Common Allergens, Symptoms & Triggers, Reaction Prevention*
- Choosing Recipes and Making Alterations
- Utilizing Educational Materials
- Creating an Engaging and Effective Cooking Experience
- Overcoming Food Fears and Empowerment to Taste New Foods
- Building Pride and Confidence in the Kitchen

PART 2: Practical Activity – Group Hands-on Cooking Experience

(In-person training only)



Veggiecator Educator Supporting e-Materials

- Cooking Demo Tip Guide
- Food Safety and Allergy Awareness
- Veggiecator Recipe e-Book with 68 “classroom-style” recipes

Veggiecation’s Portable Cooking Kits

Kit Includes:

One Large Veggiecation Tote Bag with Strap
One Kelly Green Veggiecation Apron
One 48oz Oster brand Plastic Blender
Three Mixing Bowls (Large, Medium & Small)
One 3 qt Strainer
One Kid-Safe Knife
One Paring Knife with Sheath
One Cutting Board
One Kid-Safe Vegetable Peeler
One Large Mixing Spoon
One Heat-Resistant Spatula
One set of Measuring Cups
One set of Measuring Spoons
One pair of Food Tongs
One Small Whisk
34 Veggiecation Informational Veggie Posters (*available in English & Spanish*)

Please see next page for an image of the items in our kit and a sample image of our posters.

Veggiecation's Portable Cooking Kit:



Sample Informational Veggie Posters and “I Tried It”: Stickers:

