

Purpose of This Handbook



This handbook serves as a practical guide to providing healthy meals and snacks to employees in resource-constrained settings.

Who is this handbook for?

- Businesses that offer snacks or a single-meal choice to employees during the workday. This handbook provides information to help managers, chefs, cooks and caterers decide what and how much to serve
- Employers that do not currently offer food to employees but are interested in taking the first steps towards a workforce nutrition programme

Not for - offices or other workplaces that host a paid canteen with multiple food choices. See the Resources page on the handbook's website for materials for canteens.

What is covered?

- Guidance on how to provide healthy meals and snacks to employees
- Information on how offering healthy food to employees can benefit businesses

Not covered - other types of workforce nutrition programmes, such as breastfeeding support, nutrition education, nutrition focused health checks or physical activity. See the Resources page on the handbook's website for other workforce nutrition programme materials.

Why is workforce nutrition important?

- Guidance on how to provide healthy meals and snacks to employees
- Information on how offering healthy food to employees can benefit businesses



Not Just for Businesses

While this handbook serves as a practical guide for businesses, it can also be used by other organisations that offer food to employees, such as non-profits, civil societies, academic or government organisations.

Cooks Healthy Handbook

N Noddings



Cooks Healthy Handbook:

Decoding **Cooks Healthy Handbook**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Cooks Healthy Handbook**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

https://www.cruiselady.com/files/Resources/fetch.php/chemistry_ph_gradeassist_student_quick_start_guide_cd_software.pdf

Table of Contents Cooks Healthy Handbook

1. Understanding the eBook Cooks Healthy Handbook
 - The Rise of Digital Reading Cooks Healthy Handbook
 - Advantages of eBooks Over Traditional Books
2. Identifying Cooks Healthy Handbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cooks Healthy Handbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cooks Healthy Handbook
 - Personalized Recommendations
 - Cooks Healthy Handbook User Reviews and Ratings
 - Cooks Healthy Handbook and Bestseller Lists

5. Accessing Cooks Healthy Handbook Free and Paid eBooks
 - Cooks Healthy Handbook Public Domain eBooks
 - Cooks Healthy Handbook eBook Subscription Services
 - Cooks Healthy Handbook Budget-Friendly Options
6. Navigating Cooks Healthy Handbook eBook Formats
 - ePub, PDF, MOBI, and More
 - Cooks Healthy Handbook Compatibility with Devices
 - Cooks Healthy Handbook Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cooks Healthy Handbook
 - Highlighting and Note-Taking Cooks Healthy Handbook
 - Interactive Elements Cooks Healthy Handbook
8. Staying Engaged with Cooks Healthy Handbook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cooks Healthy Handbook
9. Balancing eBooks and Physical Books Cooks Healthy Handbook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cooks Healthy Handbook
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Cooks Healthy Handbook
 - Setting Reading Goals Cooks Healthy Handbook
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cooks Healthy Handbook
 - Fact-Checking eBook Content of Cooks Healthy Handbook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Cooks Healthy Handbook Introduction

In today's digital age, the availability of Cooks Healthy Handbook books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Cooks Healthy Handbook books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Cooks Healthy Handbook books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Cooks Healthy Handbook versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Cooks Healthy Handbook books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Cooks Healthy Handbook books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Cooks Healthy Handbook books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain

books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Cooks Healthy Handbook books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Cooks Healthy Handbook books and manuals for download and embark on your journey of knowledge?

FAQs About Cooks Healthy Handbook Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Cooks Healthy Handbook is one of the best book in our library for free trial. We provide copy of Cooks Healthy Handbook in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Cooks Healthy Handbook. Where to download Cooks Healthy Handbook online for free? Are you looking for Cooks Healthy Handbook PDF? This is definitely going to save you time and cash in something you should think about.

