

# Testimonials

The following testimonials are from anonymous evaluations submitted by students upon course completion,

“Very valuable for all staff! Thank you for developing this course. Well done!



“I liked the course and felt it challenged me, which was good. I would recommend it to others!”



“Enjoyed learning more about nutrition and found assignments expanded my knowledge of providing meals that are healthy for my daycare kids. This is a course that should be mandatory for all home daycare providers.”



“It has helped me better with my job and understanding things—especially breaking down costs and increasing recipes to feed more people.”

# Agencies

*This course has been developed by the Public Health Nutritionists of Saskatchewan in order to assist schools, child care facilities and individuals in planning and preparing nutritious, affordable snacks and meals.*

North West Regional College is the host college for this program.

The manual for this course has been provided by the Dairy Foundation of Saskatchewan.



## North West Regional College

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# Nutrition Coordinator Course

Independent Study



[www.nwrc.sk.ca](http://www.nwrc.sk.ca)

## About the course

This self-study course has been developed by the Public Health Nutritionists of Saskatchewan Working Group for people working primarily in school and child care settings. It provides an understanding of basic nutrition, menu planning, budgeting, purchasing and food production.

This course is intended for people who currently work in roles where they plan, prepare and serve meals to others within an organization—but have little formal training to complement their experience; however anyone may take the course.

The manual is very colorful; user-friendly and a great resource.

## Dates

Registration Deadline

**January 27 2012**

There will be no refund after this date

Course dates:

February 6—May 11, 2012

Tuition: \$215

(includes 424 page manual)

## Modules

There are 14 modules in the manual. You will cover almost all of these chapters depending on how it applies to your job or area of interest.

1. Promoting Health in Saskatchewan Schools
2. Eating Well with Canada's Food Guide
3. Menu Planning for Nutrition Programs
4. Label Reading and Making Healthy Food Choices
5. Food and Kitchen Safety Overview
6. Budgeting
7. Quantity Food Production
8. Quantity Food Production Equipment
9. Food Buying in Saskatchewan
10. Recipe Modification
11. Allergies and Anaphylaxis
12. Beverages
13. Food Security for Families and Communities
14. Child and Infant Care Program

Appendix that includes recipes, other resources and kitchen basics.



## How it Works

Based on information in the modules, students will complete three assignments over the 14 week timeline of the course.

Assignments are completed and mailed by the student to their marker who is a Registered Dietitian hired by North West Regional College. The marker will mark the assignment within two weeks of receipt and return it to the student.

This is a pass/fail course. Students that have demonstrated a knowledge of the course through three successfully completed assignments will qualify for a Certificate of Completion from North West Regional College.

This is a non-credit course.

## How to Apply

Call NWRC at 306-937-5102 to register over the phone using a credit card.

Mail a cheque or money order made out to North West Regional College.

Sponsored students may have their workplace or funding agency fax a letter of sponsorship to 306-445-1575.

Or Pay in person at -

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