

Current Workshops

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SAVING YOUR BOTTOMLINE: COST CONTROL WORKSHOPS

Cost Control Workshop for Directors

Discover proven cost control strategies, including how to use your profit and loss statement to calculate your cost per meal and develop action steps to reduce your expenses.

KEY AREA 3: ADMINISTRATION

WORKSHOP HOURS: 6

COST: \$75

APRIL 7, 8 a.m. - 3 p.m., CHICOPEE

Cost Control Workshop for Managers

Learn how to cut your expenses by implementing procedural strategies such as meal costing, portion control, and inventory management. You'll also learn tactics for maximizing food, minimizing waste, and making the most out of leftovers.

KEY AREA 3: ADMINISTRATION

WORKSHOP HOURS: 4

COST: \$30

APRIL 6, 2 p.m. - 6 p.m., CHICOPEE

HEALTHY CUISINE FOR KIDS

Interested in going back to scratch cooking? Or exploring new recipes and cooking methods to make your menus tastier and healthier? This three-day hands-on culinary workshop is just what you're looking for.

KEY AREA 2: NUTRITION

WORKSHOP HOURS: 20

COST: \$100

APRIL 21 - 23, 8 a.m. - 5 p.m. each day, FALL RIVER

AUG. 24 - 26, 8 a.m. - 5 p.m. each day, FRAMINGHAM

HEALTHY BREAKFAST FOR KIDS

Looking for healthy and tasty ideas that encourage participation in your school's breakfast program? This workshop will explain what delicious nutritional options you can offer your students to help them start their day off right and improve academic performance.

KEY AREA 2: NUTRITION

WORKSHOPS HOURS: 6

COST: \$30

FEBRUARY 19, 8 a.m. - 3 p.m., BOSTON

JUNE 9, 8 a.m. - 3 p.m., FRAMINGHAM

EXCEL WORKSHOPS

Designed for directors and staff who want to learn how to use Excel to improve financial record keeping and control costs.

Excel I

In this hands-on beginner's workshop, we'll explain how to create effective spreadsheets by introducing you to many Excel basics—creating charts and graphs, using formulas, list management strategies, and shortcuts. Must have a working knowledge of Windows and basic computer skills.

KEY AREA 3: ADMINISTRATION

WORKSHOP HOURS: 5

COST: \$50

APRIL 2, 9 a.m. - 3 p.m., FRAMINGHAM

Excel II

Building on the concepts taught in Excel I, this workshop explains advanced techniques and solutions to common spreadsheet challenges facing school nutrition professionals. Topics include spreadsheet linking, data analysis, how to create templates and charts, and spreadsheet security.

KEY AREA 3: ADMINISTRATION

WORKSHOP HOURS: 5

COST: \$50

APRIL 30, 9 a.m. - 3 p.m., FRAMINGHAM

MANAGEMENT INSTITUTE

Designed especially for school managers, this three-day institute will cover leadership, financial management, personnel management, communication, merchandising, and nutrition.

KEY AREAS 2, 3 & 4: NUTRITION (3 HOURS),

**ADMINISTRATION (17 HOURS),
COMMUNICATIONS/MARKETING
(1 HR)**

WORKSHOP HOURS: 21

COST \$195

FEBRUARY 16 - 18, 8 a.m. - 4 p.m. each day, BOSTON

**JOHN C. STALKER INSTITUTE OF FOOD & NUTRITION
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