Find Cooks Healthy Handbook :

chemistry ph gradeassist student quick start guide - cd software

[chek jawa discovering singapore's biodiversity](#)

[cherokee baby](#)

[chemical reactors for gas-liquid systems](#)

[chemistry for changing times learning system edition with coursecompass](#)

[chemical senses vol. 2 irritation](#)

[chevy two and nova 1962 to 1979](#)

[chefs kitchen companion](#)

[chemical and analytical engineering](#)

[chef of the month celebrating the seasons of food](#)

[chesapeake bay a complete guide](#)

[checkpoints developing college english skills](#)

chemical recognition in biology molecular biology biochemistry and biophysics no 32

[chess doctor surefire cures for what ails your game](#)

~~chemical technology an encyclopedia treatment the economic application of modern technological developments 008~~

Cooks Healthy Handbook :

once upon a mastodon all about prehistoric mammals alibris - May 22 2022

web sep 23 2014 *once upon a mastodon all about prehistoric mammals isbn 037587075x ean13 9780375870750 language english release date sep 23 2014*

once upon a mastodon all about prehistoric mammals - Jan 30 2023

web the cat in the hat embarks on a whirlwind tour of pleistocene animals introducing species ranging from mastodons and mammoths to woolly rhinos and saber toothed cats

once upon a mastodon all about prehistoric mammals google - Dec 17 2021

web *once upon a mastodon all about prehistoric mammals cat in the hat s learning library by bonnie worth 2014 09 23 on amazon com free shipping on qualifying*

[once upon a mastodon all about prehistoric mammals](#) - Feb 28 2023

web buy *once upon a mastodon all about prehistoric mammals by worth bonnie online on amazon ae at best prices fast and*

free shipping free returns cash on delivery available

once upon a mastodon all about prehistoric mammals cat in - Nov 15 2021

[once upon a mastodon all about prehistoric mammals](#) - Jul 04 2023

web the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene from ground sloths as big as elephants to bears as heavy as volkswagens the cat introduces

once upon a mastodon penguin random house elementary - Jun 03 2023

web read 8 reviews from the world s largest community for readers how cool the cat and co time travel to the great ice age the cat in the hat visits with

once upon a mastodon all about prehistoric mammals - Sep 06 2023

web once upon a mastodon all about prehistoric mammals by worth bonnie author publication date 2014 topics mammals fossil juvenile literature glacial epoch

once upon a mastodon all about prehistoric mammals - Aug 25 2022

web once upon a mastodon all about prehistoric mammals 9780375870750 juvenile the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene

[once upon a mastodon all about prehistoric mammals google](#) - Jan 18 2022

web the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene from ground sloths as big as elephants to bears as heavy as volkswagens the cat introduces

once upon a mastodon all about prehistoric mammal bonnie - Mar 20 2022

web sep 25 2023 kindle once upon a mastodon all about prehistoric mammals cat in the hats learning library free read how cool the cat and co time travel to the great

[once upon a mastodon all about prehistoric mammals overdrive](#) - Jun 22 2022

web buy once upon a mastodon all about prehistoric mammals by bonnie worth online at alibris we have new and used copies available in 1 editions starting at 1 87 shop now

once upon a mastodon all about prehistoric mammals worth - Nov 27 2022

web buy once upon a mastodon 9780375870750 all about prehistoric mammals nhbs bonnie worth aristides ruiz joe mathieu random house books for young readers

once upon a mastodon all about prehistoric mammals austin - Dec 29 2022

web once upon a mastodon all about prehistoric mammals worth bonnie amazon com au books skip to main content com au delivering to sydney 1171 to

once upon a mastodon all about prehistoric mammals nhbs - Oct 27 2022

web buy once upon a mastodon all about prehistoric mammals online on amazon eg at best prices fast and free shipping free returns cash on delivery available on eligible

once upon a mastodon all about prehistoric mammals - Jul 24 2022

web once upon a mastodon all about prehistoric mammals overdrive

once upon a mastodon all about prehistoric mammals - Apr 01 2023

web once upon a mastodon all about prehistoric mammals worth bonnie amazon ca books

