**Local Foods, Healthy Kids Learning Collaborative**

**Learning Session 4: Menu Planning with Local Foods Agenda**

The agenda below is based on the “Sections” included in Learning Session 4: Menu Planning with Local Foods. The purpose of this Learning Session is to share ideas on how to integrate local foods into menus using different methods, including creating a seasonal menu cycle. Participants will have the opportunity to practice creating a menu that includes locally grown foods.

Objectives for this Learning Session are to:

* Reflect on why menu planning is important
* Discuss incorporating local foods into menu planning
* Practice menu planning with local foods
* Review Action Period 2 Objectives.

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| **Training Component/Content** | **Estimated Time (60 minutes)** |
| Welcome and Introductions   * Agenda * Group Norms * Icebreaker * Learning Objectives | ~5 minutes |
| Menu Planning with Local Foods   * Why is Menu Planning Important? * Cycle Menus * Kick Starting Menu Planning with Local Foods * Meal Patterns and Local Foods | 20 minutes |
| Mindfulness Break | 5 minutes |
| Menu Planning Activity   * Participants will be provided with a blank menu and broken into small groups. Participants will create a menu including one locally grown item in each meal. * Meal Planning Activity Share Out * Engaging Families | 20 minutes |
| Action Period 2 Reminders   * Local Foods, Healthy Kids Learning Collaborative Key Learnings | 5 minutes |
| Final Reflection: What ideas were shared today that you want to try at your program? | 5 minutes |
| Resources and Next Steps   * Resources * Next Steps * Action Period Tasks * Key Dates * Questions * Coach Information | 2 minutes |