

Family Engagement and Cooking Demonstration



Session Goals

In this session, participants will get the opportunity to hear from ESY about Family Nights Out / In, will experience how a FNI class is structured and hear about some of ESY Best Practices and Strategies for building family engagement.

Session agenda

- Welcome
- History of Family Nights Out / In Programming
- Demo of a Typical Family Nights In Class
- Share Best Practices and Strategies for building family engagement
- Q & A / Padlet / Raffle / Closing

VEGETABLE FRIED RICE

INGREDIENTS:

- 3 TABLESPOONS CANOLA OIL
- 4 CLOVES GARLIC - PEELED + MINCED
- 2 INCH PIECE GINGER - PEELED + MINCED
- 5 CUPS ASSORTED VEGETABLES - WASHED + THINLY SLICED
- 5 CUPS COLD, COOKED RICE

- 1 TABLESPOON SESAME OIL
- 3 TABLESPOONS SOY SAUCE



- 5 EGGS WHISKED WITH
- 1 TABLESPOON SOY SAUCE

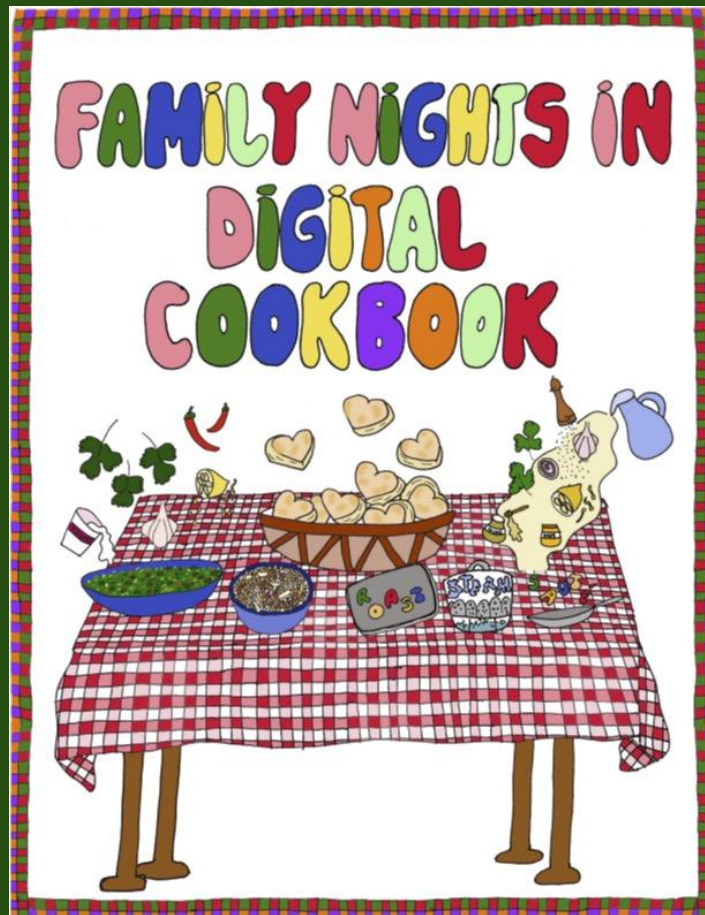
- ① HEAT THE OIL IN THE WOK OVER HIGH HEAT
- ② ADD $\frac{1}{2}$ THE GINGER + GARLIC - STIR CONSTANTLY
- ③ IMMEDIATELY ADD $\frac{1}{2}$ OF THE CRUNCHY VEGETABLES + STIR FOR 2 MINUTES
- ④ ADD $\frac{1}{2}$ OF THE LEAFY VEGETABLES + COOK FOR 1 MINUTE
- ⑤ ADD $\frac{1}{2}$ OF THE RICE + STIR TO MIX
- ⑥ SCRAPE A CLEAR SPOT IN THE BOTTOM OF THE WOK, ADD A LITTLE OIL, ADD $\frac{1}{2}$ THE EGGS. SCRAMBLE THE EGGS WITHOUT MIXING IN THE RICE
- ⑦ WHEN THE EGGS ARE COOK, ADD SOY SAUCE, MIX TOGETHER, SERVE!
(WE COOK THIS RECIPE IN TWO BATCHES TO AVOID OVERFILLING THE WOK)

Vegetable Fried Rice



Strategies and Best Practices for Community Engagement:

1. Student involvement
2. Family outreach
3. School & Broader Community



Thank you!