[once upon a mastodon all about prehistoric mammals](#) - May 02 2023

web sep 23 2014 the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene from ground sloths as big as elephants to bears as heavy as volkswagens

once upon a mastodon all about prehistoric mammals - Apr 20 2022

web once upon a mastodon all about prehistoric mammal by online you might not require more get older to spend to go to the ebook commencement as capably as search for

kindle once upon a mastodon all about prehistoric mammals - Feb 16 2022

web sep 23 2014 the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene from ground sloths as big as elephants to bears as heavy as volkswagens

[once upon a mastodon all about prehistoric mammals google](#) - Aug 05 2023

web the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene from ground sloths as big as elephants to bears as heavy as volkswagens the cat introduces

once upon a mastodon all about prehistoric mammals hardcover - Sep 25 2022

web in stock stock no ww870750 how cool the cat and co time travel to the great ice age the cat in the hat visits with ice age mammals on a whirlwind tour of the pleistocene

once upon a mastodon all about prehistoric mammals - Oct 07 2023

web sep 23 2014 it teaches children about some of the prehistoric mammals that dominated the earth after the dinosaurs died while kids love dinosaurs they also like mammoths and saber toothed cats quite a few prehistoric mammals are mentioned the picture

summary of olive again oprah s book club overdrive - Nov 07 2022

web apr 28 2020 olive again is a 2019 novel written by elizabeth strout it was published on october 15 2019 by random house the book was hailed as one of the top ten best books of the year by people and time it also became a new york times bestselling book and was picked for oprah s book club the book is a sequel to elizabeth strout s 2008

olive again oprah s book club a novel unabridged apple books - Dec 08 2022

web oct 15 2019 new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout continues the life of her beloved olive kitteridge a character who has captured the imaginations of millions strout managed to make me love this strange woman i d never met who i k

olive again oprah s book club a novel amazon com - Oct 18 2023

web oct 15 2019 olive again oprah s book club a novel audio cd unabridged october 15 2019 new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout continues the life of her beloved olive kitteridge a character who has captured the imaginations of millions

oprah s book club olive again - Apr 12 2023

web apr 3 2020 amazon com barnes noble apple books indiebound oprah selected olive again as her apple book club pick because she fell in love the with prickly protagonist despite her flaws the book is elizabeth strout s follow up to her 2008 pulitzer prize winning book olive kitteridge

olive again on apple books - Sep 05 2022

web oct 15 2019 olive again a novel elizabeth strout 3 8 3k ratings 14 99 14 99 publisher description new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout continues the life of her beloved olive kitteridge a character who has captured the imaginations of millions

olive again oprah s book club random house group - Sep 17 2023

web nov 3 2020 stupid child and a stupid baby shower olive thinking of this as she sat in her own living room looking out over the water could not even now believe what a stupid baby shower that had been she said out loud stupid stupid stupid stupid and then she got up and went into her kitchen and sat down there god she said

olive again oprah s book club a novel audio cd - Mar 31 2022

web olive again oprah s book club a novel audio cd audiobook 15 october 2019 by elizabeth strout author 4 4 out of 5 stars 23 060 ratings

olive again oprah s book club a novel amazon com - Feb 27 2022

web olive again a novel this is a 10 star book in a five star world with an imaginative structure a riveting storyline and incredibly vivid characters this book by author elizabeth strout is one to read slowly fully savor and treasure

oprah s new book club pick olive again by elizabeth strout - Jan 09 2023

web nov 7 2019 oprah has a big announcement for book lovers a new oprah s book club selection the latest pick is olive again by elizabeth strout my latest pick is elizabeth strout s olive again oprah says ah olive she teaches us so much about loneliness judgment aging and loss and empathy too

olive again oprah s book club a novel amazon com - Mar 11 2023

web olive again oprah s book club a novel audible audiobook unabridged elizabeth strout

olive again oprah s book club a novel audio cd amazon in - Jun 02 2022

web details select delivery location sold and fulfilled by university bookstores boston india add to cart buy now secure transaction have one to sell see this image follow the author elizabeth strout olive again oprah s book club a novel audio cd unabridged 15 october 2019 by elizabeth strout author kimberly farr reader 22 901 ratings

olive again by elizabeth strout book excerpt oprah daily - Jul 15 2023

web nov 7 2019 oprah has just announced her latest oprah s book club pick is elizabeth strout s olive again here strout shares an exclusive excerpt called the poet the first story the author wrote in the book in this short tale olive kitteridge bumps into an old student of hers andrea who has recently wrapped up her tenure as america s

