

# FREE Workshop & Resources!

Enjoy cooking in the teaching kitchen at Brunswick County Cooperative Extension!

Thursday,  
March 19, 2026

6:30-8:30p  
2 DCDEE Credit hours

Brunswick County  
Cooperative Extension  
25 Referendum Dr NE,  
Building N, Bolivia, NC 28422

To Register:  
[www.smartstartbrunswick.org](http://www.smartstartbrunswick.org)

## Cooking & Feeding Routines in ECE Settings

Join us to learn more about feeding practices in your classroom, including tips for choosy eaters, feeding cues and introducing new foods. We will discuss ways to enhance feeding environments for young children with interactions. Early educators of toddlers and preschoolers are encouraged to attend. Participants will come away with new ideas, recipes, and more!

Presented by  
Avery Ashley, LaKeasha Glaspie &  
Chef John LaTour



NORTH CAROLINA  
Child Care Health and  
Safety Resource Center  
800-367-2229  
[healthychildcare.unc.edu](http://healthychildcare.unc.edu)



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*Each Child. Every Community.*