



CELEBRATE Feeding Newsletter

Coaching in Early Learning Environments to Build
a Responsive Approach to Eating & Feeding

September 2023

THANK YOU



The CELEBRATE Feeding team would like to thank all of the directors, educators and staff who participated in this project. We appreciate you welcoming us into your centres and collaborating with us on this important work. This research wouldn't have been possible without you!

Coming Soon: Workshop for Participants and Stakeholders

The CELEBRATE Feeding team is planning a wrap-up event in both Nova Scotia and PEI. The director and one educator from each participating centre are invited to attend **The Future of CELEBRATE Feeding: A collaborative workshop to share success stories and plan our path forward.** More details and information will be emailed to directors.

**Directors,
Save the Date!
Thursday,
December 7, 2023**

What's Happening Now?

✓ Observations, interviews/focus groups, educator surveys and parent surveys are now complete.

✓ The CELEBRATE Feeding team is working hard to analyze all the information we collected during coaching, observations, interviews and surveys.

✓ Centres will soon receive a summary of our findings so far.

✓ We are writing research papers for publication. Links to our results and publications will be posted on our website as they become available.



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Keep in Touch with CELEBRATE Feeding

We will continue to post updates and resources on our website and social media. Past newsletters and many of our handouts are available to view and download on our website. Please visit us online at:



www.celebratefeeding.ca



@celebratefeeding



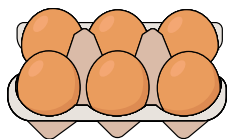
CelebrateFeeding



**Questions? Email your
Nutrition Coach at:**

celebratefeeding@msvu.ca

celebratefeeding@pei.ca



Recipe: Egg and Veggie Scramble

Ingredients (for 8 servings):

- 12 eggs
- 1/2 cup milk
- 2 tsp vegetable oil
- 2 cups fresh or frozen vegetables (eg. onions, peppers, carrots, spinach)

Table Tip

Talk to the children about which vegetables are in this egg scramble. Ask them what colours and shapes they see, or what the vegetables taste or feel like.

Directions:

- In a large bowl, whisk together eggs and milk.
- Heat oil in a large non-stick skillet over medium heat. Add vegetables and cook until tender. If vegetables release too much liquid, increase heat until it evaporates.
- Reduce heat to medium-low and pour egg mixture over vegetables. As eggs start to set, use a spatula to push the mixture towards the centre of the pan. Continue to gently fold the eggs and the vegetables until cooked through, about 5 minutes.
- Remove from heat and serve immediately.

Adapted from: Health Canada, Canada's Food Guide