[olive kitteridge book summary a guide to olive again prequel](#) - Aug 04 2022

web nov 7 2019 elizabeth strout is a bestselling writer whose characters will remain etched in our memories forever with her most iconic being olive kitteridge but after oprah announced strout s new book olive again the sequel to her pulitzer prize winning 2008 novel olive kitteridge the question remains which should you read first

olive again a novel by elizabeth strout bookclubs - Feb 10 2023

web olive again is a novel in stories by the pulitzer prize winning author of olive kitteridge a new york times bestseller prickly wry resistant to change yet ruthlessly honest and deeply empathetic olive kitteridge is a compelling life force san francisco chronicle

olive again a novel olive 2 by elizabeth strout bookclubs - Oct 06 2022

web new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout continues the life of her beloved olive kitteridge a character who has captured the imaginations of millions strout managed to make me love this strange woman i d never met who i knew nothing about

[olive again a novel strout elizabeth 9780812996548 amazon com books](#) - May 13 2023

web oct 15 2019 new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout continues the life of her beloved olive kitteridge a character who has captured the imaginations of millions

discussion questions for olive again a novel bookclubs - Jun 14 2023

web olive again oprah s book club a novel by elizabeth strout this book of the month and discussion guide are shared and sponsored in partnership with random house an imprint of random house

olive again oprah s book club a novel amazon ca - May 01 2022

web olive again oprah s book club a novel audible audiobook unabridged elizabeth strout author kimberly farr narrator

random house audio publisher 0 more 4 4 4 4 out of 5 stars 23 246 ratings

oprah s new book club pick olive again by elizabeth strout - Aug 16 2023

web nov 7 2019 oprah has just announced her latest oprah s book club pick elizabeth strout s olive again readers were first introduced to the protagonist olive in strout s 2008 pulitzer prize winning novel olive kitteridge and at first oprah wasn t sure exactly how she felt about a sequel to the iconic original

[olive again a novel elizabeth strout google books](#) - Jul 03 2022

web oct 15 2019 new york times bestseller oprah s book club pick pulitzer prize winner elizabeth strout

a field guide to american houses revised the definitive guide - Aug 16 2023

web nov 10 2015 a field guide to american houses revised the definitive guide to identifying and understanding america s domestic architecture mcalester virginia savage on amazon com free shipping on qualifying offers

american houses a field guide to the architecture of the home - Nov 07 2022

web jan 1 2004 a definitive overview of american domestic architecture ranges from the domiciles of native american cultures and early colonial structures to the present day analyzing the cultural geographical and historical origins of each style describing the construction methods involved and the link between form and functions and examining

a field guide to american houses the definitive gu benjamin - Jan 29 2022

web a field guide to american houses the definitive gu getting the books a field guide to american houses the definitive gu now is not type of challenging means you could not only going bearing in mind books accretion or library or borrowing from your associates to gain access to them this is an totally easy means to specifically get guide by on

a field guide to american houses revised the definitive guide - Jun 14 2023

web here at the fully expanded updated and freshly designed second edition of the most comprehensive and widely acclaimed guide to domestic architecture in print since its publication in 1984 and acknowledged everywhere as the unmatched essential reference to american houses

a field guide to american houses the definitive gu brian p - Dec 28 2021

web guide to american houses the definitive gu but end up in malicious downloads rather than reading a good book with a cup of tea in the afternoon instead they cope with some infectious virus inside their desktop computer a field guide to american houses the definitive gu is available in our book collection an online access to

a field guide to american houses revised penguin random house - Jan 09 2023

web nov 10 2015 this revised edition includes a section on neighborhoods expanded and completely new categories of house styles with photos and descriptions of each an appendix on approaches to construction in the 20th and 21st centuries an expanded bibliography and 600 new photographs and line drawings magisterial

[a field guide to american houses the definitive gu paul](#) - Feb 27 2022

web jan 22 2023 this a field guide to american houses the definitive gu as one of the most in action sellers here will very be in the course of the best options to review a field guide to the english sarah lyall 2009 06

a field guide to american houses google books - Jul 15 2023

web focusing on dwellings in urban and suburban neighborhoods and rural locations all across the continental united states houses built over the past three hundred years reflecting every social and

read pdf a field guide to american houses the definitive - Mar 31 2022

web aug 24 2023 mobi epub kindle ebooks free a field guide to american houses the definitive guide to identifying and understanding america s domestic architecture pdf download a field guide to american

pdf a field guide to american houses revised the definitive - Jul 03 2022

web mar 30 2019 read the latest magazines about pdf a field guide to american houses revised the definitive guide to identifying and understanding america 039 s domestic architecture pdf ebook and discover magazines on yumpu com

[a field guide to american houses google books](#) - Mar 11 2023

web jul 29 2015 a field guide to american houses the definitive guide to identifying and understanding america s domestic architecture author virginia savage mcalester edition revised publisher

[a field guide to american houses the definitive guide to](#) - Dec 08 2022

web jul 29 2015 a field guide to american houses the definitive guide to identifying and understanding america s domestic architecture kindle edition by mcalester virginia savage download it once and read it on your kindle device pc phones or tablets use features like bookmarks note taking and highlighting while reading a field guide to

[a field guide to american houses the definitive guide to](#) - May 13 2023

web a field guide to american houses the definitive guide to identifying and understanding america s domestic architecture ebook written by virginia savage mcalester read this book using google play books app on your pc android ios devices

ebook p d f a field guide to american houses the definitive guide - Jun 02 2022

web pdf download a field guide to american houses the definitive guide to identifying and understanding america s domestic architecture read

pdf a field guide to american houses revised the definitive - Aug 04 2022

web jan 9 2020 download a field guide to american houses revised the definitive guide to identifying and understanding america s domestic architecture ebook read ebook pdf online kindle epub mobi books downloadebook

ebook p d f a field guide to american houses the definitive guide - May 01 2022

web feb 6 2020 a field guide to american houses the definitive guide to identifying and understanding america s domestic

architecture book detail file size 808283 kb print length 880 pages publisher knopf revised expanded edition july 29 2015
publication date july 29 2015

download pdf a field guide to american houses - Sep 05 2022

web feb 6 2020 a field guide to american houses revised the definitive guide to identifying and understanding america s domestic architecture book detail paperback 880 pages publisher knopf expanded revised edition november 10 2015 language english isbn 10 0375710825 isbn 13 978 0375710827 product dimensions 6 8 x 1 6 x

a field guide to american houses revised the definitive guide - Apr 12 2023

web a field guide to american houses revised the definitive guide to identifying and understanding america s domestic architecture amazon com books

a field guide to american houses the definitive gu abhijit v - Oct 06 2022

web a field guide to american houses the definitive gu a field guide to american houses the definitive gu 2 downloaded from nysm pfi org on 2023 02 21 by guest adapted when the designer in our own self conscious culture is called on to create a form that is adapted to its context he is unsuccessful because the preconceived categories

a field guide to american houses revised google books - Feb 10 2023

web nov 10 2015 a field guide to american houses revised the definitive guide to identifying and understanding america s domestic architecture author virginia savage mcalester edition illustrated reprint revised publisher knopf doubleday publishing group 2015 isbn 0375710825 9780375710827 length 880 pages subjects